

Rhinoplasty Surgery

Nose Reshaping Surgery | Patient Information

Background

Rhinoplasty surgery, commonly known as a 'nose job', is an operation to reshape the nose. It is one of the most common plastic surgeries. Many people are self-conscious about the shape of their nose and have rhinoplasty for cosmetic reasons. Because the nose is central to the face, the most subtle of changes to the size, shape and position of the nose can result in a more harmonious balance of facial features. There are limits to how much a nose can be altered. The final result of rhinoplasty surgery will depend on the size of your nose, the condition of your skin and your age, all of which will be assessed and discussed during consultation prior to surgery.

Is the procedure right for me?

A detailed consultation with your consultant plastic surgeon is essential prior to undergoing any surgical procedure. During the consultation, your surgeon will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. Your surgeon will examine your face and bone structure and may take some photographs for your medical records. You will be given a 'cooling-off' period of at least 2 weeks between initial consultation and the date of your operation to ensure you have ample time to reflect on all aspects of the procedure before proceeding (although please bear in mind the waiting lists for our surgeons mean this period is invariably significantly longer).

How is rhinoplasty carried out?

Should rhinoplasty surgery be agreed upon as the most suitable treatment, the procedure will be carried out by your surgeon in our state of the art operating theatre.

Rhinoplasty to change the shape of the nose is performed either from inside the nostrils (called closed rhinoplasty) or by making a small cut between the nostrils and lifting the skin, as shown opposite (this is called open rhinoplasty). The precise nature of the operation will depend on the area of the nose that is being treated. The scar may be straight, V-shaped or zigzag.

Changing the ridge of the nose

If the bridge of the nose is being operated on, the surgeon removes the bone and cartilage that is causing the 'hump'. The nose may then be broken so the remaining pieces of bone can be moved closer together to narrow the nose.

Changing the tip of the nose

If the tip of the nose is being operated on, the cartilage that makes up the support under the tip needs to be partly removed or reshaped. This can be done through closed or open rhinoplasty.

Rhinoplasty

Also known as a 'Nose Job', this is the surgical reshaping of the nose, and is one of the most common plastic surgery procedures.

Changing the length of the nose

Your surgeon will adjust and reduce the septum, to help shrink the tip and reduce the overall length of the nose. Adjusting the cartilage at the tip of the nose can also reduce the length of the nose.

Changing the width of the nose

Your surgeon can reduce the width of the nose, to make it narrower, by breaking the bone and repositioning it.

Increasing the bridge or tip of the nose

Surgeons can use bone or cartilage, or an implant, to change the contour of a 'flat' bridge or tip. This is called additional rhinoplasty or augmentation rhinoplasty. The bone or cartilage used can be taken from the nose (the nasal bone or the septum), or from other places such as the rib, hip or ear.

Changing the septum

If your nose has been flattened by an injury, the septum could be buckled, making breathing difficult. This can sometimes be altered at the same time as the surgery explained on the previous page, or as a separate operation.

Aftercare and recovery

Because no two patients follow an identical recovery trajectory, it is generally recommended to allow for two weeks off work. Around two days post-op, most patients can comfortably resume day to day physical activities but strenuous activities or anything that risks knocking your nose area should be avoided for four to six weeks. It is relatively common for rhinoplasty patients to experience nose bleeds for the first few days after surgery. There will be bruising and swelling, particularly around the sensitive eye area, which may take around three weeks to settle. Most closed rhinoplasty operations will take around two weeks to settle but if your nose is broken (as part of a re-shaping process) there will be some bruising around the eyes for longer. Open surgery will usually take four to six weeks to heal.

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Risks and Complications

All surgical procedures are associated with risks. Your surgeon will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon, however patients should be aware of the following complications prior to undergoing chin implant surgery-

- Anaesthesia risks including allergic reaction, blood clots, heart attack, stroke and death
- Infection
- Healing problems
- Extrusion of deep stitches
- Loss of blood supply to skin
- Change of the colour of skin
- Bleeding, swelling and bruising
- Asymmetry
- Poor scarring of skin
- Increased or reduced sensation
- Damage to deeper structures
- Unsatisfactory results
- Pain, which may persist
- Change over time
- Allergic reaction
- Possibility of revisional surgery

What to expect after surgery

The surgery is usually performed as a day case under general anaesthesia. Our highly experienced medical team will be on hand during your stay to care for your needs. The operation usually takes upwards of two hours to complete.

Immediately after a rhinoplasty procedure, pain, swelling and bruising around your nose is to be expected, and can usually be managed very successfully with simple, over the counter pain relief.

Results

Results can be seen once sutures have been removed and post operative swelling has subsided, usually around 8 weeks post-surgery.

Alternative treatments

Alternative forms of management consist of not undergoing the rhinoplasty surgery. Certain internal nasal airway disorders may not require surgery on the exterior of the nose. Risks and potential complications are associated with alternative surgical forms of treatment. Some nasal contour problems may be treated with temporary injectable fillers.

If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Patient Pre & Post-Operative Care Guide

Pre-Operative Preparations

2 weeks before surgery-

If you wish to start taking Arnica anti-bruising tablets prior to surgery, these are available to purchase from several health and wellbeing stores, including Holland & Barratt.

1 week before surgery-

Avoid Aspirin, Ibuprofen, Nurofen and other similar painkillers one week before and two weeks after surgery. Paracetamol is the safest painkiller to take, if necessary.

Stop taking Vitamin E and its compounds (such as evening primrose oil, fish oils, garlic and garlic capsules) 1 week before surgery and 2 weeks after surgery. Taking Vitamin E in any form can cause bleeding and post-operative complications.

Day of surgery-

You must take your routine medicines at the usual time, unless advised otherwise and bring them with you (including inhalers).

Remove lenses prior to arrival at the clinic.

You will be discharged from the clinic with dressings in place on your nose. If you think that you may feel self-conscious about this, we recommend that you bring a scarf.

Post-Operative Instructions

Average length of stay-

The surgery will be performed as a day case under a general anaesthetic unless your surgeon advised otherwise during consultation. **Patients should not drive for a minimum of 24 hours post-operatively, so alternative means of transport should be arranged.**

0-2 weeks after surgery

- It is essential to ensure activity is kept to a minimum and to rest as much as possible. The less you do, the less you will bruise
- Shower if you wish and feel free to wash your hair, but please keep the steristrips as dry as possible
- Keep your head up to reduce swelling and sleep with extra pillows to raise your head
- To minimise bruising, avoid bending down, hot baths, heavy lifting and anything else that would naturally cause your face to redden
- Paracetamol can be taken as required

2 days after surgery onwards

- Gentle walks are permitted
- Driving may resume

3 weeks after surgery onwards

- Gentle cardiovascular exercise may resume but do listen to your body- it will tell you if you are overdoing things. Deeper level healing will continue for several weeks and overdoing thing may lead to secondary bruising

6-12 weeks after surgery onwards

- Swimming and more strenuous exercise may resume, as advised by your surgeon at your follow up appointment

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