

# Available Procedures At Manchester Private Hospital

## BREAST SURGERY

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

## BODY SURGERY

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

## FACE SURGERY


- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery

Excellent  ★ Trustpilot

## CONTACT US

### Manchester Private Hospital

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 0161 507 8822

 [manchesterprivatehospital.uk](https://manchesterprivatehospital.uk)



MANCHESTER  
PRIVATE HOSPITAL

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# Post-Operative Advice Rhinoplasty

## WHEN IS MY MEDICATION NEXT DUE?

Pain Relief - Time \_\_\_\_\_

Antibiotic - Time \_\_\_\_\_

[manchesterprivatehospital.uk](https://manchesterprivatehospital.uk)

For any Post Operative Queries

**0161 507 8822**

# FOLLOWING YOUR RHINOPLASTY SURGERY.

Post-operative bruising and swelling is normal and should subside over the next 3-6 weeks.

You may apply a cold pack to you face to help reduce swelling and bruising in first 24-48 hours after surgery. You can buy facial gel face masks to keep in your fridge, they are very soothing and available from high street chemist.

Drinking pineapple juice and taking Bromelain capsules for 1-2 weeks post op can help relieve sinus problems and reduce inflammation.

You will leave hospital wearing a nasal splint along the bridge of your nose for protection.

Usually, the nurse removes this at your 7-10 day post-operative appointment. If your rhinoplasty was open you will have sutures that will also need to be removed at this time, a closed rhinoplasty will sometimes have dissolvable sutures inside the nose.

After the splint is removed you may clean each nostril with a cotton tip bud to the external nostrils only. Do not stick the cotton bud up your nose.

To clean well you can use Sterimar nasal spray 3-6 times daily. This will help keep the nasal passages clean and clear.

Otrivine spray is to help clear a blocked nose and to reduce congestion.

You may be given oral antibiotics and an antiseptic cream which is to be applied into each nostril to soften any blood crusts, scabs reduce risk of minor infection.

At your 7-10 day review for splint removal. The Nurse can also show you how to tape the bridge of your nose following splint removal as this will help reduce swelling but this is not always necessary. Micropore tape will be provided if this is necessary. Avoid wearing glasses for 6 weeks and you may need to order contact lenses. This is to avoid an indentation being caused by the glasses.

Haemorrhage from the nose is uncommon, but if it occurs remain calm and apply cold compress to the nose, sit down and remain calm for 30 minutes. Please contact us for advice or ask a relative to assist you.

If bleeding does not stop call us for advice and if the hospital is closed, you will need to attend A&E.

In the week after surgery, avoid hot baths, hot food and alcohol as this can promote bleeding. If you feel you will sneeze, please try to cough this out instead of sneezing through your nose.

Please avoid heavy lifting and bending down without bending your knees as this can promote bleeding due to increased pressure.

Avoid strenuous exercise for at least 6-8 weeks after surgery and contact sports for at least 6 months. You can discuss returning to sporting activities with your surgeon at your 6-8-week review appt.

You may need around 1-2 weeks off work depending on your job. Makeup can be worn after 1 week. Do not drive your car for at least 1 week after surgery, the pain relief prescribed to you such as codeine may slow down your normal reactions.

Please sleep in a semi upright position to aid reduction in swelling overnight for the first week after surgery.

You will be given pain relief prescribed by the surgeon.

Take these when required. Usually, paracetamol and codeine will be prescribed but after 2-3 days if you no longer require them stop. Medication containing codeine can cause you to feel low in mood and can cause constipation so when you no longer need them stop taking them.

To help prevent constipation and bloating after surgery eat a good diet with fruit and vegetables. Drink plenty of fluids and mobilise hourly. Staying mobile is essential in reducing risk of deep vein thrombosis following surgery.

It is important to wear your anti thrombosis stockings for 2 weeks following surgery and longer if you are inactive. Your nurse will advise you before you the leave the ward.

Signs of a blood clot called deep vein thrombosis DVT are calf pain, tightness and swelling. If this happens you must attend accident and emergency for investigations.

Deep vein thrombosis or DVT can lead to a blood clot in the lung called PE or Pulmonary Embolism, which is life threatening,

The signs of PE are chest pain and shortness of breath. If you experience these symptoms, you must call 999 as this is a medical emergency.

Please call us if you have any post operative concerns 0161 507 8822

**DO NOT SMOKE OR BE AROUND SMOKERS FOR AT LEAST 3 MONTHS AFTER SURGERY AS THIS CAN LEAD TO INFECTION AND POOR HEALING**

<b>EMERGENCY</b>
<b>IN CASE OF EMERGENCY PLEASE DIAL 999 AND ATTEND ACCIDENT AND EMERGENCY THIS INCLUDES SUDDEN HIGH TEMPERATURE, BLEEDING, CHEST PAIN AND BREATHLESSNESS.</b>