

Closed rhinoplasty

Instructions for the Patient

- If you are having a full anaesthetic, do not eat, drink or smoke after midnight. You are advised to stop smoking during the month before the intervention;
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention;
- You are advised to take 3 x 2 "Traumeel" tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach. You can replace Traumeel by taking Arnica 9CH, 8 days before the surgery (5 granules 2 times a day, 1/2h before your meal in the morning and in the evening) and on the day of the surgery Arnica 9CH and Apis 15CH (5 granules in the morning on an empty stomach).
- On the day of the operation, you are advised not to wear make-up or nail varnish, nor to use day cream.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any jewellery.
- On the day of the operation, you are advised to wear ample, comfortable clothes which, in order to be taken off, do not have to be pulled over your head.

It is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (30 €).

After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 3 x 2 "Traumeel" tablets for five days after the intervention, in order to reduce the appearance of bruising. Or you can replace the Traumeel with 1 dose globulli Apis 15CH and Arnica 9CH.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg or 400mg, twice a day. In the event of strong pain, other painkillers could be prescribed for you.
- Antibiotics will be prescribed for you and must be taken two times a day.
- After the operation, gauzes are placed in the nostrils and a plaster is applied to the nose. The gauzes can be taken out after three to four days. The plaster will be removed after ten days. After removing the

gauzes and/or the stitches we advise to apply rhinospray (with eucalyptus) in each nostril 3 to 4 times a day.

- Some swelling can occur just after the operation but will quickly decrease.
- The bruises will remain visible for about ten days, and will then fade.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- Eight weeks after the intervention, a check-up at Beclinic is advised.

Open rhinoplasty

Instructions for the Patient

Before the Intervention:

- For six hours before the intervention, eating, drinking or smoking is forbidden;
- You are advised to stop smoking during the month before the intervention;
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention;
- You are advised to take 3 x 2 "Traumeel" tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach.
- On the day of the operation, you are advised not to wear make-up or nail varnish, nor to use day cream.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any jewellery.
- On the day of the operation, you are advised to wear ample, comfortable clothes which, in order to be taken off, do not have to be pulled over your head.
- **It is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (30 €).**

After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 3 x 2 "Traumeel" tablets for five days after the intervention, in order to reduce the appearance of bruising.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg or 400mg, twice a day.

In the event of strong pain, other painkillers could be prescribed for you.

- Antibiotics will be prescribed for you and must be taken two times a day.
- After the operation, gauzes are placed in the nostrils and a plaster is applied to the nose. The gauzes can be taken out after four to five days. The plaster will be removed after ten days.
- After removing the gauzes and/or the stitches we advise to apply Neobacitracine ointment together with Rhinovita in each nostril 3 to 4 times a day.
- The stitches under the nose are removed four to five days after the operation.
- Some swelling can occur just after the operation but will quickly decrease.
- The bruises will remain visible for about a fortnight, and will then fade.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- Once the stitches have been removed, the scars can be massaged with Cicalfate (Avène). When they are closed, a silicone dressing of the "Bapscarcare" variety can be applied in order to help the healing process. It is important to protect them from the sun for at least a year.
- Eight weeks after the intervention, a check-up at Beclinic is advised.