



## Enhancing Post-Operative Results

If you plan to have nasal surgery the best time to begin thinking about your post-operative care is before you have the procedure. In fact there are a number of things you can do ahead of time to prepare yourself for rhinoplasty surgery both physically and emotionally. Advanced preparation can enhance your surgical result.

After the procedure you should follow Dr. Shahidi's instructions meticulously; this is the time to pamper yourself. Many surgical patients feel a bit of a letdown after the procedure. This feeling is very natural because the final results are not yet visible, your face may be bruised or swollen and you may feel somewhat drained from the surgery. Give yourself time to heal. A little bit of advanced planning can help you beat the post-op blues. It is important to plan enough time for your recovery. If you would rather your friends and co-workers not know that you are having surgery, you may want to schedule a beauty makeover a week or so before surgery. A dramatic change in your hairstyle just before you have a procedure can help divert attention away from your face and make the result of the surgery less obvious.

Good nutrition is an important part of preparing for facial cosmetic surgery. What you eat can affect both the surface of the skin, the underlying structures and the blood vessels. A healthy diet promotes a vibrant complexion and an overall healthy glow. You must maintain a healthy diet after the nose surgery. Do not embark on any type of severely restrictive diet in the month before surgery. If you need to lose weight take it off slowly by reducing your calorie intake and increasing your activity level. Vegetarians need to be particularly careful to maintain adequate levels of amino acids essential for healing. A balanced diet can help ensure that you are getting adequate supplies of nutrition that promote optimal healing such as Vitamin C and Zinc. Don't take any nutritional supplements without informing Dr. Shahidi as some nutritional supplements can promote excessive bleeding and make sure that you discuss all your medication with Dr. Shahidi during the time of the consultation. Smoking can affect surgical results. It is well documented that smoking may slow down healing.

Most important of all, give yourself time to heal. Everybody heals differently some people need one week while others need 2-3 weeks. Be careful not to get into a regular fitness routine immediately post operatively. Vigorous exercise elevates your blood pressure which can cause swelling and interfere with healing. It is best to start gentle stretches and slowly build up back to your normal exercise routine. Make sun screen a part of daily facial care and choose a good cosmetic range that agrees with your skin in order to camouflage the bruising.

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