

- 01** Swelling and bruising can be noticed for 7 days postop and they will gradually go away.
- 02** Place the icepack on surgical site for initial 7 days. When putting an ice pack, put it over thin cloth or gauze on surgical site.
- 03** Washing face and makeup is possible after the day of stitch removal.
- 04** Do NOT remove bandages, cast and cotton puffs inside of nostrils on your own.
- 05** Do not blow your nose for first 3 months. In case of nose bleed or runny nose, do not put tissues inside of nose and just wipe it off gently around nostrils. Fluid leaking or subtle bleeding may be noticed for the first 2 – 3 days after surgery.
- 06** Do not wear glasses or sunglasses for 4 weeks in case of nasal bone augmentation and 6 weeks in case of reductive rhinoplasty.
- 07** Weight lifting, running and such activities except for a walk should be resumed from 4 weeks postop.
- 08** Quick shower can be done after the day of stitch removal; however, taking a bath, going to sauna and hot spring should be done from 4 weeks postop.
- 09** Do not bow your head or lie face downwards.
- 10** When sleeping, using soft pillow to minimize swelling and bruising. Make sure your neck is not bent from the pillow and sleep straight up.
- 11** Only pain killers and antibiotics prescribed by the hospital need to be taken. If necessary, you can additionally take Tylenol which does not contain Aspirin. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 12** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.
- 13** In case of emergency or any questions, please contact (+82-10-7156-6546)