

Precautions After Rhinoplasty

Postoperative Care Schedule

Your treatment schedule may change depending on your recovery and progress.

1. Day 1 after surgery — Antibiotic injection and wound care

- An antibiotic injection is given to help prevent inflammation and infection.
- Wound care is performed to check the condition of the skin and for any blood accumulation.

2. Day 2 after surgery — Antibiotic injection and wound care

- An antibiotic injection is given to help prevent inflammation and infection.
- Wound care is performed to check the condition of the skin and for any blood accumulation.
- This appointment applies if an implant was used.

3. Day 7 after surgery — Stitch and splint removal

- Stitches at the incision site and the nasal splint will be removed.

Postoperative Precautions



On the day of surgery, take enough rest, and from the next day, take a light walk or exercise to help reduce swelling. *Strength training is possible from the 4th week



Elevating the surgical site above the heart helps to reduce swelling.
*Sleep with a high pillow at home



If you often apply cold compresses for 2 to 3 days immediately after surgery, the swelling will go down. A warm compress will help reduce bruising. Before



Do not press on the incision site or allow blood to flow. Leaning or straining your head can cause blood to

steaming, apply gauze and a handkerchief *Be careful of frostbite and burns due to sensory deterioration

pool, causing swelling, bruising, and bleeding.



It is recommended to abstain from drinking or smoking for 4 weeks after surgery because they can cause inflammation.



Do not blow your nose. Wipe only lightly



Swimming, sauna use, and Korean dry sauna use can be possible from 3 weeks after surgery.



Wearing glasses can be possible 1 month after surgery.

Postoperative Care Kit

Prepared to support your recovery and help you achieve a satisfactory surgical result.

Kit contents: Compress packs, pumpkin juice, a sheet mask, cotton swabs, and gauze.

2 Hot packs / Gauze



- **When to Use:** For 7 days, beginning on the day of surgery
- **How to Use:** Apply cold compresses frequently during the first 2–3 days after surgery to help reduce swelling. After that, use warm compresses to help reduce bruising. Place gauze or a handkerchief between your skin and the compress. Be careful of frostbite and burns due to sensory deterioration
- **Benefit:** Helps reduce swelling



3 Packs of pumpkin juice

- **When to Use:** For 3 days, beginning on the day of surgery.
- **How to Use:** Drink one pouch daily, before or after meals.
- **Benefit:** Helps reduce swelling.



A sheet mask

- **When to Use:** Starting 2 weeks after surgery.
- **How to Use:** After washing your face, apply toner to prepare your skin. Fit the mask closely over your entire face and remove it after 15–20 minutes.
- **Benefit:** Helps soothe and hydrate the skin.

Postoperative Q&A

We have prepared for your recovery and satisfactory surgical results.

Q. When can I wash my face?

A. You may wash your face after the splint is removed on Day 7 after surgery. Until then, gently wipe your face with a damp towel.

Q. When should I remove the gauze and splint on my face?

A. Gauze is placed under your nose because nasal discharge or bleeding may occur during the first 1–2 days after surgery. If the gauze becomes soiled, replace it with the extra gauze provided.

Do not remove the splint on the bridge of your nose yourself. It will be removed at the clinic on Day 7 after surgery.

Q. Should I apply ointment to the wound?

A. You do not need to apply ointment separately, as the wound will be cleaned and dressed during your postoperative appointments.

Q. My nose still feels very blocked after surgery.

A. You may feel congested for approximately 2–4 weeks because of swelling and material inside the nose. If you had surgery to improve nasal function, using the prescribed nasal spray after your Day 1 follow-up appointment may help.



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