



Rhinoplasty | Post-Operative Information

Upon your discharge from the hospital, you were provided with a prescription containing the medications you need to use. All medications will be started from the first day after the surgery, while the **silicone stent** is still in the nose.

MEDICATION USE:

Antibiotics: Cefaks, Cipro, Klindan, Macrol, Augmentin etc. **Duration: 1 week**

Depending on the procedure performed and your medical condition, 1 or 2 of these drugs may be prescribed to you. Use these drugs regularly for 1 week, twice a day (morning and evening).

Allergy pill: Bilaxten, Aerius, Desmont, Levmont **Duration: 10 days**

You should use 1 of these drugs. The purpose of this drug is to reduce the feeling of discharge and congestion in the nose, and the resulting sneezing. If these complaints are very severe, you can take 2 pieces on the first day.

Painkiller: Arveles, Mejezik or Parol **4 days**

Use this pill 3 times a day for 4 days. If the pain is severe, you can take up to 4 pieces a day. More pain is not an expected situation. In this case, consult your physician.

Ointment: Thiocilline eye ointment or Terramycin **2-3 weeks**

Apply the eye ointment to the suture site at the tip of the nose, not the eye. Apply 3-4 times a day for 2-3 weeks with a clean finger or a cotton swab.

Nasal decongestant spray: Otrivine **5 days**

Use for 5 days. (Inside the **silicone stent**) Do not continue after 5 days.

Nasal wash: SinusRinse, NasoRinse, Sinomarine, Quixx etc. **1-1.5 months**

You can use ocean water washing drugs in spray or bottle form to wash the inside of the nose. Bottle form ones provide a more voluminous and effective cleaning, while spray form ones are easy to use, easier to carry with you, but the cleaning effect is less. The goal of washing is not to completely clean the inside of the nose, but to ensure the cleaning of accumulated secretions, blood and clots. After the washing process, it is sufficient to wipe the secretions coming out with a tissue by making the movement of blowing the breath out through the nose, not blowing the nose (sümkürme).

Moisturizing spray: Nazalnem **1-1.5 months**

The purpose of this spray is to reduce dryness inside the nose and accelerate the healing of the inner nasal tissues with its moisturizing effect and vitamin support. It must be sprayed into both nostrils after washing.

Edema reducing medications: Enfla-C capsule, Bromelain, Immunex etc. **1 month**

These medications control the process called inflammation thanks to the active ingredients they contain, and ensure faster passing of edema in the soft tissue and skin. Your use is not mandatory, but it is highly recommended as it will contribute to your healing.

POST-OPERATIVE FOLLOW-UP PROCESS:

Your first post-operative check-up will be 5-7 days after surgery. During this check-up, the **silicone stent** and **cast** will be removed, and your nose will be re-taped.

Keep your head elevated and apply ice for 10-15 minutes every hour for **72 hours** after surgery.

During your 1-week rest period, avoid heavy and strenuous exercises. If possible, spend your time sitting or standing. However, when you want to lie down and rest, you should keep your head up at 45 degrees. There are no restrictions on walking, stepping and doing simple daily tasks.

You can take a bath. If you need to take a bath on the first day after the surgery, you can get help from a relative. Water must not touch your nose and the **tapes** on it for 2 weeks after the surgery. Wash your hair preferably backwards.

Nutrition advice: Hot foods are prohibited as they can cause edema and bleeding. In addition, stay away from low-quality foods such as chips, nuts, packaged foods, and junk food that can increase edema.

Please come to the follow-up examination having had breakfast.

Although the **silicone stent** removal process is not painful, a drop in blood pressure and fainting may be seen in some patients due to the effect of anxiety and fear. You should not be hungry to prevent this situation.

During your first-week check-up, your nose care and process will be explained, and how you should do the **taping** will be demonstrated.

Routine control schedule: 1-2-6 weeks and 3-6-12 months. We provide support via WhatsApp for patients who cannot come physically during these times. Please contact us at your check-up time.