

Enhancing Post-Operative Results

Planning for your recovery before nasal surgery is just as important as preparing for the procedure itself. Taking proactive steps—both physically and emotionally—can optimise your healing, enhance surgical results, and support your overall wellbeing.

Before Surgery

Follow all pre-operative instructions provided by Dr Shahidi. Consider planning time off work or social engagements to allow for undisturbed healing. If you wish to keep your surgery discreet, you may choose to schedule a hairstyle change or beauty treatment prior to your procedure to draw attention away from early healing changes.

Nutrition and Supplements

A balanced, nutrient-rich diet can help promote tissue repair and reduce inflammation. Nutrients such as Vitamin C and Zinc support wound healing and skin regeneration. Avoid restrictive dieting before surgery and aim for steady, healthy eating habits. Vegetarians should ensure adequate protein and amino acid intake. Do not take any vitamins, herbal remedies, or supplements without first discussing them with Dr Shahidi, as some may increase the risk of bleeding.

Smoking and Medication

Smoking is known to impair healing and may negatively affect surgical outcomes. You are advised to cease smoking well in advance of your surgery. Discuss all current medications and supplements with Dr Shahidi during your consultation, including over-the-counter products.

Emotional Recovery

It's common to experience a temporary emotional low after surgery due to swelling, bruising, and the gradual nature of healing. Allow yourself time and patience to adjust. Final results often take weeks or months to fully develop.

Activity and Exercise

Everyone heals differently—some patients may feel better within a week, while others take longer. Avoid vigorous exercise in the early recovery phase. Gentle stretching may begin once cleared by Dr Shahidi, and exercise can be gradually reintroduced to prevent swelling or bleeding caused by elevated blood pressure.

Skin Care and Sun Protection

Use a high-SPF sunscreen daily to protect your skin and healing tissues. Choose a gentle skincare range suitable for your skin type. Cosmetics may be used after the initial recovery period to help camouflage bruising, if desired.

Recovery Milestones (General Guide)

While healing varies for every individual, the following is a general guide for what to expect during the early recovery period:

- Week 1: Swelling and bruising are at their peak but will start to improve. Follow all wound care and rest instructions.
- Weeks 2–3: Most bruising subsides. Light activities such as walking can typically resume.
- Week 4+: Swelling continues to decrease, and most patients feel more comfortable returning to work and social activities. Final results may take 12-18 months or longer to fully develop.

What to Expect During Recovery

It is common to experience temporary swelling, bruising, nasal congestion, tightness, and mild discomfort after rhinoplasty. These symptoms are part of the normal healing process and will gradually resolve. Dr Shahidi's team will advise you on what is expected and when to seek review.

Patient Recovery Checklist

- Follow all wound care and dressing instructions
- Take medications as prescribed
- Maintain a balanced, nutrient-rich diet with adequate hydration
- Avoid strenuous exercise until cleared
- Use sunscreen daily and protect your nose from direct trauma
- Attend all scheduled follow-up appointments
- Keep clinic contact details handy for any concerns