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ADDITIONAL POST OPERATIVE INSTRUCTIONS

COVID-19 post-operative instructions for patients:

In order to protect you and the people who surround you after surgery, we have developed these guidelines for your post-operative recovery. The rules to follow are the same as those during lockdown, but there are some extras specific to your recent surgery. You should follow these instructions for two weeks after your surgery.

Do's and Don'ts:

Do's – please try and do the following

Do maintain government guidelines of social isolation even if lockdown is over

If you have had a rhinoplasty, do use nasal saline washouts on a regular basis

If you need to sneeze or cough, then do so into your elbow or into a tissue which you should dispose of immediately

If you start getting symptoms of a viral infection, consider calling 111 or your GP to inform them and socially isolate from others around you

Wear a face mask to protect yourself and others around you

Don'ts – you should avoid the following activities:

Avoid visitors unless they need to make an essential visit

Avoid going out for two weeks unless you need to go on an essential journey

Avoid contact and meeting with anyone who has recently suffered a viral illness

Avoid contact with anyone who has been in contact with large numbers of people

Please do not hesitate to contact MACS TEAM on 0 2070 784 538 or email us on: info@macsclinic.co.uk.

We wish you a pain free, quick and complete recovery.

MACS CLINIC



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