



NON-
SURGICAL
RHINOPLASTY

Aftercare guide

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— CONNECTION —

AFTERCARE

Thank you for visiting Cosmetic Connection, one of Australia's leading cosmetic medicine clinics. This guide contains the aftercare instructions you must follow after having a non-surgical rhinoplasty.

We use the non-surgical rhinoplasty to improve many concerns people have about their nose. It's a simple, yet powerful treatment.

Proper aftercare is important to reduce the chance of side effects, and to get the best, longest-lasting results.



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REAL
PEOPLE.
REAL
RESULTS.

AFTERCARE

What you can expect

Immediately after your treatment:

- Slight redness at the treated sites.
- Mild swelling and bruising may occur. Allow time for the area to heal.
- Your nose may feel firm, and possibly irregular. This gradually improves over 2-4 weeks.

Within hours:

- General tenderness around the treatment sites as any numbing wears off. This resolves over a few days.

Within days:

- Swelling is usually the most pronounced the day after your treatment.





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When you'll see a result

Look forward to enjoying the result from your non-surgical rhinoplasty with instant results.

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You can expect to see a result immediately after having a non-surgical rhinoplasty. If you've had muscle-relaxing injections for nostril flaring or nose tip drooping, this takes 14 days to reach full effect.

As there will be some swelling, it's important to allow 2-4 weeks for the treated areas to heal, and the filler to soften. Most swelling will resolve in 2-3 days.

Your result slowly wears off over an average of 12-24 months. The longevity depends on the amount and type of dermal filler used for your nose, and whether there's any filler from a previous treatment remaining.

Muscle-relaxing injections last 3 months on average.

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A close-up photograph of a young man and woman smiling warmly at each other. The woman is on the left, and the man is on the right, with his arm around her shoulder. They are both looking towards the camera with bright, happy expressions.

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What you need to do

Carefully following the aftercare is vital to ensure you get the best result, with the lowest chance of side effects.

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For redness, swelling, tenderness and bruising:

- Take paracetamol (where safe) for any discomfort.
- Gently apply a wrapped cold pack to the affected areas intermittently.

If you're prone to cold sores around your nose we may recommend taking preventative medication.

To reduce the chance of side effects:

- Keep your skin clean for 12 hours.



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What you need to avoid

The most important part of your non-surgical rhinoplasty aftercare is knowing what not to do.

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To reduce swelling, redness, tenderness and bruising, avoid:

- Strenuous exercise and alcohol for 24 hours.
- Anti-inflammatories or supplements (unless taking for medical reasons) for 24 hours.
- Hot environments like saunas for 24 hours.
- Domestic flights for 24 hours.

To prevent infection:

- Do not apply makeup for 24 hours.
- Avoid invasive dental treatment for 2 weeks (unless strongly medically indicated). You may need to take antibiotics for this.

To avoid skin irritation do not:

- Restart your active skincare for 24 hours.
- Have skin treatments for 24 hours.

To stop the product spreading, avoid:

- Applying pressure to treated areas for 1 week.
- Avoid heavy sunglasses that sit on your nose bridge for 1 week.

To encourage healing:

- Avoid smoking for 48 hours.

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When to get in touch with us

Your journey with us doesn't end when you leave the clinic. Get in touch if you have questions about your treatment.

