

Wearing Glasses: You should not wear glasses for at least one month. If glasses must be worn, taping the central bridge of the glasses to the forehead will allow as little pressure as possible on the nasal bones. Place video here.

Sun Exposure: It is wise not to sunbathe for the first 6 months after surgery. Sunburn will cause the nose to swell and delay the final result. Walking about between sun and shade or sitting with a hat, is permitted. It is always best to apply a waterproof factor 25 sunblock with both UVA and UVB protection.

Skin: A natural reaction of all types of nasal skin to this surgery, is a pronounced increase in nasal oiliness. Even skin that is usually dry will need to be wiped with an astringent on a cotton pad once or twice a day for two weeks or more. Another universal observation is the presence of flaking or peeling of the skin, much like that caused by sunburn. This also abates in about two weeks. Most discoloration is resolved in 7-10 days. However, though unusual, this may persist longer as pigmentation beneath the eyes. Occasionally, olive-skinned patients may retain this pigment for several months.

Out of Town Patients: You must remain in the Chicago metropolitan area for at least one week following surgery. We will help make arrangements for out-of-state and foreign patients if you have no local residency.

Improvement not Perfection: Observe, in yourself and in those around you, that the two sides of the human body are not the same. Aesthetic surgery can never make them exactly the same. Our purpose and goal in facial aesthetic surgery is improvement and not perfection.

Nasal Exercises: These may be required in very select cases to maximize result. See video to the right

Nasal Taping: Dr. Shah typically has patients tape the nose postoperatively to reduce swelling. Taping

[See printable version of these instructions](#)

[Wearing Glasses](#)

[Performing Nasal Exercises](#)

[Nasal Taping: Type 1](#)

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