



Instructions for patients

Before the Intervention

- For six hours before the intervention, eating, drinking or smoking is forbidden.
- You are advised to stop smoking during the month 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.
- 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.

Rhinoplasty

- 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.

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.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg or 400mg, twice a day. In the event of strong pain, other painkillers could be prescribed for you.
- Antibiotics will be prescribed for you and must be taken twice a day.
- After the operation, packs are placed in the nostrils and a plaster is applied to the nose. The packs can be taken out after three to four days. The plaster will be removed after ten days.
- Some swelling can occur just after the operation but will quickly decrease.
- The bruises will remain visible for about ten days, and will then fade.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- Eight weeks after the intervention, a check-up at Beclinic is advised.

QUESTIONS?

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