



PATIENT RECOVERY GUIDE

Rhinoplasty

Aftercare Instructions

Your personalised recovery guide following rhinoplasty with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Rhinoplasty		DD / MM / YYYY	DD / MM / YYYY

Your recovery after rhinoplasty is usually gentle, especially as the nasal bones were reshaped without breaking them. Use cold compresses around the eyes, keep your head elevated, and above all protect the nose from any knock while it heals. The splint comes off on day seven; the true, final shape emerges gradually over about six months.

1 The First 48 Hours

- Cold compresses.** Apply cold compresses around the eyes at 10–15 minute intervals through the first day.
- Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- Head elevated.** Rest and sleep with your head raised on pillows to reduce swelling around the eyes.
- Protect the splint.** Keep the splint and nasal pack in place; the pack comes out in 1–2 days, the splint on day 7.
- Clean the nostrils.** Light blood oozing is normal for 1–2 days; gently clean with wet wipes or damp cotton swabs.
- Protect from trauma.** Avoid any knock to the nose — the reshaped bone is delicate while it heals.

2 Recovery Timeline

- DAYS 1 – 2**
Early healing. Mild pain eased by medication. Cold compresses and head elevation. Nasal pack removed at 1–2 days. Light nostril oozing is normal.
- DAYS 5 – 7**
Splint comes off. Bruising fades by about day 5; most swelling settles in the first week. The splint is removed on day 7 and nose massage begins.
- WEEKS 2 – 8**
Back to routine. Return to daily life and activity. Avoid eyeglasses and protect the nose from trauma as the shape settles.
- MONTHS 3 – 6**
Final shape. The last swelling resolves, the skin softens, and the true, final nose shape emerges by about six months.

“I shaped your nose for your face, reshaping the bone without breaking it to spare you swelling. Now protect it — no knocks, no glasses — and give it the months it needs; the final shape is worth the wait.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Use cold compresses around the eyes early on.
- ◇ Keep your head elevated, day and night.
- ◇ Massage the nose as shown once the splint is off.
- ◇ Attend your pack-removal and splint-removal visits.

PLEASE AVOID

- ◇ Any knock or trauma to the nose (for 3 months).
- ◇ Wearing eyeglasses for a couple of months.
- ◇ Smoking, which delays healing (for at least a week).
- ◇ Sun exposure; use sun protection on the nasal skin.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or spreading swelling.
- Heavy or persistent bleeding from the nose.
- Severe or increasing pain not eased by medication.
- A knock or injury to the nose during healing.
- Difficulty breathing, or the splint coming loose early.

5 Discharge Checklist

- ☐ Cold compresses and clean gauze ready at home.
- ☐ Pain relief and any antibiotics collected.
- ☐ Nostril-cleaning and splint-care instructions understood.
- ☐ Splint-removal date (day 7) confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS