

Precautions After Rhinoplasty

1. For the first 1–2 days after surgery, blood may flow from the nose or ears. Gently wipe with tissue.
 - Do not blow your nose, remove the gauze inside the nostrils, or take off the external Aqua splint applied to the nose.
2. While sleeping or lying down, keep your head elevated above heart level.
 - Avoid bending your head forward for long periods.
 - Use pillows or cushions for about 3 days, and avoid lying flat for extended periods.
3. While gauze is inside the nose, you may need to breathe through your mouth, which can cause dryness and discomfort. Drink plenty of warm fluids (such as barley tea), and keep the room from becoming too dry while sleeping.
4. Protect your nose and ears from external impact—avoid bumping or touching them.
5. You may resume normal daily activities, but avoid saunas, alcohol, smoking, swimming, massages, and hot baths for 4 weeks.
6. Until stitches are removed, only wash the areas excluding the surgical site.
7. If you suddenly experience pain, redness, swelling, or notice a foul odor from inside the nose, contact the hospital immediately.
8. Glasses should not be worn until at least 1 month after surgery.

<For the first 3 days after surgery>

- **Cold Compress:** Store a cold pack in the refrigerator and apply repeatedly around the nose. (Usually recommended for 3–5 days, 10–20 minutes at a time, as often as possible.)

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



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