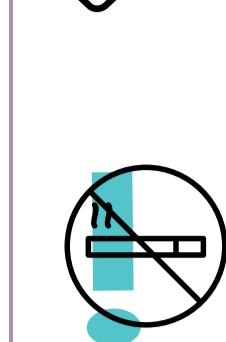


## Journey

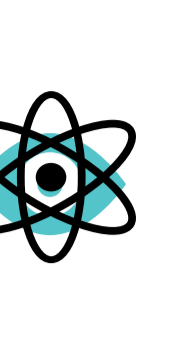
### Pre-operative DO's and DONT's

Inform us about your routine medications and any diseases.



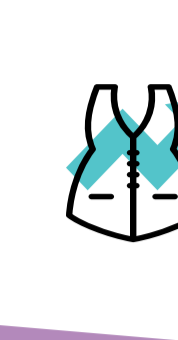
Stop taking Aspirin, blood thinners, steroids, or anti-inflammatory medications 10 days prior to your procedure.

Do not eat or drink anything, including water, after midnight the night before your surgery.



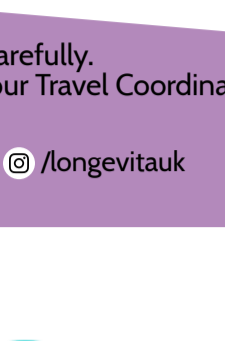
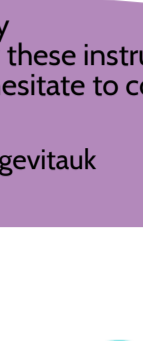
Don't drink any alcoholic beverages or drugs at least three days prior to your procedure. Stop smoking one week before.

If you are taking broad beta-blockers, please contact your surgeon before your surgery.



Do not wear make-up on the day your procedure is scheduled.

Wear comfortable clothing, preferably something that fastens in the front, on the day of the rhinoplasty.



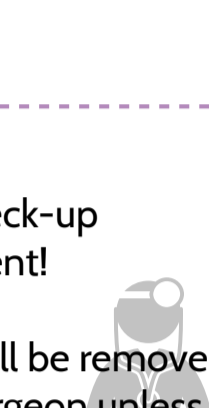
Do not wear jewelry, contact lenses and remove any piercings on the day of the procedure.

You are about to invest time and money in your treatment abroad. Please follow these instructions carefully. If you have any queries, please do not hesitate to contact your Travel Coordinator or email to [info@longevity.co.uk](mailto:info@longevity.co.uk)

## Recovery Timetable

### Post-Operative WHAT to EXPECT?

**Day 1** Return to hotel. Expect some swelling and bruising, mild discomfort. Change nasal dressing as needed.



**Day 2-4** Expect maximum bruising and swelling.



**Day 5-14** Attend check-up appointment! Stitches will be removed by your surgeon unless they dissolve themselves already!



**Week 2-4** Much of swelling has begun to go away. Breathing better!



**1 YEAR** ENJOY YOUR FINAL RESULT!

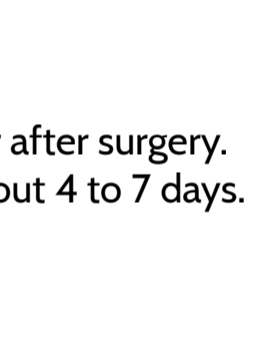


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## Expected Discomfort

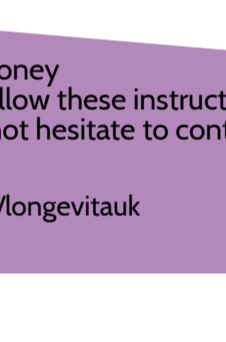
### Post-Operative WHAT to EXPECT?

**Swelling** Swelling may occur around your outer nose. It should resolve over the next 4-5 weeks.

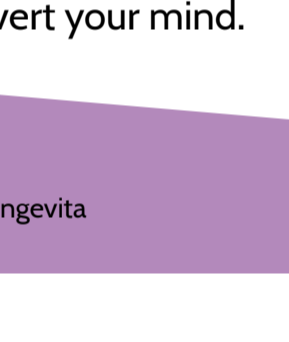


**Numbness** Your nose will be numb following surgery. This is normal and will subside over the coming weeks or months. Also, expect your nose to be blocked during the first week after surgery.

**Discoloration** Discoloration or bruising may appear around the eyes. It should resolve over the next 1 to 2 weeks.



**Depression** This typically occurs the second week after surgery while some of the swelling and bruising still persist and yet the patient is anxious to see the final result. Realize this is a temporary condition and things will improve. Focus on diligently following the wound care as well as other activities to help divert your mind.



**Bleeding** Bleeding may occur after surgery. It should stop in about 4 to 7 days.



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## Personal Care

### Post-Operative DO's and DONT's

Do not blow your nose for two weeks. You may sniff back gently, no nose blowing. If you must sneeze, sneeze with your mouth open.

Don't insert any objects in your nose. You can gently use cotton buds for cleaning.

Clean the outer part of the nostrils with hydrogen peroxide. You may apply antibiotic cream to the outer nostrils.

Don't apply ice to the area unless your patient care specialist says it's OK.

Minimize sun exposure to the nose for at least 12 months. Always use a sunscreen with a high SPF when going out in the sun.

Avoid trauma to your nose. Try not to bend over, bump your nose, or roll onto your face while sleeping.

You may shower or bath after surgery, but be careful if you have an external cast on your nose.

Casts should remain dry and make sure that the water flow does not hit your face.

Keep your head elevated for the first 48 hours to minimize swelling. Sleeping with an extra pillow or two is adequate.

Avoid foods requiring prolonged chewing and avoid excessive facial movements for one week.

Do not wear regular glasses or sunglasses that rest on the bridge of your nose for a year.

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## Personal Care

### Post-Operative DO's and DONT's

After the surgeon removes your cast, the skin of your nose may be gently cleansed with a mild soap.

You may use make-up may be worn as soon as the cast is removed. Any discoloration may be covered using cover-up products.

If you are a smoker, you should not smoke for at least 2 weeks after surgery.

Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome.

**Activities** You should do no vigorous exercise and should avoid any significant physical exertion, lifting or straining for a minimum of 3 weeks after your surgery.

Generally, plan on taking it easy. Although your nose will not feel painful while healing, it is still susceptible to injury.

You may walk as much as you like.

No sexual activities for 2 weeks. After 2 weeks, you may return to all your normal activities.

You should start to make a daily massage right after your check-up appointment.

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## Be Patient for A Great Result!

### Post-Operative DO's and DONT's

**When Can I Get Back to Work?**

You need to wear a splint for approximately a week after a nose job.

You are free to return to work at any point after that.

If you are not concerned with people knowing about the surgery, you should feel physically well enough to go back to work in two to three days after the procedure.

**Be Patient!**

The healing time for nose surgery is often less than expected and the results are worth to wait!

While 70-80% of swelling should be gone after 4-5 weeks, your healing will continue for the entire first year, so it is normal to have swelling in this period. We will follow you through this process.

Please do not ever hesitate to contact your dedicated patient relations specialist.

Take Care!

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