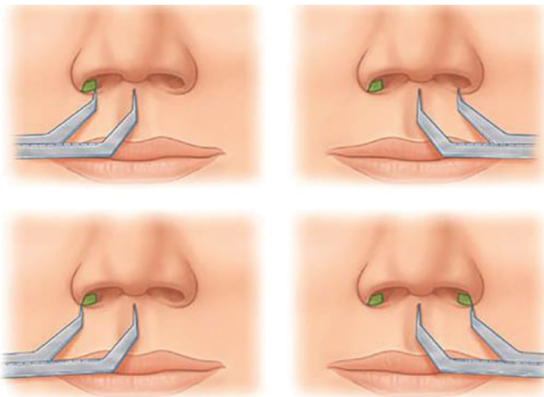


:: Description of the method

Many people are concerned about the appearance of their nose due to its size or Fractures and inappropriate changes in the face and causing breathing problems And... they are complaining. The cosmetic surgeon recognizes that Does the nose of these people need surgery or not? to nose surgery which is done to improve the appearance of the nose, rhinoplasty they say. The purpose of rhinoplasty is not to make the face look more beautiful Just make the nose smaller. Noses with thick skin and cartilage Insignificant compared to noses that have thin skin and strong skeleton. They are less satisfactory after surgery. Miniaturize The nose should not affect breathing.



:: Reasons for doing it

Most of the time, people aim to improve the appearance of the nose as well as improve it Respiratory problems caused by the deformity of the nose decided to perform this operation They get surgery.

:: Possible complications

Following this surgery, the following complications may occur in a person:

- * Pain and swelling of the nose
- * Postoperative bleeding
- * Symptoms of nasal obstruction

:: Preoperative measures

Before performing the surgery, it is necessary to perform the following actions:

- * After examination and history taking, the need for surgery by The doctor will check.
- * Talk to the doctor about the pros and cons of the surgery before setting the time for the operation speak.
- * Investigations such as blood tests are necessary.
- * If you have a history of illness, a history of allergy (medication), food (inform the nurse and doctor about the matter.
- * If you have a specific disease that you are being treated for, to Inform your doctor and nurse, as it may be necessary Stop your medications and replace them with new ones.
- * Taking aspirin and painkillers one week before the operation with the doctor's opinion The therapist is interrupted.

:: Procedure

* Under general anesthesia, the surgeon cuts through the nostrils Creates a septum to the cartilage and to the extra parts reach cartilage After the extra parts of the bone and The cartilage was removed, the nasal septum firmly in place with sutures can be At the end, the surgeon bandages the nasal cavity. the length The duration of the operation is approximately one to two hours.

:: Activity

After surgery, it is necessary to adjust your activity as follows show:

- * You are able to return to work 10-7 days after the operation.
- * Avoid sports activities for about a month.
- * From performing intense activities such as aerobics and running in several Avoid surgery the following week.
- * From bending, straining or lifting heavy objects up to two weeks later Avoid the action.

:: Diet and nutrition

* There are no food restrictions, it is better than dieting Use rich in protein and vitamins.

* from consuming hard foods that require long chewing) such as sandwiches, steaks and kebabs (and food items that You know you are allergic to them, avoid them.

:: **Medicine**

* To prevent infection, a full course of antibiotics It is prescribed.
* In case of severe pain, use painkillers with the doctor's advice.

:: **Care**

After surgery, take care of yourself as per the schedule pour:

- * The first few days after surgery, from lying down completely Do not lie straight and rest in an angled and semi-sitting position do.
- * There is no need to compress the nose after 48 hours, except in some cases that there is bleeding.
- * When sleeping, sleep with an open arch and avoid clothes with buttons and zippers use dar
- * Swimming, diving, sunbathing, sauna are prohibited for 1 to 2 months

:: **Under what conditions should you see a doctor?**

- * 24 to 48 hours to remove the tampon or nasal dressing
- * If you see bleeding from the nose, severe shortness of breath or bruises Excess in the area around the eyes after surgery
- * If a severe blow to the nose causes bleeding or swelling be noted