

- ❖ **Difficulty breathing through the nose:** This is completely normal due to swelling inside the nose, blood residue, etc. If plates have been inserted, there isn't much space. Until your follow-up appointment, it will unfortunately be uncomfortable, and you will have to breathe through your mouth. You can moisten your mouth with a mouth spray, which can be purchased at the pharmacy.
- ❖ **Bath:** If you have a splint on your nose, it should not get wet. Otherwise, you can bathe as usual but avoid long hot baths due to the tendency for swelling.
- ❖ **Clean the nose:** You can take a cotton swab/cotton pad and dampen it with lukewarm water, then gently clean around the nostrils and just inside (the cotton on the swab should always remain visible).
- ❖ **Swelling in the face:** It is completely normal, especially after rhinoplasty/septoplasty. It will subside on its own after a few days. You can use cold compresses and possibly antihistamines.
- ❖ **Bleeding:** A little dripping bleeding is completely normal for about 2-3 days, but not constant bleeding. It's important to eat cool foods and drink cold liquids and try to hold ice against the roof of your mouth in several sessions. This helps with both swelling and the contraction of blood vessels, which reduces the bleeding.
- ❖ **Stitches:** Most are stitched with absorbable sutures, which may take several weeks to disappear completely. You can

soften them with water and petroleum jelly, so they dissolve over time.

- ❖ **Sleep:** It's important to sleep with your head elevated during the first week after surgery, and your sleep may be affected as you won't be able to breathe through your nose. You can moisten your mouth with a mouth spray, which can be purchased at the pharmacy.
- ❖ **Blow your nose:** You can blow your nose 2 weeks after the surgery, and until then, only gently sniff without force.
- ❖ **Medicine:** It's important that you follow the instructions and take your medication, including any antibiotics, as prescribed. Be aware of the prescriptions the doctor has issued; these are also listed in the operation description you received.
- ❖ **Bruised eyes/Swollen eyes:** This is completely normal and will subside over time. You can use cold compresses.
- ❖ **Numbness/Pain:** It is completely normal to experience it in various areas of the face, mouth, palate, or teeth. As the small nerve fibers were affected during the surgery, it will decrease over time.
- ❖ **Extra sensitive skin:** It is completely normal for the skin to become more sensitive, reacting to cold, etc. This will decrease over time.
- ❖ **Nasal spray:** Regular nasal spray can be resumed about 1 week after the surgery. It will be indicated in your surgery description whether you need to do this.

- ❖ **Exercise (swimming, running, strength training):** 2-3 weeks after the surgery, but listen to your body and pay attention to how it feels. If you feel swelling in the nose or discomfort, it's too soon—give it another week of rest.
- ❖ **Sauna/ Sauna session:** About 4 weeks after the surgery is okay, as the heat can cause the mucous membranes to swell.
- ❖ **Sun:** About 2-3 weeks after the surgery is okay, as the heat can cause the mucous membranes to swell. Always use sunscreen if you've had external surgery.
- ❖ **Flying:** About 2-3 weeks after the surgery is medically okay but always check with your travel insurance as they may have different rules in case something happens abroad.
- ❖ **Treatment with tape (angel skin/micropore):** Only necessary if we have prescribed it. We do not use it to reduce swelling.

If you have any questions, please feel free to contact the clinic at **+45 70 21 21 10**.

We are available Monday–Friday, 9 AM – 1 PM.

For the first **24 hours following your surgery**, you can reach a surgeon from the clinic at

+45 92 92 15 44.

(Please note: This number does not accept sms/text messages).

Wishing you a speedy recovery

Nose surgery Questions & Answers



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