

In Case of Emergency

Dr Tony Moore can be contacted at any time on 08 70894486 to discuss your concerns. If you have a life threatening emergency please call 000.



Your Next Appointment

Date: _____

Time: _____

Location: _____

Dr Tony Moore

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Discharge Instructions Rhinoplasty

Dr Tony Moore
MBBS, FRACS

Safe Hands

General Information

Bleeding

It is normal for the wound to ooze for 24–48 hours. If the area bleeds:

- Sit or lie down and elevate your head on pillows.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding. If the dressings, however, should become soaked with blood please contact us immediately.
- Apply firm pressure for 20–25 minutes.
- If bleeding does not stop please call us on 08 7089 4486

Pain or discomfort

After your surgery this is normal. Please take your pain medications as prescribed. Do not drive while you are taking prescription pain relievers or sedatives. Aspirin or NSAID's based medicine should not be taken before or surgery as this can increase the tendency for you to bleed. Please check with us or your Pharmacist if you are unsure.

Recovery Post-Op

Avoid strenuous activity, bending and lifting in the initial post-operative period. Sleep with your head elevated on 2–3 pillows for several days to help reduce swelling. You may shower and wash your hair once the bandages are removed .

Rhinoplasty

Following the surgery and during your immediate post operative recovery, it is unlikely that you will be able to breathe through your nose. Some swelling and bruising over the face is normal. The degree of this varies with each person. Sometimes the swelling can cause some temporary changes to the symmetry of the face. Swelling and bruising will often resolve in the first couple of weeks but in some cases may persist for 3–4 weeks. . Feelings of tightness in your face, headaches and discomfort are all normal in the initial post-operative period. There may be loss of sensation over the nose, which may take weeks to months to return.

All dressings, splints and sutures are usually removed in 1 week. After the splint is removed, glasses can be worn, as long as they do not exert pressure on the healing nose. Contact lenses can be worn.

Most people can return to work 2–3 weeks after surgery. You may need to use concealer for a short period of time to disguise any residual bruising. Strenuous activity and exercise should be avoided for the first month. Gentle walking is fine after the first few days.

Additional Care

Do not blow your nose for at least 4–6 weeks. You should avoid activity that increases your blood pressure (jogging, swimming or bending) for 2–3 weeks. Take precaution to avoid having your nose hit, rubbed or sun burnt for at least 8 weeks after surgery. Do not clean inside your nose unless you have been given specific instructions from your surgeon.

Scar Management

All surgery results in scarring. To help you to achieve the best results, there are a number of options available to you once healing has occurred.