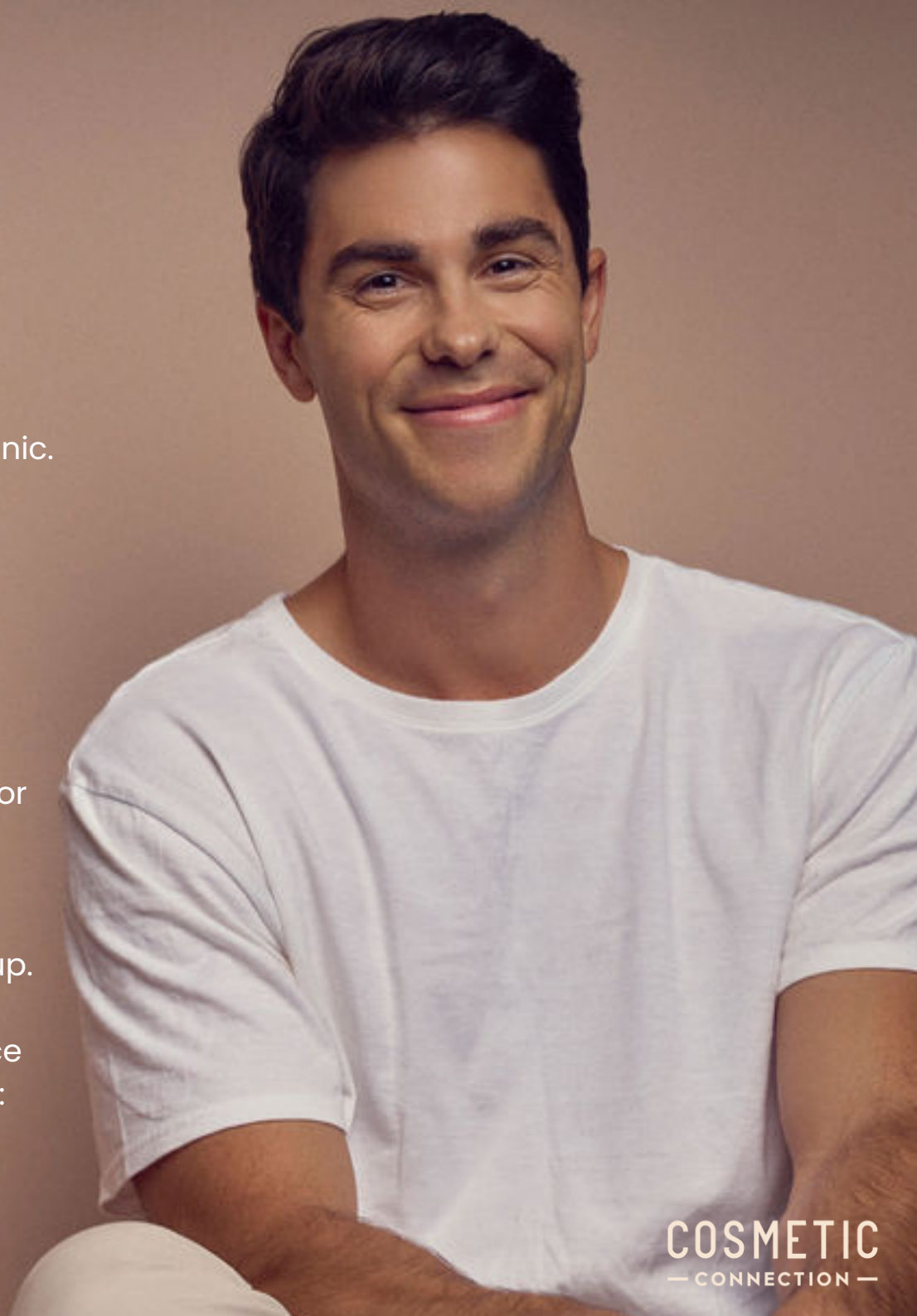
If you develop any of the following, please contact us immediately for advice:

