Cooling gel eye mask: Low-cost and efficacious alternative for postoperative comfort of the rhinoplasty patients

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ABSTRACT

In routine plastic surgery practice, cryotherapy is usually performed to provide a mode of analgesic therapy and for the management of edema, ecchymosis, and pain, especially following both invasive and non-invasive procedures of the facial region. We have clinically used cooling gel eye masks for these purposes following rhinoplasty. We have not experienced any complications or problems regarding the use of these masks. They are available in various designs, cost-effective, reliable, and well-tolerated tools that contribute to improved postoperative comfort of the rhinoplasty patients.

Keywords: Cryotherapy, Edema, Ecchymosis, Facial cooling, Pain, Rhinoplasty

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In clinical practice, the mask is applied to the face immediately following the surgery and changed every three hours with a frozen mask after a half-hour resting period during the first 24 hours. The fastener of the mask provides a secure hold, and the mask fits all the facial curves due to its ergonomic design (Fig. 1). We have not experienced any complications or problems regarding the use these masks. They are available in various designs, cost-effective, reliable, and well-tolerated tools that contribute to improved postoperative comfort of the patients following rhinoplasty and other non-invasive and invasive procedures of the facial region. Furthermore, the cooling gel masks can also be used for cryoanesthesia prior to non-invasive procedures of the facial region.

REFERENCES

