





Post-Rhinoplasty Care Instructions - Day 1 to Day 8 Post-Surgery

DAY 1 to DAY 8: Immediate Recovery Phase

Medications & Nasal Care

- **Pain Relief & Antibiotics:**
Take all medications as prescribed to manage pain and prevent infection.
- **Flo Nasal Spray:**
Use 4 times daily to keep nasal passages moist and prevent blood from hardening.
 *Do not skip this.*
- **Chlorsig Ointment:**
Apply to incision sites 4 times daily using a clean finger.
 *Wash hands before each application.*

Cold Therapy – MediChill Packs

1. Soak in water until cells expand.
2. Wipe dry and refrigerate ( do not freeze).
3. Place gently over eyes and cheeks.
 *Never apply frozen packs directly to skin.*

Nutrition & Support

- One Ensure nutrition drink is provided to help maintain energy and healing.
- You may purchase more from your local chemist as needed.
- **Pineapple juice** may help reduce swelling and bruising (contains bromelain).
- **Movicol or prune juice** may be used to relieve constipation, which can be a side effect of pain medications.

Head Elevation

- Keep your head elevated at a **45° angle** at all times—especially during sleep.
 - Use **3 pillows** or a wedge pillow for support.
 - Maintain this position until your **Day 8 cast removal** appointment to minimise swelling and support healing.
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Post-Rhinoplasty Care Instructions - Day 8 to Week 6 appointment Post-Surgery



Clinic Visit

- Return on **Day 8** for **cast and splint removal** with Dr Shahidi.



DAY 8 to 6 Weeks: Recovery & Maintenance Phase



Flo Nasal Wash (4 times daily)

Instructions:


1. Boil and cool water to sterilise the water.
2. Mix 1 sachet of solution with cooled water.
3. Rinse each nostril thoroughly.

Bottle Hygiene:

- Wash bottle with hot soapy water after each use.
- Use a dedicated clean sponge/cloth.
- Air dry completely before next use.



Sneezing & Nose Care

- Sneeze with your mouth open to reduce pressure.
-  *Do not blow your nose.*



Plaster Wearing Instructions (Post-Day 8)

Wear plaster:

- Every night until your 6-week appointment.
- As much as possible while at home or away from public.

Benefits:

Reduces swelling, protects nose, aids skin reattachment.

Application Steps:

1. Place gauze/tissue inside plaster for padding.
2. Secure with skin tape for a snug, gentle fit.
3. Adjust padding as swelling decreases.