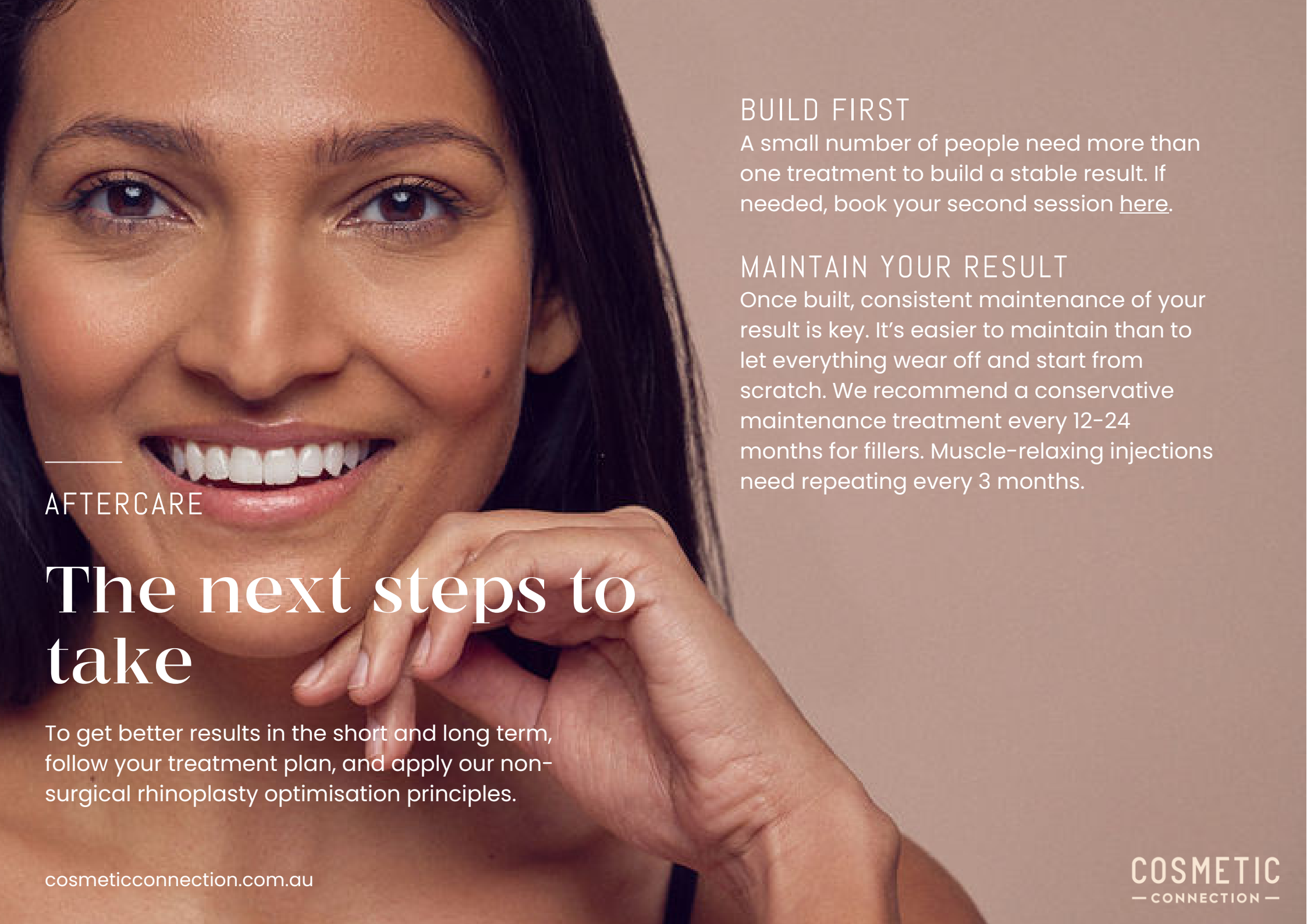
- A rash in the treated areas.
- Worsening swelling, redness or pain.
- Skin discolouration (dark red, white, mottled, blotchy, dusky, grey, or black) or clusters of pimples, pustules or blisters at or near your nose.

If you have any concerns about your result after 14 days, please get in touch to arrange a complimentary follow-up.

If you have any of the following, please call an ambulance immediately, and ask the attending doctor to contact us:

- Facial or airway swelling.
- Difficulties breathing, swallowing or speaking.





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The next steps to take

To get better results in the short and long term, follow your treatment plan, and apply our non-surgical rhinoplasty optimisation principles.

BUILD FIRST

A small number of people need more than one treatment to build a stable result. If needed, book your second session [here](#).

MAINTAIN YOUR RESULT

Once built, consistent maintenance of your result is key. It's easier to maintain than to let everything wear off and start from scratch. We recommend a conservative maintenance treatment every 12-24 months for fillers. Muscle-relaxing injections need repeating every 3 months.

A close-up, profile view of a woman with dark hair, smiling and touching her chin with her hand. The background is a soft, neutral tone.

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Treatments to complement

Get more out of your non-surgical rhinoplasty by complementing it with these popular treatments.

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CHIN FILLERS

Adding projection to your chin can take the dominance away from your nose, giving it a proportionally smaller appearance. [Learn more.](#)

LIP FILLERS

Improve the shape, size, and definition of your lips with results to match your new nose. [Learn more.](#)

FOREHEAD FILLERS

Contouring your forehead helps preserve the shape of your nose bridge, and ensures that aesthetic balance is maintained. [Learn more.](#)

CHEEKBONE FILLERS

Contouring your cheekbones not only improves your side profile, it make your nose look proportionally slimmer from the front on perspective. [Learn more.](#)

AFTERCARE

Our priority is you

Everyone deserves a positive experience and a great result. By nature, cosmetic treatments always carry a small degree of variability, and individual results may vary.

If you have any concerns regards your results or your experience, please get in touch with us and one of our friendly team members will assist you.



At Cosmetic Connection, we stand for honesty, excellence and inclusivity. We provide bespoke treatments in a safe environment to help everyday people look and feel their best.

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Ready for
your next
appointment?

Ask a question

Make a booking

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