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ASSOC·PROF·DR·HÜSEYİN·BALIKCI
ENT & RHINOPLASTY SPECIALIST



Rhinoplasty
Patient Information Form

Before Operations

- Never use drugs without consulting us 10 days before the date of surgery. It is strictly forbidden to drink aspirin and its derivative painkillers, drugs with blood thinning properties, herbal teas, alcohol, energy drinks and to eat cherries.
- It is necessary for you to be healthy for 10 days before the date of surgery. We will have to postpone the operations of our patients with active flu, cold or lower and upper respiratory tract infections. So pay attention to staying healthy.
- You will be hospitalized 1 day before the surgery to make your blood tests. Our patients coming from abroad are met by our assistants at the airport.
- Do not eat or drink anything, including water, after midnight (24.00) before the operation. 8 hours of fasting is required for anesthesia.
- Your doctor will meet with you to discuss the latest details about your requests and complaints before surgery.

Early Period

- The duration of the surgery can vary from 2 to 5 hours. It is approximately 3 hours.
- It is normal to have mild bleeding in the form of leakage for the first 2 days. It might be, albeit rarely (0.3%), to have severe bleeding that requires intervention within the first 10 days. In this case, we may need to put a tampon in your nose and / or give you blood or you may need to be taken to the operating room.
- You can have a shower without wetting your stitches. From the 5. Day of the operation, you can wet your tampon or stitches while taking a shower.
- You will not be able to breathe through your nose, since there will be a silicone pad inside your nose and a protective cast outside for the first 1 week after the operation.





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- Your swelling will increase gradually within the first 2 days and will reach the maximum level at the end of 48 hours. You can swell until your eyes close. Cold compress, that is, the application of ice will make swelling less.
- Usually there is no bruise. Rarely, bruises may appear around the eyes.
- The swelling and bruises on your face will roughly return to normal from the 14th day.
- On the 7th postoperative day, your tampons and protective cast will be removed. Then your nose skin will be stabilized again with tapes.
- The tapes will remain in your nose for 7 days and you will peel these tapes in front of a mirror at home and your nose will be uncovered after that date.
- While the tapes are in your nose, you can wash your face and take a shower. There is no problem in wetting tapes.
- Within this period, your doctor may give you some tasks, such as massage.
- White stitches outside your nose will melt away and disappear at the end of the 3rd week. Purple stitches inside will disappear in about 3 months. Within this period, it may be crusts, occasional nasal congestion, and mild bleeding that is not serious when cleaning your nose.
- You may need to stay at the hospital for 1 or 2 nights after the operation. After being discharged, the transfer of our patients coming from abroad to the hotel will be carried out by our assistants.
- From the second day, you should wash your nose with a saline solution 3-4 times a day with the help of an injector. You will be taught how to do it by our nurses.
- After washing your nose, you will need to clean your nose with a cotton ear stick. By applying antibiotic cream to the cotton part of the ear stick, the nasal hole entrance will be cleaned with peripheral movements.
- You will be prescribed medications that you should use after your being discharged.



Your Medication

- Antibiotic (Enfexia 500 mg 20 tablets, full, 2 times a day, 10 days)
- Pain killer / Anti fever (Parol 500 mg tablet, full, 4 times a day, 7 days)
- Antihistamine (Rupafin tablet, full, once a day, 7 days)
- Antibiotic cream (Thiocilline eye pomade, apply your stitches 4 times a day, 10 days)
- Wash inside your nose 3 times a day with a saline or sterimar nasal spray and clean around your nostrils with a cotton ear stick, 4-8 weeks

Late Term

- You should restrict your medium and heavy sports activities for the first month.
- It is forbidden to enter the sea and pool for the first month due to the risk of infection
- You should not wear glasses for the first 4 months. You should prefer light glasses for the first year from the 4th month.
- You should protect your face from sun rays for the first 3 months. Temporary bruises on your face can become permanent if exposed to direct sun. In this period, pay attention to staying in the shade and applying sunscreen on your face while going out.
- There is a rare risk of infection for the first 3 months. In that period, increasing of the redness which has already been decreased in the stitches, as well as re-increasing of swelling and pain in your nose, which has already been decreased, may indicate an infection. In this case, we recommend you to contact any Otorhinolaryngology Clinic in your city. In this case, please contact us as well.



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- Improvement will be completed 60-70% in the 2nd month, 70-80% in the 6th month, 90 -95% in the 1st year and 100% at the end of the 2nd year.
- You can find the change in the nose and the new look of your face odd in the early period. It may take up to 4 months psychologically to get used to the new look. Please be patient in this process.
- The side view of your nose will reach the nice levels from the 4th week.
- To reach the nice levels may take up to 4 months for ideal skin and 1 year for thick skin due to swelling in front view. Please be patient in this process.
- During the first 4-6 months, you should not evaluate your nose by taking a photo with your phone's front camera. The front camera will mislead you. For this, it would be correct to use the rear camera.
- To reach the final result takes 1 year for ideal skins and 2 years for thick skins.
- Before the first 1 year is completed, we can not decide whether revision surgery will be required. A nose that looks good in the first 6 months may deteriorate at the end of the first year, or a nose that appears to be defective in the first 6 months may become flawless at the end of the first year. Please wait patiently for the first year to complete. At the end of this period, we can plan revisions if necessary.
- Your doctor will teach you nasal back and nose tip massage techniques. You should do the nasal massage twice a day for 15 minutes during 6 months. The massage you have made will allow your nose to shape, localized bumps to disperse and your skin to be more compatible with your new nasal skeleton.
- After the surgery, your doctor may recommend an apparatus called 'Nostril Retainer'. Nostril retainer is used for 6-8 months as described to you. This apparatus helps shape your nostrils. Nostril retainer is an expensive device that comes with a special order by taking the measure.





- It is definitely not recommended to examine your nose in front of the mirror frequently after the operation. Because when you focus on it, you start to see the mild nostril and nasal wing asymmetry and the axis deviation slightly to the left or right which are in fact not defects. Remember, as there is no perfect nose in nature, you will never have a perfect nose. Each nose has mini-defects such as more or less nostril asymmetry, axis deviation. Likewise, our eyes, eyebrows, cheeks, lips and chin are not symmetrical with each other on the right and left sides.
- Your nostrils will be similar, but will never be fully symmetrical and equal.
- Thick-skinned noses will look a little wider again when viewed from the front. Back lights will often not appear on thick-skinned noses. So the nose may look rough.
- Smoking is strictly prohibited for 3 weeks before surgery and for the first 6 months after surgery. If you smoke, your nose will never reach the desired level.
- Drinking alcohol for the first 3 months will also affect recovery.

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