

## RHINOPLASTY

### What is rhinoplasty surgery?

Rhinoplasty, or nose surgery, is sometimes referred to as “nose reshaping” or a “nose job.” Nose cosmetic surgery improves the appearance and proportion of your nose, enhancing facial harmony and self confidence. Nose surgery may also correct impaired breathing caused by structural abnormalities in the nose.

While the shape of your nose is usually the result of heredity, the appearance may have been altered in an injury or during prior surgery.

Rhinoplasty surgery can change:

- Nose size, in relation to the other facial structures
- Nose width, at the bridge
- Nose profile, with visible humps or depressions on the bridge
- Nasal tip, that is large or bulbous, drooping, or too upturned
- Nostrils that are large, wide or upturned
- Nasal asymmetry and deviation

### Rhinoplasty candidates

Nose surgery is a good option for you if:

- Your facial growth is complete and you are 13 years of age or older
- You are physically healthy
- You do not smoke
- You have specific, but realistic goals in mind for the improvement of your appearance

Nose cosmetic surgery is a highly individualized procedure and you should do it for yourself, not to fulfill someone else’s desires or to try to fit any sort of ideal image.

### Rhinoplasty risks and safety information

The decision to have nose surgery is extremely personal and you’ll have to decide if the benefits will fulfill your goals and if the risks and potential rhinoplasty complications are acceptable.

Your plastic surgeon and/or staff will explain in detail the risks associated with surgery. You will be asked to sign consent forms to ensure that you fully understand the procedure you will undergo and any risks or potential complications.

#### The risks of rhinoplasty include:

- Rupture of small surface vessels of the nose
- Infection
- Poor wound healing
- Anesthesia risks
- Bleeding (hematoma)
- Nose asymmetry
- Cardiac and pulmonary complications can occur in longer surgical procedures and may be associated with the formation of, or increase in, blood clots in the venous system
- Change in skin sensation (numbness)
- Nasal airway alterations may occur after a rhinoplasty or septoplasty that may interfere with normal passage of air through the nose.

- Nasal septal perforation (a hole in the nasal septum) may develop but is rare; additional surgical treatment may be necessary to repair the nasal septum but in some cases, it may be impossible to correct this complication
- Pain, which may persist
- Unfavorable rhinoplasty scarring
- Skin contour irregularities
- Skin discoloration and post rhinoplasty swelling
- Sutures may spontaneously surface through the skin, become visible or produce irritation that require removal
- Possibility of revisional surgery

### **Be sure to ask questions:**

It's very important to ask your plastic surgeon questions about your nose procedure. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

### **When you go home**

If you experience shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment.

The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure. Another minor surgery may be necessary to reach the intended aesthetic goal.

### **Be careful**

Following your physician's instructions is key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during your recovery from rhinoplasty. Your doctor will give you specific instructions on how to care for yourself.

### **My nose surgery recovery**

After your procedure is completed, a splint, internal tubes or packing will likely be placed inside your nose and a splint or bandages placed on the outside to support and protect the new structures during initial healing.

You will be given specific instructions to follow during your recovery from rhinoplasty: How to care for the surgical site, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and when to follow up with your plastic surgeon.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?

When will they be removed?

- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?
- How long will swelling after rhinoplasty surgery persist?

## **Nose surgery results will be long-lasting**

It may take several months for swelling to fully dissipate and up to a year - and sometimes longer - for the outcome of the surgery to fully refine after rhinoplasty surgery.

Although the results of nose surgery are usually permanent, cartilage may continue to reshape and move tissue that may change the outcome over time.