



Technical Note

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

Yalcin Yontar*, Sedat Tatar

Department of Plastic, Reconstructive, and Aesthetic Surgery, Kayseri Training and Research Hospital, Kayseri, Turkey

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ABSTRACT

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* Correspondence to:

Yalcin Yontar
Department of Plastic, Reconstructive,
and Aesthetic Surgery,
Kayseri Training and Research Hospital,
Kayseri, Turkey
e-mail: dr.yyontar@gmail.com

In routine plastic surgery practice, cryotherapy is usually performed 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
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In routine plastic surgery practice, cryotherapy is usually performed to provide a mode of analgesic therapy and for the management of edema and ecchymosis following both invasive and non-invasive procedures of the facial region (Bates and Knepil, 2016). Traditional cooling devices (ice packs, plastic bags containing chipped ice or ice cubes, etc.) and water-circulating cooling systems may be useful for these purposes. The main difficulties encountered during the use of the traditional cooling devices are due to the difficulty of placing them to fit the facial curves and the difficulty of their stabilization.

Furthermore, the water-circulating cooling systems, such as Hilotherapy (Hilotherm GmbH, Argenbühl-Eisenharz, Germany), which is well-fitted to the facial curves, may be restricted in clinical practice due to their high cost.

We have clinically used cooling gel eye mask following rhinoplasty to minimize postoperative periorbital edema, ecchymosis, and pain, which are common and undesired morbidities increasing the postoperative recovery time to resuming one's social life (Hatef et al., 2011; Taskin et al., 2011).



Fig. 1. A: The cooling gel eye mask; **B:** Application of the mask immediately following the surgery; **C:** 24-hour postoperative view of the patient with minimal upper eyelid ecchymosis (Photographic release was obtained from the patient)

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.

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