

As You Heal

Rhinoplasty

- **Why does everything smell like dirty socks?** This is an unknown, but many rhino patients do detect a fowl odor after a Rhinoplasty. This should go away between three to six months once the absorbable sutures absorb and heal. If the odor is still detectable after six months, please contact Dr. Brown.
- **Why won't my nose stop running?** The tissues are inflamed and healing. The runny nose should stop between six to twelve months.
- **When will the hardness in my nose go away?** Hardness is a normal side effect of Rhinoplasty. Hardness should go away after one year.
- **When can I wear glasses again?** If the bones have been adjusted, you should wait four weeks to wear glasses. If you need them for reading, wait a minimum of two weeks and on the third week place them on your nose very carefully and high up on your dorsum.
- **How long will it take for the swelling to go away?** This is normal Swelling should go away within six weeks.
- **When will the numbness in the tip of my nose go away?** Numbness will usually go away in one year, but can take up to two years. Again, this is normal.
- **Will my tip raise after the swelling goes away?** Yes, once the swelling subsides, your tip will raise a little .
- **How long will it take for my nose to take shape?** It can take up to one full year for your nose to take its final shape.

*** Avoid any activity that may cause any force or trauma to your nose for a minimum of six weeks

- **What To Expect After Surgery** There is usually discomfort due to headache and a feeling of stuffiness. Swelling and bruising may occur usually around the eyelids. The bruising is usually gone within 7-10 days as is a major portion of the swelling.
- **Resumption Of Physical Activities** Driving: five to seven days. Non-contact sports: three to four weeks. This includes jogging, swimming, hiking, etc. Contact sports: six weeks. This category includes tennis, skiing, football, basketball, etc. Scuba diving: eight to twelve weeks.

Please call us with any concerns Monday-Friday 8:30am-5:00pm. Weekdays after 5 pm and weekends you will reach our answering service and will be directed to Dr. Brown if it is an emergency. Our office number is 480-947-2455.