

IN THE NAME OF GOD

NOSE AND FACE PLASTIC SURGERY CLINIC

**EAR, THROAT, NOSE, LARYNX SURGERY AND HEAD AND NECK
SURGERY**

PATIENTS NECESSARY TRAININGS AFTER NOSE PLASTIC SURGERY

Your surgery in hospital or surgery centre and under general anesthesia and of course will do with your treating physician and your agreement and sympathy.

The surgery time is depending on your nose and your face situation is 2-3 hour and you should two hours before beginning the surgery attendance in place make preparations.

From eight hours before the surgery you mustn't eat drink except a half of glass of water that sometimes is necessary for taking some prescribed medicines two hours before the surgery.

Between 4-6 hours after the surgery if your situation allowed that often will be, you leave surgery center of hospital with your feet.

After nose surgery ordinary you will have no aching and just it may that dressing in your nose because of limitation of breath from nose

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be tormented a little which usually this tampon becomes extract from 24-72 hours and blood oozes until several days is natural. For control of ooze can use fenil afrin drop for 3-4 days. Of course use this drop more than five days is forbidden.

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AFTER RELEASING FROM HOSPITAL OR SURGERY CENTRE OBSERVANCE OF FOLLOW UP NOTES IS NECESSARY

1. Use suggested medicines with attention and regular time.
2. Avoid nose retouch and if necessary cover it with cloth or band softly.
3. Take off your cloths so that don't hit to your nose.
4. in first 24 hours prefer don't use liquids and after that until one week reservation from eat the foods which has need to more chew like grill meet, in other this case have no food limitation.
5. The turgidity of your face and nose will improve faster as much as you sitting or standing up. On the occasion of rest lying in a supping position and during 1st or 2nd week reservation from lying in a side position. Its better that brings up under your head with put an extra pillow under the mattress.
6. in hot seasons of year abstain from placing in hot weather because more sudation will result in to loosen the nose dressing and subsequently violent turgidity.
7. Usually 24-48 hours after releasing your nose dressing will extract in doctors office and after that your breath situation will improve with use salt serum and daily soft washing.
8. five days after surgery sutures will be extracting without aching.

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To prevention from become open the suture place should reservation from violent move lips and pull down of nose.

9. five- seven days after surgery dressing and outer plaster of nose will be bringing from it, before this time reservation nose retouch.

Your nose has a little turgidity until three month and it necessary at least three weeks after remove dressing use nose scotch tape on way that will be training.

After tree month the nose will be starting to take its final form which will continue until one year. To remove plaster its better that before reference, take a bath and allow that plaster and scotch of face completely become wet all over, after that without removing the plaster refer to doctors office. After extract the plaster, nose surface will be paste up.

10. The necessary time for rest after surgery is maximum one week and after that you can easily rest the place.

11. Reservation from violence physical activities and a rest more than past.

12. To brush your teeth use smooth brush and reservation from retouch the upper lip.

13. Reservation from long telephone conversation and social activities until two weeks.

14. Take care from nose dressing at the of washing your face and in the

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bathroom reservation from soak it.

15. Reservation from laughing and more than extent move the parts of face for one week.
16. Don't wash your hair at least for one week unless other person does this work for you and you and be careful that the nose dressing doesn't become wet.
17. Use suits that are fastening in front and back and reservation from put on blouse, waistcoat, pull over and circle collar shirts.
18. Reservation strictly from touch sun light for six weeks after surgery. Heat makes turgid the nose.
19. Don't attention to turgid and change of the color of nose, eyes and upper lip which become seeing after remove the nose dressing. These changes become invisible after 2-3 weeks, even in some patients, completely disappeared of turgidity take six month.
- 20 reservations from heavy exercises and full ferment, like football, skiing and swimming at least 1-3 month after surgery.
21. Just take the prescribed medicines by doctor and pay attention to take aspirin for four weeks before surgery is forbidden. Reservation seriously from using aspirin, diclofenac acid , Ibuprofen and Ibuprofen because of feasibility of bloodshed.

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22. at least for 4 weeks don't use sun glasses and medical glasses which are placed on nose bone.
23. After extraction of the plaster you can wash the nose with smooth soap or Vaseline lotion.
24. Don't pay attention to opinions of friends and relatives about your nose.
25. Don't do any thing on the basis of guesswork.
26. If the plastic surgery is done simultaneously with vomer nose bone surgery, usually improvised a splint from genus of radiology film into the nose for prevention of attachment, which is extracted by physician between days 10-14 after surgery.
27. For change the scotch it's necessary that before changing, the area completely become wet water and its better that take a bath and then pink up the scotch from nose and after drying the nose, put the scotch again.

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