



immature

The audacity to stay young.

PATIENT GUIDE

NON SURGICAL RHINOPLASTY

NEW YORK

Two weeks *before.*

Please read all of this before your appointment. Section 08, on when to call, is the most important part of this guide.

Tell us if you are pregnant, trying, or breastfeeding. Immature does not treat during any of these.

Book dental work, including cleanings, and vaccinations so that they fall at least two weeks either side of your appointment. Both can occasionally cause delayed swelling around filler.

Tell us about any previous nasal surgery, filler or thread treatment in the nose: what was done, where, and roughly when. Previous surgery changes the anatomy and the plan.

Tell us about any recent sinus surgery, sinus infection or nasal injury.

If you are unwell, have an infection anywhere, or have a breakout or cold sore on or around the nose, call and move your appointment. We will move it without charge.

One week *before*.

These reduce bruising. They are optional and none of them is essential.

You may pause over the counter supplements that thin the blood: fish oil and omega 3, 6 and 9, vitamin E, turmeric, ginkgo, garlic, St John's wort and high dose flaxseed oil.

You may pause occasional over the counter anti inflammatories such as ibuprofen, Advil, naproxen and aspirin taken for aches.

Paracetamol or acetaminophen is fine and does not thin the blood.

DO NOT STOP PRESCRIBED MEDICATION

If a doctor has prescribed a blood thinner or aspirin (Eliquis, Xarelto, Coumadin, Pradaxa, Plavix, low dose aspirin for your heart), keep taking it exactly as prescribed.

Stopping one of these carries a real risk of clot or stroke. No cosmetic appointment is worth that. Tell us at booking and Immature will plan around it. Only the doctor who prescribed it can change it.

03 · BEFORE YOUR APPOINTMENT

48 hours *before.*

No alcohol.

No facials, peels, laser, waxing or extractions on or around the nose.

04 · BEFORE YOUR APPOINTMENT

On the *day.*

Eat beforehand and drink water. Feeling faint is more common on an empty stomach.

Come with a clean face. Makeup is fine to arrive in, but we will remove it from the nose.

Wear contact lenses rather than glasses if you can. You will be asked not to rest glasses on the bridge afterwards.

Allow about 45 minutes. Treatment itself takes 15 to 30 minutes, with topical numbing.

Photographs are taken before every treatment, from the front, both sides and three quarter view.

If you feel unwell that morning, call us.



05 · AFTER YOUR APPOINTMENT

What is normal *afterwards*.

Mild swelling, mostly at the tip and along the bridge, for a few days.

Small bruises at the entry points are possible and fade within a week.

The nose may feel firm or tender to touch for one to two weeks.

The change in profile is visible right away and settles as swelling goes down.

PLEASE DO NOT JUDGE YOUR RESULT FOR TWO WEEKS

Immature does not assess, adjust or add product until all the swelling has gone, because the final shape cannot be seen until then.

Your review is at two weeks.

The first 48 hours.

Ice gently, wrapped, for ten minutes at a time, without pressing on the nose.

Do not press, massage or pinch the nose unless we have specifically asked you to.

Sleep on your back with your head raised on an extra pillow.

No heat: no sauna, steam room, hot yoga or very hot showers.

No alcohol and no vigorous exercise. Walking is fine.

No makeup on the nose for 24 hours.

The first two weeks.

No glasses resting on the bridge. Wear contact lenses, or tape lightweight frames to your forehead so they do not touch the nose. Sunglasses count.

Nothing pressing on the nose: swimming goggles, ski masks, face down massage tables or tight helmets.

No facials, peels, laser, microneedling or energy treatments on the nose.

Photograph yourself at day fourteen, in the same light and from the same angles as your before photographs. Bring them to your review.

Call immediately, *day or night.*

Any change in your vision: blurring, loss of vision, double vision or pain in or around the eye. If you cannot reach us within minutes, go to the nearest emergency room and tell them you have had filler in the nose.

Any skin on the nose, tip, cheek or upper lip turning white, dusky, gray, blue or mottled.

A lacy or blotchy purple pattern on the skin.

Pain that is getting worse rather than better, or pain that feels out of proportion.

Spreading redness, heat, hardness or pus, or fever.

These are rare. They are also time critical, and we would far rather see you for nothing than see you late. Do not wait until morning, and do not message and hope. Call.

CLINIC NUMBER

AFTER HOURS

Call during normal hours for a lump that has not settled after two weeks, tenderness that returns weeks later, or anything that is simply worrying you. Nothing on this list is a nuisance to us.

We will see you at *two weeks*.

Bring your day fourteen photographs, and tell us honestly what you think of the result, including if you do not like it. That conversation is much easier at two weeks than at two months.

How long it lasts. Results typically last 9 to 18 months, and this varies between patients.

Only hyaluronic acid filler. Immature uses hyaluronic acid filler in the nose because it can be dissolved if ever needed. Dissolving is a separate appointment with its own consent and its own swelling.

Maintenance. Small top ups are planned at review, never on the day of treatment.

I have received, read and understood these instructions, and I have had the chance to ask questions.

SIGNATURE

DATE



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