

Open/Closed rhinoplasty

Instructions for the Patient

Before the Intervention:

- If you are having a full anaesthetic, do not eat, drink or smoke after midnight.
- You are advised to stop smoking 1 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 or piercings**.
- 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 €).

NEW: hyperbaric oxygen therapy pre and post-operative. HBOT helps wound healing by bringing oxygen-rich plasma to tissue starved for oxygen. This therapy helps to improve/accelerate the healing process. Cost: 180€ for 2 sessions. Attached more information.

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 globuli Apis 15CH and Arnica 9CH.
- Depending on the procedure, you will be given an adjusted painkillers and antibiotics schedule
- 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 or Neobacitracine ointment 2 times a day (deep in the nostril with a cotton swab).
- In case Medrol 4mg is prescribed please take these as following: day 1-2 post op: 8 tablets, day 3-4 post op: 4 tablets, day 5-6 post op: 2 tablets, day 7-8 post op: 1 tablet a day. They can all be taken at the same time.
- The stitches under the nose will be removed 7-10 days after the surgery.
- Some swelling can occur just after the operation but will decrease in several weeks.
- The bruises will remain visible for about 14 days, and will then fade.

- In order to reduce the oedema and the bruises, it is recommended that you sleep for 5 days with your head slightly raised on two pillows.

After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.

We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email webinfo@beclinic.com or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000