

A close-up portrait of a woman with blonde hair pulled back, looking slightly to the right. She has bright blue eyes and is wearing pink lipstick. Her hand is visible at the bottom of the frame, resting near her chin. The background is plain white.

TOP QUESTIONS ASKED

Before undergoing plastic surgery abroad

RHINOPLASTY

How long does rhinoplasty take?

Typically, nose-reshaping surgery takes about an hour to two hours, although it may be longer, depending on your surgical goals. Secondary rhinoplasty often lasts around four hours. Again, this will depend on your needs and your doctor's specific techniques.

Am I too old for rhinoplasty?

There is no upper age limit for nose reshaping surgery. However, to avoid risk of infection and anesthesia complications, you should be in good physical health.

Additionally, for optimal aesthetic results, you should have good skin elasticity. Some doctors may recommend that older patients receive IV sedation, rather than general anesthesia.

Can a doctor correct my broken nose, even if the injury occurred years ago?

Yes. Although it is best to seek treatment as soon as the break happens, a doctor can usually correct the injury by re-fracturing and re-aligning the bone.

Will my nose keep growing and will this affect the outcome of my rhinoplasty procedure?

The nose stops growing at around age 16. Over time, however,

the skin may stretch and the tip may begin to droop. Rhinoplasty can correct these effects, but it cannot stop the aging process.

How does the recovery period look like?

Rhinoplasty can involve several weeks of recovery, and patients should take special steps to enhance their recovery and ensure good aesthetic results.

The First Several Days

During the first 48 hours after surgery, it is important to get plenty of rest. In particular, patients should:

- Sleep with their heads elevated
- Wear clothes that button, rather than go on over the head
- Brush their teeth gently to avoid irritating the upper lip and nose
- Keep their faces still as much as possible
- Apply cold compresses to the nose and mid-face
- Eat soft foods that still have plenty of nutrients and fiber
- Take baths, rather than showers, while the bandages remain in place
- Avoid blowing their noses
- Change bandages and gauze, as instructed by their doctors

The First Several Weeks

Typically, patients can return to work within two weeks of their surgeries. However, they should continue to monitor their activity level and protect the tender nasal tissues. Among other things, patients should:

- Avoid strenuous exercise until otherwise instructed by their surgeons
- Limit sodium intake to reduce post-surgical swelling
- Wear sunscreen with at least 30 SPF whenever they go outside
- Not wear glasses or sunglasses for at least four weeks (if needed, patients can use chin rests to support the frames)

Should I eat special foods after rhinoplasty?

On the day of your surgery, you should not eat anything before the procedure. Because chewing involves moving the entire face, doctors typically recommend a soft or liquid diet for the first several days.

You will be able to return to solid food whenever it is comfortable for you. Additionally, you should avoid spicy foods, as they can constrict the blood vessels and lead to increased bruising.

How long until I see the final results?

Rhinoplasty is unique in that the final results of the surgery can take up to one full year to develop.

Side effects such as swelling and bruising around the nose and eyes can hinder the appearance of the nose for the first two to three weeks.

While more obvious changes may be visible in the first weeks following surgery, most individuals will need to be patient in regards to the final outcome.

In the months following surgery the nose will begin to settle in to its final shape. Because the final results of rhinoplasty take a significant amount of time, doctors usually discourage patients from undergoing revision rhinoplasty until a full year has passed.

What if I need a revision surgery?

A revision surgery is usually determined for the following reasons: if there is a residual dorsal hump, the tip is still bulbous, or there is still a nasal airway obstruction.

For all of these things you usually have to wait 12-15 months. If there is a significant residual hump, you could consider rasping this in the office under a local anesthetic at 3-6 months. But, for a tip or functional problem the patient should wait a year, because many of these will resolve.

So much of how you heal in a rhinoplasty depends on your genetic makeup (up to 90%) and the rest is determined by your surgeon's finesse, skill and expertise.



"I chose Wellness Travels to organise my surgery in Lithuania and I have to say I didn't find any problem with them from the moment I booked till the moment I left. My travel assistant was lovely. Staff and doctors at the clinic were amazing. I will definitely be back for further surgeries" – Nicola, Ireland



WHY LITHUANIA?

Lithuanian health care is known for transparency and quality. The country is EU & NATO member for more than 10 years, has € as its currency and strictly meets all of the Western medicine standards. Yet, due to lower taxes and less expensive labour, it has a price advantage. This means that you will pay mostly for the treatment. All in all, Lithuania is regarded as a superior quality care provider at fair prices.

- ✓ Experienced physicians;
- ✓ State-of-art technology;
- ✓ Latest treatment methods;
- ✓ Maximum safety;
- ✓ 3x lower price than in the UK/Scandinavia/Holland;
- ✓ Round trip flights for €100 / £73.



Lithuania offers a wide list (around 1000) of sightseeing objects. Here you will definitely discover something that you have never seen anywhere else.



1-3 HOURS FLIGHTS

The country is easy to reach from anywhere in Europe! Well developed, affordable and abundant air-travel makes it easier than ever. Direct fights available from UK, Ireland, Benelux countries, Germany and Scandinavia usually take just 1-3 hours.

What are the next steps?

1 Contact us

Once you know what you would like, contact us via email, phone/Skype, Whatsapp/Viber. You could also contact our surgeons directly via a safe inquiry form on our website.

We will provide all the necessary information and send you an exact quote. You can also have a free and non-binding consultation with your surgeon.

3 Make your decision

If all seems fine, we will provide you with contracts for medical services; help you with flights and travel; and book accommodation and everything else for you.

Get your surgery done!

4

Few days before the departure, you will receive a travel information package; and, finally, we will meet and greet you at the airport in Lithuania.

The fastest way to get an exact quote is to contact one of our surgeons directly. You can do that by [clicking here](#) and filling-in a safe inquiry form. The surgeons will then evaluate your case and provide recommendations. We guarantee that your personal information will be kept securely and handled properly.

Get a quote

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