

Rhinoplasty

Rhinoplasty is the operation to reshape the nose :it is one of the most popular procedures in cosmetic surgery

If you consider having this surgery ,you need to know a few things about it.

1) What happens during the initial consultation?

- You will meet your surgeon and will tell him exactly what you seek, why you want it and for how long.
- You will be asked to give information about your previous operations (cosmetic and non cosmetic), your health condition, your current medications, your allergies to medications, if you are a smoker or not.
- You will be asked to say what ,you think ,is wrong with your nose and how you would like your nose to look like.
- Your surgeon will examine you, and will take some measurements.
- Then, the whole operation will be explained to you in details,including:
 - the type of anesthesia (general, sedation or local)

- the incisions (length , position (across the columella for open rhinoplasty)(inside the nostrils for open and closed rhinoplasty)(sometimes ,at the base of the nostrils,for the alar base reduction) ,and outcome)

- the work performed on the different parts of the nose :

- on the tip (lower part),work on the different cartilages (septum and lower lateral cartilages)(reduction/augmentation/tightening), work on the columella cartilages, possible grafts (on the tip itself/on the bridge line/on the nostrils cartilages/along the septum)

- on the root of the nose : work on the bones (osteotomies, in fracture, bone graft, implant)

- the type of sutures used,

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-the dressing (steristrips), the packs (1-2 nights),the splint (7 days)

You are usually staying overnight,but sometimes ,this operation can be done as a day case

The stitches are usually removed after 5-7 days

Then, you are supposed to take it easy for a month, avoiding all sports

-Photographs will be taken before and after

2)What happens when you decide to go ahead with your surgery?

You normally need a second consultation to make sure you understood everything

Then,you call the office and we book the hospital for you.

you will have to do a blood test(usually in a private lab),mostly to check your red and white cells and your coagulation.

Before the operation, you are not supposed to take aspirin or similar tablets.

You will have to stop eating, drinking and smoking 6 hours before the operation.

You will see your surgeon before going to theater and have time to ask him any question you forgot to ask before.He will ask you to sign a consent form,where all the possible risks are mentioned.

-Then, you will meet the anesthetist and you will be taken to theater.

Your operation takes about one hour.You will spend half an hour in recovery, before being taken back to your room.

You will be discharged either the same day or the next morning before 12 noon

3) How do we decide the shape of your nose.?

The surgeon will take in consideration , your wishes and also the quality of your skin., cartilages and bones

You can see results of previous nose reshaping patients but,there is obviously a limit to what can be done and every nose is different :it depends on the shape and dimensions of your cartilages, and bones and thickness of the skin

It has to look natural and in proportion with the rest of your face

4) What happens after the surgery?

-Back home you are supposed to take it easy: no sport, no heavy lifting for 3-4 weeks.

-You cannot wash your face for one week, you cannot drive for one week,and barely use your glasses.

-You might be in pain and will need to take some painkillers.You will be told to take some antibiotics and intranasal sea water spray for one week

-You are supposed to come back to the clinic after 7 -14days (but you can contact the office anytime in between),for stitches removal and splint removal;

.After this first post operative consultation, you will see your surgeon,one month ,3 months and 6 months after the surgery.Then, it will only be once a year

The initial swelling will disappear within 1 week, but the rest can take up to one year or more.Your nose can be blocked for a few weeks

5) What are the risks of this operation?

Apart from the usual side effects (pain(3-5 days), swelling (up to one year or plus) ,bruising (2 weeks) ,numbness (3 weeks)), there are some potential risks ,which are still

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very rare:

-bleeding:

-infection

-asymmetry of the nose

-bad scarring

-breathing difficulties

-funny smells

-limits of the operation (we cannot give you the same nose as someone seen on the magazine)

-Need for revision : even if rare, the possibility of a revision of your nose surgery can be necessary, but never before a year after the first surgery

Again all these risks of complications are rare, but remember that surgery is not an exact science and there is no magic in surgery.

Would you have more questions, do not hesitate to ask your surgeon, who will be always pleased to see you again during a second consultation