

'When will I see my final results?'

For those undergoing rhinoplasty, the timeline for healing and swelling becomes an important issue, especially after the splint comes off in week 1. The following may help you and your family to understand 'what to expect'.

Week 1; after your splint (inside the nose +/- over the skin) has been removed, your nose will look 'fat'. This is because there remains A LOT of swelling in the skin itself at this stage.

Be prepared that you may have swelling around the nose at this stage too – bruising under the eyes, the front of the cheeks and the lip are all places that commonly swell following the surgery. This will settle with time.

Following the removal of dressings you will be asked to

1. apply Vaseline to the nostrils and across any incision lines you have, 2-3x daily
2. flush the inside of your nose with saline 4-6x daily until your next review. This is important to keep the nasal passages clean and clear, and to prevent internal scarring.

You will also be reminded about limitations of physical exercise. For example, where your nasal bones have been straightened, you may not be able to engage in any contact sport for 6 weeks. If you are unsure, please call us to discuss.

Weeks 1-2; No physical activities or lifting more than 5kgs at all. You will be at home recovering.

Weeks 3; Gentle walks, light weights 2-3 times in the week is permitted. Nothing more vigorous than this is advisable.

Weeks 4-6; Around the time of your next appointment, the inside of the nose may be persistently 'crusty' and need your doctor to gently suction some of the mucous away. Most patients notice that the bridge of their nose is far less swollen, however many feel that their nasal tip is still swollen. As the lowest point of the nose, swelling around the tip is often the last part to improve – especially if you have thicker skin or have had previous nasal surgery. Okay to get back into more vigorous exercise (run/jog/swim) but **not** anything that risks bumps to the nose.

Weeks 7-8; Okay to fly/full resumption of sport including contact sport.

Weeks 12 – 16; At this visit your nose will be more refined, and most patients feel comfortable being photographed eg. For a wedding or other special event.

Please note that in the case of patients undergoing revision or very dramatic changes to the nose, healing will often take longer than the above timeline.

Months 4 – 12; Over this extended time, patients continue to notice subtle changes in their appearance however have generally become comfortable with their 'new' nose. Where minor imperfections are noted, a discussion with your surgeon can shed light on the management of these. This may include the use of steroids and other injections, skin treatments, or revision surgery in a minority of cases.