



POST-SURGICAL INDICATIONS FOR RHINOPLASTY 19.80

First Postoperative Day:

→ You will leave the Clinic with a plaster splint, which you must wear for a week to protect yourself. If it detaches itself, there is no problem, this indicates that you are more deflated.

→ First thing in the morning of the day after the operation, Dr. Luis Alberto Guerra will remove the nasal plugs at the Clinic. It is a somewhat annoying moment, but done with great care and dexterity, it becomes much more bearable. With a cervical pillow (travel pillow) you'll be better lying on your back and you won't have to worry about whether you hit your nose while you're sleeping. You shouldn't sleep on your stomach. You'll have to take painkillers that will make the discomfort go away in its entirety. You will also be prescribed an antibiotic.

→ You can do normal life except exercise or physical activities. You should not wear glasses (yes contact lenses). Beware of manipulating or wetting the splint, it is important to keep it in place.

Second Postoperative Day:

→ You will see that the inflammation reaches its maximum on this day and from then on it begins to decrease gradually, as well as the discomfort tends to disappear. It is very likely that your cheekbones are bruised and inflamed. Inflammation and bruising vary greatly depending on the patient. There are even patients who have no bruising and very little swelling. In 7-14 days they will have resolved on their own.

Seventh Postoperative Day:

→ At the scheduled appointment, the splint and the 3-4 fine stitches under the nose will be removed (in the case of open nose surgery). It does not hurt. From that moment on, you will see a substantial change even though the inflammation persists. Many of the changes you wanted in the nose are already clearly visible, even if it is inflamed.

→ The next Control, will be arranged with the Dr who will indicate you when you must separate it with the Secretary.