DR AFSHIN YOUSEFPOUR
Chirurgie Plastic du Visage
Chirurgie Maxillo-Faciale

Aftercare following rhinoplasty

These instructions guide you after rhinoplasty or septorhinoplasty. They help limit swelling and bleeding, protect the nose while it sets, and recognise the signs that need a quick response. They complement the personalised protocol Dr Yousefpour gives you.

What is normal

- Slight oozing of blood from the nose for 2 to 3 days: simply change the small gauze under the nose.
- A blocked nose for the first few days: you breathe through your mouth, which may become dry.
- Swelling and bruising around the eyes, which fade within 2 to 3 weeks.
- A slightly numb nasal tip, upper lip or upper teeth, temporarily.
- Reduced smell and taste for a few weeks.
- A still-swollen nose after the splint comes off: about 80% of the swelling goes within 2 to 3 months, and the final result is judged between 9 and 18 months.

After surgery, step by step

When	What to do
The first 3 days	Cold compresses wrapped in a cloth on the cheeks and around the eyes, 10 to 20 minutes every 1 to 2 hours while awake, without pressing on the splint. Painkillers as prescribed; no aspirin or ibuprofen without agreement.
The first week	Sleep with your head raised (two or three pillows). Avoid bending forward, lifting, hot baths and constipation (straining). Wear clothes that open at the front rather than tops pulled over the head.
For 2 weeks	Do not blow your nose: just wipe it. Sneeze with your mouth open. Do not touch or pick inside your nose, and do not remove crusts or packs yourself.
Nose care	Saline spray or rinse 3 to 4 times a day to moisten and clean. Apply the antibiotic ointment prescribed by Dr Yousefpour at the nostril openings and on the incision, if an open approach was used.
While the splint is on	Keep it clean and dry. A lukewarm shower is fine if you protect your face; wash your hair with your head tilted back. Avoid dusty or smoky places and people with colds.
Around day 7 to 10	Splint and stitches removed at the practice. Time away from social life is usually 8 to 10 days; you can return to work after 1 to 2 weeks depending on your job.
After 2 to 3 weeks	Gradual return to non-contact sport, running and swimming.

When	What to do
For 4 to 6 weeks	Do not rest glasses on your nose: tape them to your forehead or let them sit on your cheeks. Contact lenses are fine. Do not rub your nose for 8 weeks.
For 6 to 8 weeks	Avoid strong sun and sunburn, which make swelling worse. High-factor sunscreen and a hat, applied gently to the nose.
For 3 months	No contact sport or any activity where your nose could be knocked.

Contact Dr Yousefpour the same day if

- pain and swelling develop inside the nose, with one side completely blocked: this may be a septal haematoma, which must be drained quickly;
- you have a fever, or pain, redness or swelling increase after day 3;
- thick, yellow or green discharge appears, or the incision opens;
- the splint comes loose, moves or badly irritates the skin;
- pain, swelling or redness appears in a calf;
- pain is not relieved by treatment, or you cannot keep fluids down.

In the following weeks and months

- Swelling of the nasal tip is the slowest to go: it can last several months, especially in the morning and with thick skin.
- The nose stays fragile while it sets: avoid knocks and prolonged pressure.
- Internal healing continues for 12 to 18 months: no touch-up is considered before then.
- Follow-up visits track how the result and your breathing develop.

Before surgery

- Stop smoking, which slows healing and irritates the nose.
- Tell us about all your medicines and supplements. Aspirin, anticoagulants and antiplatelet medicines are stopped only according to the protocol you are given and with the agreement of the doctor who prescribed them.
- Have gauze, pillows, saline, clothes that open at the front, and someone to take you home.
- Plan 1 to 2 weeks off. For purely cosmetic rhinoplasty, no sick note is issued.

Emergency: call 112 or go to the emergency department if

These situations are exceptional after rhinoplasty, but they must not wait.

- A heavy nosebleed that does not stop after 15 minutes, sitting up with your head tilted slightly forward.
- Severe difficulty breathing, chest pain or sudden breathlessness.
- A continuous flow of clear, watery fluid from the nose, especially when leaning forward.
- A violent headache with fever and a stiff neck.

Do not wait for a reply from Dr Yousefpour on WhatsApp: call the emergency services first, then let him know as soon as possible.

These instructions are general information. Dr Yousefpour's personalised protocol always takes precedence. For non-urgent questions, message Dr Yousefpour on WhatsApp.

Contact

Face Clinic, 406 Chaussée de Bruxelles, 1410 Waterloo
WhatsApp message to Dr Yousefpour: +32 491 07 04 32
In an emergency: 112
www.faceexpert.be