

RHINOPLASTY (Nose Reshaping)

*This information sheet provides general information to a person having a **Rhinoplasty Surgery**. It does not provide advice to the individual. It is important that the content is discussed between you and your doctor who understands your level of fitness and your medical condition.*

What is rhinoplasty?

Rhinoplasty is surgery to reshape the nose. It is one of the most common of all plastic surgery procedures.

Why is it done?

- To reduce or increase the size of your nose
- To change the shape of the tip or the bridge
- To narrow the span of the nostrils or change the angle between your nose and your upper lip
- To correct a birth defect or injury
- To help relieve some breathing problems.

Am I a good candidate for rhinoplasty?

The factors to determine whether you are a good candidate for Rhinoplasty are:

- In comparison to your face your nose appears too large
- A bump on the nasal bridge is visible when viewed in profile
- When viewed from the front your nose appears too wide
- Drooped or plunged the nasal tip
- Thickened or enlarged nose tip
- Excessively flared nostrils
- Off-center or crooked nose
- Asymmetrical nose due to previous injury

Rhinoplasty can enhance your appearance and your self-confidence, but it won't necessarily change your looks to match your ideal, or cause other people to treat you differently. The best candidates for rhinoplasty are people who are looking for improvement, not perfection, in the way they look. If you're physically healthy, psychologically stable, and realistic in your expectations, you may be a good candidate.

How do I prepare for the procedure?

Your surgeon will give you specific instructions on how to prepare for surgery, including guidelines on eating and drinking, smoking, taking or avoiding certain vitamins and medications, and washing your face.

Aspirin and Vitamin E containing medications must be avoided at least 7days prior to your surgery. Specific instructions on this will be given by your surgeon. Carefully following these instructions will help your surgery go more smoothly.

While you're making preparations, be sure to arrange for someone to drive you home after your surgery and to help you out for a few days if needed.

Will it hurt?

Rhinoplasty can be performed under local or general anesthesia, depending on the extent of the procedure and on what you and your surgeon prefer.

With **local anesthesia**, you'll usually be lightly sedated, and your nose and the surrounding area will be numbed;

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you'll be awake during the surgery, but relaxed and insensitive to pain. With **general anesthesia**, you'll sleep through the operation.

Techniques – open vs. closed

Rhinoplasty surgery can be performed entirely from within the nose using hidden incisions internally (closed rhinoplasty). However a small external incision across the bridge of skin that runs between the nostrils is sometimes necessary to allow fuller exposure of the underlying nasal skeleton (open or external rhinoplasty).

This procedure is favored in cases where the anatomy is complex and difficult to define in a closed approach, where the nose is severely twisted or in cases of revision rhinoplasty where increased access is advantageous.

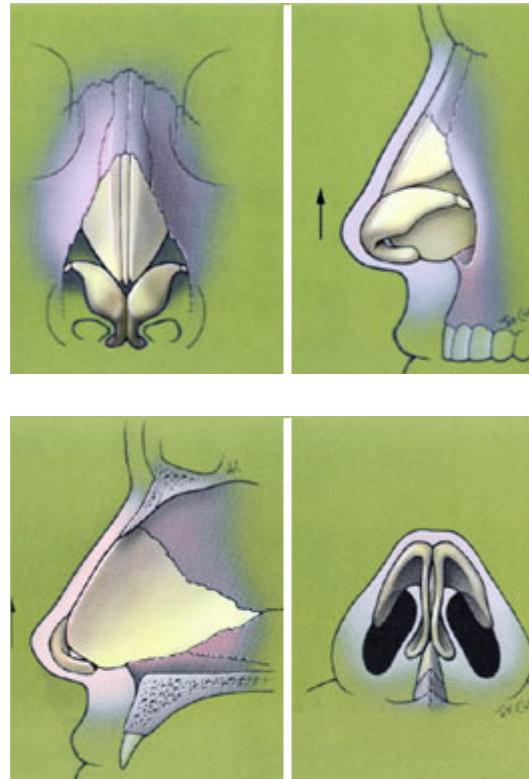
The use of an open approach has become increasingly popular in recent years. The incision does lead to some numbness of the tip of the nose which is usually transient and perhaps slightly greater swelling of the tip postoperatively. Your surgeon should discuss his/her preferences with the reasons why a particular approach is used.

What happens during the procedure?

There is not a universal type of rhinoplasty that will meet the needs of every patient. Rhinoplasty surgery is customized for each patient, depending on his or her needs. Incisions may be made within the nose or concealed in inconspicuous locations of the nose in the open rhinoplasty procedure. Internal nasal surgery to improve nasal breathing can be performed at the time of rhinoplasty.

After the rhinoplasty, the cuts inside or between your nostrils will be closed up with dissolvable stitches. Your nose may be filled with surgical packing to help control any bleeding. You may also have a nasal

splint or plaster which may be kept for a week to 10days.



What happens after the procedure?

After surgery-particularly during the first twenty-four hours-your face will feel puffy, your nose may ache, and you may have a dull headache. You can control any discomfort with the pain medication prescribed by your surgeon. Plan on staying in bed with your head elevated (except for going to the bathroom) for the first day.

You'll notice that the swelling and bruising around your eyes will increase at first, reaching a peak after two or three days. Applying cold compresses will reduce this swelling and make you feel a bit better. In any case, you'll feel a lot better than you look. Most of the swelling and bruising should disappear within two weeks or so. (Some subtle swelling-unnoticeable to anyone but you and your surgeon-will remain for several months.)

A little bleeding is common during the first few days following surgery, and you may continue to feel some stuffiness for several weeks. Your surgeon will probably ask you not to blow your nose for a week or so, while the tissues heal.

If you have nasal packing, it will be removed after a few days and you'll feel much more comfortable. By the end of one or, occasionally, two weeks, all dressings, splints, and stitches should be removed.

After the surgery contact your Doctor if:

- You develop a fever over 100°F (37.8°C).
- You have drainage from your incision, or the incision separates.
- You become dizzy or faint.
- You have nausea and vomiting.
- You have chest pain.
- You become short of breath.

Expectations from the surgery:

Rhinoplasty aims at a nose that not only looks natural but blends harmoniously with your other facial features as well. Because of the gradual healing process you should expect to wait up to one year to see the final results of your surgery.

You might experience some unexpected reactions from family and friends. They may say they don't see a major difference in your nose. If that happens, try to keep in mind why you decided to have this surgery in the first place. If you've

General Risks of having an Operation:

These have been mentioned in the "Anesthesia Consent Form." Please discuss this with your Anesthetist before signing the Anesthesia Consent Form.

What are the risks of the procedure?

While majority of patients have an uneventful surgery and recovery, few cases may be associated with complications. These are seen infrequently and not all the ones listed below are applicable to one individual. However it is important that you are aware of the complications/risks that may arise out of this procedure which are as below:

Note: The listed risks and complications are not all inclusive.

- Chest infection (particularly if you smoke).
- Heavy nose bleeding either shortly after the operation, or after a week to 10 days which may require treatment in hospital.
- Infection of the nose.
- Temporary loss or reduction in sensitivity to smell after the operation, which can become permanent, although this is rare.
- Changes in the shape of the nose as scar tissue matures which may require going back to hospital for minor adjustments at a later date.
- A manufactured implant can occasionally push through the skin of the nose or its lining and need to be removed (after an augmentation rhinoplasty). This can happen months or years later, and is more likely if a large implant has been used or if the nose is accidentally injured.