

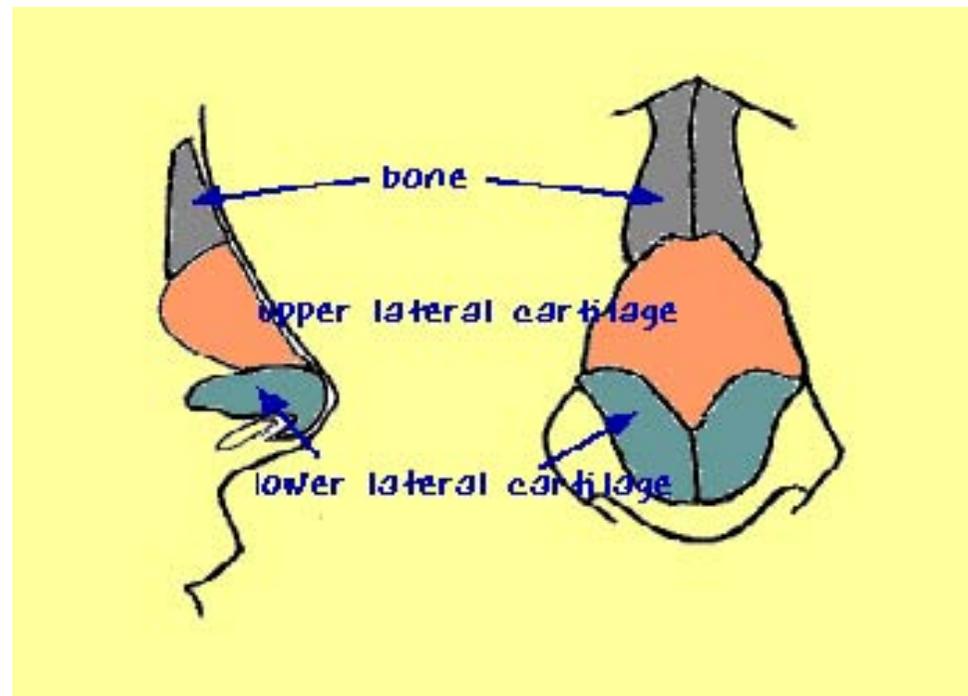
Rhinoplasty/ Septorhinoplasty

(Nose Reshaping, Cosmetic Surgery of the Nose)

The Framework of the Nose

The outside of the nose is made of 2 parts: a hard part made of bones (the top of the nose) and a soft part made of cartilage (the middle and tip of the nose). The cartilage and bone are covered by skin. Injury to the nose can lead to breaking of the bones of the nose leading to a deformity.

Deformities of the nose can also happen if the cartilage is misshapen or if the partition between the 2 halves of the nose (nasal septum) is bent.



What is a Rhinoplasty/ Septorhinoplasty

Rhinoplasty is an operation to change the shape the nose in patients who have a deformed nose. If the deformed nose is associated with a sense of a blocked nose, the rhinoplasty is combined with surgery on the nasal septum (the partition between the 2 halves of the cavity of the nose). The operation is then called a **septorhinoplasty**

The type of rhinoplasty or septorhinoplasty will depend on the type of deformity that needs correcting. The nose can be straightened, made smaller or bigger and bumps removed. The shape of the tip of the nose can also be changed.

What will happen before my operation?

You may be invited to attend a pre-operative assessment clinic (PAC). The purpose of this clinic is to assess your fitness for the surgery, request any necessary tests (e.g. X ray, ECG “heart tracing”, blood tests) and to sign a consent form giving the surgeon permission to carry out your operation. Your surgeon will also arrange for you to have pictures of your face taken before your operation.

What happens on the day of my operation?

On the day of your surgery, you will be required to attend the ward. You will be asked to wait in the dayroom till your bed is ready and one of the nursing staff admits you. You will also be seen by the anaesthetist and your consultant .

What about the anaesthetic?

Your surgery will usually be carried out under general anaesthesia (you will be asleep during the operation). You will be asked to stop eating and drinking from midnight on the day of your operation. If your operation is in the afternoon, and after checking with your anaesthetist on the morning of your operation, you may be allowed to drink water till a time specified by your anaesthetist.

What does my operation involve?

The surgery can either be carried out from the inside of the nose (closed rhinoplasty) or by making small cuts on the skin of the tip of the nose (external rhinoplasty). This will depend on the type of deformity you have. The skin of the nose is lifted from the cartilage and bone. Pieces of cartilage and or bone may be removed or added to change the shape of the nose. At the end of the operation, the surgeon applies a cast on the outside of the nose (nasal splint) to prevent the bones in the few days following the surgery. The surgeon may also use a nasal dressing (nasal pack)

What happens after my operation?

You will be required to stay overnight on the ward. You will be seen by your consultant the next morning and if you had a nasal pack this will be removed by one of the nurses. You may have slight bleeding after removal of the nasal packs. You will be advised to stay in bed for 2-3 hours after removal of the packs. . Your nasal splint will be left in place for 7- 10 days. You will usually be able to go home on the day following your surgery. You may be given medication to take home. Please follow the written instructions on the medication pack. Your nurse will explain this to you and give you an advice sheet on what to do and what to avoid for the first few weeks after the surgery. You will be seen in the outpatient clinic in one week to remove the nasal splint.

Do you need to take time off?

Patients are usually advised to take 2 weeks of rest following their operation. You should avoid contact sports for at least 6 weeks to avoid knocking your nose whilst the bones are still healing.

Can there be problems?

A small amount of bleeding may occur with removal of the nasal packs. If the bleeding doesn't stop, we may have to pack your nose again. Your face may be swollen with bruising around the nose and eyes for a few days after the surgery. The nose may feel blocked for a while following the surgery. This is caused by a swelling in the lining of the nose and crusts blocking the nasal passages. This usually improves in a few weeks time. Your surgeon may give you medical treatment for a period of time following your operation.

A 'perfect' nose is not always achievable. It may not be possible to make the shape of your nose look exactly like what you have in mind.

Occasionally a second surgery may be required to achieve the desired shape. Some people complain of numbness of the teeth after this operation. This usually improves with time. If the surgeon operates on the nasal septum as well as the nose(septorhinoplasty), there is a small chance of leaving a small hole in the septum. This can cause whistling, bleeding or crusts within the nose. A second operation to close the hole in the septum may be needed.



Before



After



Before



After

