



Cosmetic Image Clinics

Rhinoplasty (Nose Reshaping)

Rhinoplasty, or surgery to reshape the nose, is one of the most common of all plastic surgery procedures. Rhinoplasty can reduce or increase the size of your nose, change the shape of the tip or the bridge, narrow the span of the nostrils, or change the angle between your nose and your upper lip. It may be purely for aesthetic reasons or it may correct a birth defect or injury, or help relieve breathing problems.

The goal of your surgery should be for a nose which looks natural and is balanced, proportional and in harmony with the rest of the face. Your surgeon will be experienced in evaluating these elements as you discuss your expectations and the changes required to achieve your desired look.

The Surgery

Rhinoplasty can be performed in a day surgery using twilight sedation, or within a hospital facility, using general anaesthesia. The procedure takes about one to two hours, however a complex procedure may take longer. The surgical techniques employed will depend primarily on the goals established by you and your surgeon.

Where possible, all of the incisions will be placed inside your nose, where they will not be visible. This is referred to as "closed rhinoplasty". If the base of the nose is to be narrowed or the nostrils reduced, small wedges of skin at the base of the nostrils will be removed. Incisions are hidden in the natural crease where the nostril joins the cheek.

In more complex cases the surgeon may prefer to use the "open rhinoplasty" technique. A very short incision is made across the vertical strip of tissue that separates the nostrils, called the columella. The skin of the nose is separated from its supporting framework of bone and cartilage, which is then sculpted to the desired shape. Finally, the skin is re-draped over the new framework.

When the surgery is complete, a splint may be applied to help your nose maintain its new shape. Nasal packs or soft plastic splints also may be placed in your nostrils to stabilize the septum, the dividing wall between the air passages.

Risk Factors

Complications are infrequent and usually minor. Nevertheless, there is always a possibility of complications, including infection or nosebleed. You can reduce your risks by closely following your surgeon's instructions both before and after surgery.

After surgery, small burst blood vessels may appear as tiny red spots on the skin's surface; these are usually minor but may be permanent. As for scarring, when rhinoplasty is performed from inside the nose, there is no visible scarring at all; when an "open" technique is used, or when the



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procedure calls for the narrowing of flared nostrils, the small scars on the base of the nose are usually not visible.

Occasionally, a second minor procedure may be required to make a correction.

Planning Your Surgery

In your initial consultation, the surgeon will ask how you would like your nose to look and will evaluate your facial structure and symmetry. They will also explain the factors that can influence the procedure and the results. These factors include the structure of your nose, the shape of your face, the thickness of your skin, your age, and your expectations. You will be shown before and after photos of other people who have had rhinoplasty and the results which they have achieved from surgery.

The procedure cost will vary according to each patient's unique requirements. If the surgery is performed for reconstructive purposes, to correct a breathing problem or a marked deformity, the procedure can be partially covered by Medicare and/or private health insurance.

Be sure to tell your surgeon if you've had any previous nose surgery or an injury to your nose, even if it was many years ago. You should also inform your surgeon if you have any breathing difficulties. Do not hesitate to ask the doctor any questions you may have regarding your expectations or concerns about the results.

Post-Operative Care

After surgery, especially during the first twenty-four hours, your face will feel swollen, your nose may ache, and you may have a dull headache. We will ensure that you have adequate pain medication when you go home. You should stay in bed with your head elevated for the first day.

You will notice that the swelling and bruising around your eyes will increase at first, reaching a peak after two or three days. Applying cold compresses can reduce this swelling. Most of the swelling and bruising should disappear within two weeks or so. Some subtle swelling, unnoticeable to anyone but you, 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. You should 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 will feel much more comfortable.

By the end of one or, occasionally, two weeks, all dressings, splints, and stitches should be removed. Most rhinoplasty patients are up and about within two days, and able to return to work a week or so following surgery. It will be several weeks, however, before you are entirely back to normal. The final results of rhinoplasty may not be apparent for a year or more.



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You must avoid any strenuous activity that increases your blood pressure for two to three weeks. You should avoid hitting or rubbing your nose for eight weeks and be gentle when washing your face and hair or using cosmetics.

We will schedule frequent follow up visits in the months after surgery in order to check on the progress of your healing. If you have any unusual symptoms between visits, or any questions about what you can and cannot do, you should not hesitate to call us.

There is a large amount of information to be considered when making the decision to have rhinoplasty surgery. Much of this information will be explained to you during your consultation appointment. At *Cosmetic Image Clinics* we understand the issues involved in making such an important decision and we are happy to discuss your concerns at any time.