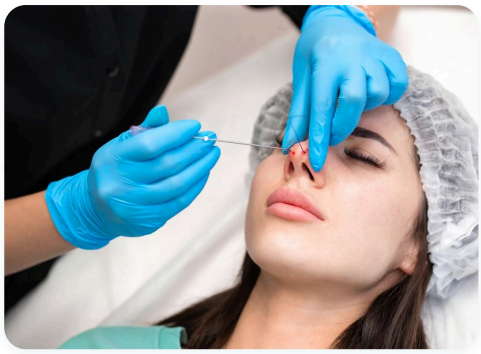
RHINOPLASTY

Rhinoplasty Recovery: A Timeline

What happens in the first week, the first month, and across the year that follows



The first week is dominated by a splint, swelling and bruising – all of which look worse than they feel, and all of which are temporary.

THE FIRST SEVEN DAYS

DAY 1

Rest

Head raised, cold compresses around the eyes.

DAY 2

Peak swelling

Bruising is usually at its most visible.

DAY 4

Easing

Discomfort settles; bruising starts to fade.

DAY 7

Splint off

Usually removed between day five and day eight.

THE FIRST TWENTY-FOUR TO SEVENTY-TWO HOURS

- Sleep with your head higher than your chest.
- Cold compresses around – not on – the nose.
- Rest; most discomfort is pressure rather than pain.
- Take medication exactly as prescribed.

WHAT THE FIRST WEEK INVOLVES

- **A splint or tape.** It protects the new shape while tissues settle.
- **Tenderness.** Around the nose, cheeks and upper lip.
- **Fading bruises.** Usually mostly gone by day seven to ten.
- **Blocked breathing.** Expected at first; it improves steadily.

WHAT IS NORMAL IN WEEK ONE

Bruised eyes

Colour drains downwards as it fades.

A blocked nose

Swelling inside, not a problem with the airway.

Light oozing

A little pink discharge for a day or two.

Dryness

A dry mouth from breathing through it.

Tiredness

Normal after a general anaesthetic.

Questions in your first week? The team is reachable throughout.

This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.

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Protecting the result, and the first month

Once the splint is off, the nose looks like a nose again – but not yet like your nose. Residual swelling is what stands between the two, and protecting the nose is what keeps the plan intact.

Protect the nose from

- ✓ Knocks of any kind – this is the single most important rule
- ✓ Strenuous activity, bending and heavy lifting
- ✓ Glasses resting on the bridge, until your surgeon allows it

Call the team rather than wait if you notice

- ✓ Bleeding that does not settle with simple pressure and rest
- ✓ Pain that increases after the first few days instead of easing
- ✓ A fever, or swelling and redness that spread rather than fade

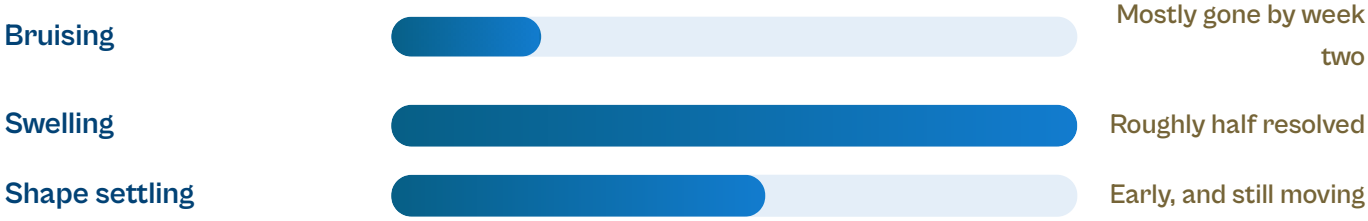
AFTER THE SPLINT COMES OFF

- ✓ **The shape is not final.** What you see is the operated nose plus swelling.
- ✓ **Swelling continues.** It reduces unevenly, usually top to bottom.
- ✓ **Taping may continue.** Some surgeons tape at night for several weeks.

WEEKS TWO TO FOUR

- ✓ **Social life resumes.** Most people are comfortable in public by week two.
- ✓ **Sensitivity persists.** Numbness at the tip is common and temporary.
- ✓ **Glasses and sport.** Both on your surgeon's timetable, not a general one.

WHAT CHANGES IN THE FIRST MONTH



Send a photograph at week four and we will tell you what is still swelling.

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Going back to things

Most of the questions in the first two months are about permission: work, sport, glasses, flights. The answers depend on your operation, but the pattern is consistent.

WHEN YOU CAN GO BACK TO THINGS

	USUALLY POSSIBLE	WHAT DECIDES IT
Desk work	Week 1 to 2	Bruising, and how public the role is
Driving	Once off strong painkillers	Alertness, not the nose itself
Light walking	From the first days	Keep the heart rate low
Gym and running	Around week 4 to 6	Blood pressure and the risk of knocks
Glasses on the bridge	Often 4 to 6 weeks	Whether the nasal bones were reshaped
Swimming and contact sport	Usually month 2 to 3	Confirmed by your surgeon, case by case

Indicative only. Your surgeon's timetable replaces this table.

WHAT ALMOST EVERYONE ASKS AT WEEK THREE

My nose still looks swollen.

It is. At three weeks roughly half the swelling remains, most of it at the tip.

The tip feels hard.

Firmness is normal for several months and softens gradually.

Is this normal?

Almost always. Send a photograph if you want it confirmed rather than guessed.

Breathing gets worse before it gets better

The inside of the nose swells just as the outside does, so for the first weeks the airway can feel narrower than before the operation – even for patients who had it to breathe better. It eases as the lining settles, usually over the first month or two. Saline rinses, if prescribed, make a real difference.

Flying home soon? Ask us about the timing and what to carry on board.

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Months three, six and twelve

The final shape takes about a year, and longer at the tip. Patience here is the actual treatment plan.

LONG-TERM SETTLING



Month 1 to month 12. The last of the swelling leaves the tip long after the bridge has settled.

STAGE BY STAGE

MONTH 3

Definition returns

The bridge looks settled; the tip is still a little full.

MONTH 6

Natural to others

Most people no longer read the nose as operated on.

MONTH 12

Close to final

Thick skin may continue refining past this point.

WHAT THE LAST STRETCH IS ABOUT

- ✓ **Thin skin.** Settles sooner, shows detail earlier.
- ✓ **Thick skin.** Holds swelling at the tip for considerably longer.
- ✓ **Revision questions.** Are not usually sensible before twelve months.

THE LONG-TERM RULES

- ☐ Protect the nose from impact
- ☐ Attend every follow-up, even when all seems well
- ☐ Use sun protection on the skin of the nose
- ☐ Judge the result at twelve months, not before

Photograph it, and stop studying it

Take the same three angles in the same light once a month, then put the phone down. The change over a month is real; the change over a day is lighting.

YOUR NEXT STEP

Talk to us before you decide anything

Free Consultation
A conversation with a coordinator, with no commitment.

Send Your Photos
Our medical team reviews them and replies with an assessment.

WhatsApp Us
Questions answered in your own language, usually the same day.

✓ Free consultation · Free medical evaluation

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