



RHINOPLASTY



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RHINOPLASTY RECOMMENDATIONS:

Dear patient please pay attention to the hints below about rhinoplasty surgery:

Rhinoplasty is a type of plastic surgery that changes your nose's shape and size and it is done on nasal skeletal structures as well as soft tissues. People ask for cosmetic rhinoplasty to improve how their nose and face look.

- Talk about your medical history, any disease records you might have had or any medications you are taking.
- Avoid using Aspirin or other anticoagulants 2 weeks before the surgery.
- Avoid smoking 1 week before the surgery.
- The ingredients in a cigarette may cause arteriosclerosis and dysfunction in tissues' blood circulation after the surgery.

Surgery Day Recommendations:

- Patient should fast for the surgery. It is necessary to avoid taking any beverages 4 hours and milk and solid food 8 hours before the surgery. According to the usual time table, most surgeries start after 12 noon. So, you are allowed to have a light portioned breakfast early in the morning.
 - Go to the hospital at 8 a.m.
 - Bring the admission form, identification document, blood tests, scans, photos and etc. The presence of a guardian for under 18s is obligatory.
- Take a shower a night before the surgery day.

After the third day you are allowed to do gentle housework, administrative work, computer work, etc.

- The cast must usually remain on the nose for a week. If it gets loose, make contact with your surgeon. Do not touch the cast and keep it dry. You can take a shower on the day of cast removal so it gets wet and will be removed more easily.

- Avoid using stimulating food that cause sneeze/cough. Also avoid eating food that needs a lot of chewing. Do not drink hot tea or coffee. Drink a lot of water.

- Avoid strenuous activities such as aerobics and jogging.

- Use a soft toothbrush and brush smoothly without touching your upper lip.

- Keep your mouth open whenever you cough or sneeze so the air flow exits from your mouth without resistance.

- Avoid having sexual intercourse for 10 days.

- Avoid blowing your nose for a week. Do not make long calls for 10 to 14 days.

- You can take a shower provided that you keep the cast dry.

- You can also wash your hair with the help of another person.

- Avoid extreme facial expressions, such as smiling or laughing.

- Try to use buttoned clothes in the first week. Clothes with tight collars are hard to change and may hurt your nose.

- The sunlight and heat are forbidden for 6 weeks to avoid the inflation risk. Use a cap and SPF30 sunscreen.

- Swimming is banned for 1 month and sauna for 2 months. Nose inflation happens after removing the cast.

- It takes 1 to 12 months for the inflation to completely resolve.

Important notice:

Contact us in case of having a cold. In some cases, especially with fever and cough it is better to postpone the surgery to avoid respiratory risks.

Contact us if you got herpes (cold sore or a fever blister). It is better to postpone the surgery to avoid infection spread.

Post-Operative Care:

Do not eat 3 hours after the surgery. The effects of anesthetics may continue and they slow the stomach and intestine movements and the consciousness is still low; so if you eat anything it may cause nausea and vomit. Start nutrition by drinking a sip of water.

Please note that change of color around eyes and nose (after the first day) is common among people who have a nose job. This happens due to blood leakage from capillaries. The color may change from light yellow to dark purple. There are no worries and it will disappear completely within few weeks.

Applying cold compress in the first 48 hours (20 minutes per hour) on nose and eyes is necessary to reduce inflation and bruise. Rest completely on the first day and use cold beverages diet.

Do not lie in a horizontal position. You should keep your head up (20-30 degrees). Using two pillows would be a good idea.

After the first day you can clean the bottom part of your nose gently with a wet cotton swab imbued with water, irrigation serum or hydrogen peroxide. Grease the stitches with topical antibiotics (Erythromycin ointment) twice a day.

Continuous irrigation with Normal Saline solution (0.9%) helps cleaning secretions and blood clots and it also alleviates breathing.

It is advised to start doing this with a 5cc syringe (without the needle) after the tampons are removed.



Professor MOHSEN RAJATI HAGHI Biography:

Dr. Rajati was born in Tehran, he was brought up in Mashhad and graduated from Ibn-Yamin High School; he achieved honored rank in the national entrance examination and studied General Medicine at Mashhad University of Medical Sciences.

He also completed the otolaryngology residency course for four years at Mashhad University and then postgraduate course (fellowship) in Otolaryngology-Neurotology (ear and skull base surgeries) at Tehran University of Medical Sciences in Amir Alam hospital. Dr. Rajati has worked as a faculty member in the department of Otorhinolaryngology, Ghaem University Hospital since 2005.

At present, he is Chair of the ENT department and head of the ward at Ghaem Hospital in Mashhad.

Dr. Rajati is one of the active surgeons of the Khorasan Razavi cochlear implant center. This center is one of the leading ones in the world with more than 2000 cochlear implant surgeries, and many people benefited from its services.

Participating and speaking in scientific congresses all over the world, publishing dozens of scientific articles in domestic and foreign specialized magazines, active participation in holding international congresses in Mashhad and the country are among the highlights of his professional career.

He operated more than 5000 ear surgeries including tumors, facial nerve problems, hearing problems, cochlear implants, etc., in public and private sectors.

FIELD WORK:

- All middle ear surgeries related to infectious and non-infectious diseases:
tympanoplasty,
ossiculoplasty,
mastoidectomy
- Surgeries to restore hearing:
bone and middle ear hearing aids,
stapedotomy,
cochlear implant
- Ear and nose cosmetic surgeries
- Operations related to the facial nerve:
nerve decompression,
nerve grafts,
muscle transfer
- Inner ear and vertigo surgeries
- Skull base surgeries and tumors

Surgery Day Recommendations:

- Patient should fast for the surgery. It is necessary to avoid using any beverages 4 hours and milk and solid food 8 hours before the surgery. According to this time table and the fact that the surgery is done after 12 noon, you are allowed to have a light portioned breakfast early in the morning.
- Go to the hospital at 8 a.m.
- Bring the admission form, identification document, blood tests, scans, photos and etc.
- The presence of a guardian for under 18s is obligatory.
- Take a shower a night before or early in the morning of the surgery day.



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