

WHAT TO EXPECT 手术后可能遇见的状况

- You might experience mild to moderate nasal pain and discomfort for the first 24 to 48 hours.
在首24到48个小时内，您可能会感觉到轻度至中度的鼻痛和不适感。
- Minimal nose bleed or bleeding from the incision site is normal and will eventually resolve after a few days.
您的鼻子都可能会有稍微流血或切口部位出血这都是正常的现象，这种症状几天后就会逐渐消失
- Nasal stuffiness is prominent during first week after the surgery. 手术后的第一周会有明显鼻塞

POST OPERATIVE INSTRUCTIONS 手术后说明

- Drink your medications as instructed. Apply antibacterial ointment and other creams as instructed.
按照说明服用药物，使用抗菌药膏和其他乳霜。
- Avoid washing the incision site for 1 week.
避免在第1周清洗切口部位
- Avoid direct sun exposure for 1 month to avoid hyperpigmentation.
避免第1个月内在阳光下暴晒而导致色素沉着
- When sneezing, sneeze with the mouth open for 2 weeks.
首2周，打喷嚏时请张开嘴巴
- You may start your regular diet. Avoid spicy food, and foods rich in iodine (squid, shrimp, crab, oyster, and other seafood).
您可以定时饮食。可是请避免饮食辛辣和富含碘的食物（例如鱿鱼，虾，蟹，牡蛎和其他海鲜）
- Avoid food that requires excessive lip movement (such as apples, corn on the cob, and the like).
避免食用过度嘴唇动作的食物（例如苹果，玉米棒上的玉米等）
- Sleep with your head elevated by using 2-3 pillows.
用2-3个枕头抬起您的头部睡觉
- No strenuous activities for one month. Light exercises, brisk walking, etc can be resumed one week after the procedure. 一个月内不能有剧烈运动。手术1周后才可以进行轻松的运动和快步行走等。
- Swimming, sauna baths and the like may be done after the wound has healed. This usually takes place around 2 weeks post surgery.
您得等待伤口完全愈合后才可以进行游泳，桑拿等活动。通常都需要2周左右。
- Smoking, alcoholic beverages, and salty foods must be avoided for a month after the surgery as to not slow down the healing process.
手术后一个月内必须避免吸烟，饮用含酒精的饮料和过咸的食物，以免减慢愈合的过程。
- Avoid wearing spectacles and heavy eyeglasses once the cast has been removed.
卸除石膏后，避免戴眼镜和沉重的眼镜
- Do not remove any nasal support/splints that was placed by your physician (nasal trips, nasal brace, nasal guards).
请勿卸除医生放置的鼻托/鼻夹板（鼻罩）

CALL THE CLINIC AT 0920-966-5613 WHEN YOU ARE EXPERIENCING ANY OF THE FOLLOWING

遇到以下情况，您可以致电0920-966-5613致电诊所

- You have sudden chest pain, shortness of breath or severe dizziness and vomiting.
如果您有突然的胸痛，呼吸急促或严重的头晕和呕吐。
- Constant and increasing pain that is not alleviated by the prescribed medications.
持续不断且增加的疼痛程度而又无法通过处方药缓解。
- Bleeding from the incision.
从切口出血。
- Increased pain, swelling and warmth over and around the incision areas.
切口周围和周围增加疼痛，肿胀和发热。
- Unusual draining liquid along the incision areas.
沿切口位置排出异常液体
- Fever.
发烧
- Accidental removal of nasal splints or tapes.
意外卸除了鼻夹板或胶带