



Op. Dr. Ibrahim YAGCI

Post-Operative Recommendations



rhinoplasty.ibrahimyagci.com

PATIENT NAME

FOLLOW-UP (Options reflect routine check-up periods.)

- | | | | |
|----------------------------------|---------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Week 1 | <input type="checkbox"/> Week 2 | <input type="checkbox"/> Week 6 | <input type="checkbox"/> Month 3 |
| <input type="checkbox"/> Month 6 | <input type="checkbox"/> 1 Year | <input type="checkbox"/> 2 Years | <input type="checkbox"/> Other: _____ |

Patients who cannot physically come for a routine check-up must provide remote follow-up by sending photos+videos. Responsibility for tracking check-up times belongs to the patient.

Recommendation	Frequency / Usage	Duration
Massage	5 x 2+1 min / day	<input type="checkbox"/> 3 Months <input type="checkbox"/> Continuous
Nostril Retainer (Nostril shaper) <input type="checkbox"/> No: 7 <input type="checkbox"/> No: 8	24 Hours / day At the end of the recommended period, continue using for the same duration, 6-12 hours per day.	<input type="checkbox"/> 1 Month <input type="checkbox"/> 2 Months <input type="checkbox"/> 3 Months <input type="checkbox"/> 6 Months
Taping (TAPING)	Day + Night <i>The nose and tape should not get wet for the first 14 days.</i> After day 14, renew the tape every 2-3 days.	<input type="checkbox"/> 1 Month <input type="checkbox"/> 2 Months <input type="checkbox"/> 3 Months



3M Micropore

Minimum 1 month of taping is required.
1 piece has been given as a gift.

REMINDER:

- i Nasal wash and moisturizing: Must be used for minimum 1 month post-operatively.
- i Smoking is FORBIDDEN for 3 months.



Nostril Retainer

(ERCEFEN brand)

1 piece is sufficient. (Given to you as a gift.)
If you wish to obtain a spare, you can buy the same brand and size.



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For all questions regarding the surgery process: **rhinoplasty.ibrahimyagci.com**

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