



VICTORIA
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Information about your operation

Nose – good to know:

4 weeks before the operation

- Nicotine negatively affects the outcome of an operation in terms prolonged and less effective healing, a higher risk of infection and potential ugly scars. We recommend that you avoid smoking or using smokeless tobacco for a period of 4 weeks before and 4 weeks after the operation. If you have a hard time quitting, you could try using nicotine patches or chewing gum instead.
- If you are on birth control pills or take oestrogen, you should take a break for a period of 4 weeks prior to and also following the operation. The use of hormone treatment increases the risk of clots developing.
- If you are being treated for high blood pressure, you should check with your nurse 4 weeks prior to the operation so that we can check that your current values are good. If you are on medication you should keep taking it until the day of operation unless you are otherwise instructed.

2 weeks before the operation

- **Do not take any medicine that contains acetylsalicylic acid** for 2 weeks prior to and also following the operation (e.g. Magnecyl, Bamyd and Treo). These medications increase the risk of bleeding. Pain relief medications that are acceptable to use include Alvedon, Panodil, Citodon and Distalgesic.
- Dietary supplements as well as food and fluids that contain vitamin E, Omega 3 or garlic also increase the risk of bleeding and should be avoided for a period of 2 weeks prior to and also following the operation. Avocado and red wine are examples of foods and drinks that contain vitamin E. Certain homeopathic medicines also contain vitamin E, Omega 3 and garlic, we therefore recommend that you exclude homeopathic medicines from your diet during the same period.
- A healthy diet helps promote quick healing. Taking vitamins, minerals and iron tablets is therefore good.

1 week before the operation

- Do not drink any alcohol for 1 week before and 2 weeks after your operation.

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3 days before the operation

- **Note! It is important to remove any nasal hairs.** Doing so makes the surgery easier.

2 days before the operation

- You should not shave any hair off your body during the 2 days prior to your operation. The small sores that result from shaving contribute to an increased risk of infection. The sores take 3 days to heal.

The evening before the operation

- The night before the operation you should shower and wash with one of the two anti-bacterial Descutan pads that came in your folder. You should wash with the pad from your throat and downwards. Use regular shampoo to wash your hair. Rinse thoroughly and do not use hand or body lotion. Remember to also avoid deodorant and perfume. Sleep with clean sheets and pyjamas.

The morning of the operation

- On the morning of the operation you should wash your body with the second Descutan pad. This time, use the pad for your face and hair as well. Make sure to rinse thoroughly and do not use hand or body lotion. Do not use deodorant or perfume. When you've finished showering, it is very important to wear clean underwear and clothes.
- Do not put on any make-up and ensure that you remove all nail polish.
- Avoid using contact lenses and leave all jewellery at home. You may not wear such items during the operation.
- You only need a vanity bag and perhaps something to read or listen to while you wait. We'll provide everything else.
- You may have some difficulties moving after the operation. We recommend that you wear light clothes and shoes that are easy to put on and take off.

You will be contacted by our anaesthesiologist before the operation. We therefore ask that you can be reached on your mobile phone a few days before the operation. The conversation will consist of the anaesthesiologist asking some health related questions and telling you about how the anaesthetics work. It may be necessary to take blood samples. This is also a good opportunity for you to ask any questions you may have about the anaesthetics. If the anaesthesiologist cannot reach you by phone, he or she will speak with you on the morning of the operation instead.

Unless you are otherwise instructed, you may absolutely not eat or drink after midnight during the night before you are to go to the clinic.

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You will be released in the afternoon on the same day as your operation. No visitors will be allowed as we wish to protect the integrity of our patients. You will, however, be allowed to use your mobile phone, but you must keep the ring signal turned off. We will inform you when you can call to arrange collection.

Warning! Do not drive for 48 hours after the operation. Due to the anaesthetics used, you are still considered to be under the influence of drugs for that period of time.

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What happens during the period immediately after the operation?

You will receive painkilling medicine and antibiotics when you are discharged from the clinic. These are for the purpose of reducing discomfort, pain and the risk of infection.

Use the painkilling medication in accordance with instructions given. Doing so will prevent pain from building up that might otherwise be hard to control. Note that some medicine cannot be combined with driving or drinking alcohol. You should therefore exercise caution when driving and refrain from drinking alcohol for 2 weeks following the operation.

The natural healing process will result in you feeling better each day. The operation area will, however, swell up and will be at its maximum size after 2-4 days.

If you feel worse and have redness, fever or extreme swelling of the operation area after a few days, please contact the clinic.

There is a risk with all types of surgery of blood clots forming. The most common symptom is swelling and tenderness of the calf muscles. You may also experience sudden difficulty in breathing. Contact the clinic immediately if this occurs.

Some patients feel tired or down for a few days after the operation. It is quite normal for the body to react to demanding experiences in such a way. You are of course more than welcome to call us if you have any concerns.

What you should think about:

- You should relax for the first few days after the operation, but don't stay in bed. Get up and move about, but avoid physical exertion. You should avoid heavy lifting the first 2 weeks.
- An extra pillow under your head at night can help reduce swelling.
- Avoid using glasses or contact lenses for the first 3 weeks.
- It is very important to have good hygiene in order to minimise the risk of infection but remember that the bandage should not get wet. Use a flannel or baby wipe to clean your face.
- If you have tamponades in your nose, you should take them out at lunchtime on the day before the operation. Once you've removed them, your nose may run for a few hours. Insert drip protection in the form of a small compress under your nose.
- The swelling will make you feel like you have a stuffy nose for the first week, but you shouldn't blow your nose.
- You should not use any nose spray for 4 weeks after the surgery.

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- It is important that you do not try to clean your nose yourself. Cleaning will be done at the follow-up visit.
- **You will return for your follow-up visit after 1 week** in order to have the stitches and the plaster removed. After the visit, the nose should be taped for one week. After a further week has passed, you can remove the tape yourself.
- Because of the risk of infection, you should wait three months before you have any piercings or tattoos carried out.
- You should avoid heat in the form of saunas, tanning and baths for 6 weeks after the operation. These activities may increase swelling and may also increase the risk of infection.
- For the first 2 years, the scars should be covered with surgical tape or a sunscreen with UV protection of at least factor 20 when sunbathing. This must be done so to avoid discoloration.

It is important to remember that the definitive end result cannot be predicted until around 6 months after the operation.

Initially, there may be some redness in the scars and a sense of the skin being taut around the operated area. The scars will progressively soften, flatten and fade.

There is sometimes a reduction in the sensitiveness to feel in the affected areas, which normally disappears after around 3-6 months.

Do not forget to call and book your six month follow-up visit. This visit allows us to discuss the operation and look at the pictures that were taken beforehand.

You are always welcome to contact me or any of my patient coordinators if you feel uncertain or have questions about anything. No question is too insignificant for us!

With the hope and expectation that you will be happy with the results you get with us, we welcome you to Victoriakliniken.

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