



RESHAPE & RESTORE

# Rhinoplasty

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## Introduction

Reshape & Restore has put together this factsheet for anyone who is considering Rhinoplasty. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the Rhinoplasty procedure, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

## Why have Rhinoplasty?

A person can be unhappy with their nose for a number of reasons. Many people feel the shape and size of their nose is not as they would like it to be; whether it is too large, crooked, hooked, has a noticeable bump or looks flat. Aesthetic concerns such as these can affect the overall look of the face, and may appear disproportionate to the rest of the features. As the nose sits centrally within the face it can be noticeable to others, as well as being difficult to hide or disguise which can then lead to feelings of self-consciousness.

Other concerns with the nose are functional. We use the nose to breathe and to smell, and when the internal structure is damaged or hasn't developed properly, the nose is unable to fulfil its job. This can affect daily life and may lead to other concerns, such as: difficulty

breathing, open-mouthed breathing (which can lead to dental issues), disturbed sleep, snoring and difficulty eating. The rhinoplasty procedure can provide a permanent solution for a range of concerns; improving the shape, size and / or functioning of the nose. Both the external tissues, and the internal structure can be altered to create the appearance you desire, or to enable you to breathe more easily.

## The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also examine the appearance and structure of your nose, and using a mirror, we'll demonstrate the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. This is especially important for the Rhinoplasty procedure, as there have been many cases where a patient's expectations have not been in line with the actual results. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by us. In many cases a person goes away and finds they have other questions that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery

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is the right option for you, will we make an appointment. During this session we will also take some photographs of your 'before' appearance and give you the opportunity to speak with past patients - this has proven to be very valuable for many of our patients.

## What happens during the procedure?

The rhinoplasty procedure can be used to reshape the nose, to restore effective functioning or to reconstruct a damaged structure. Each procedure is tailored to meet your specific needs and your surgeon will approach the surgery with the most suitable techniques. During an open rhinoplasty we'll make a small cut across the skin between the nostrils. If we perform a closed rhinoplasty, cuts will be made inside the nostrils. The type of approach we take will enable us to access the bone, cartilage or internal tissues so we can reshape, trim or change the angle of the nose. In many cases the overlying skin will adapt to fit the nose's new shape. However, if there is any excess skin, we can trim this way before closing any wounds. The procedure only usually takes between 1.5 and 3 hours, we use a general anaesthetic.

On the day of your surgery, you will be asked not to eat or drink anything from midnight, and you should not apply any creams, lotions or make-up to the face. Our patients often spend one night recovering in hospital before being discharged, however, it is not unusual for someone to spend two or three nights with us. We usually advise that you have someone drive you home from the hospital and also to stay with you on your first night at home.

## What can i expect after the procedure?

Before we discharge you we will ensure you have been provided with suitable pain relief advice and some ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. For the first 12 hours after surgery, you'll need to wear a dressing, and in some cases a splint will be applied to help hold the nose in place while it heals. This may need to be worn for up to 7 days and you may find that breathing will be difficult. Your face will have some degree of swelling, tenderness and bruising, immediately following the procedure. The skin may also feel tight, and you may experience some

temporary numbness. These effects are expected to gradually settle over the next few weeks, and we ask that you keep the face dry for 1 week. You will find that sitting upright and sleeping propped up on pillows for around 2 weeks after surgery will help to minimise discomfort and swelling. At your first appointment we aim to remove any stitches, if your healing allows. You should then be able to wash the nose more thoroughly, using non-perfumed products and warm water. When drying your face it is better to pat it gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a couple of weeks, only undertaking light duties and keeping activity levels low. Heavy lifting, rigorous exercise, swimming and the gym should be avoided for between 4 and 6 weeks, and you should avoid sneezing through your nose, and blowing it. You can expect to need up to 3 weeks off work, depending on your job, when you should feel more comfortable to drive and resume normal daily activities. Our aftercare programme entails a series of follow-up appointments made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

## What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. If a closed rhinoplasty is performed, scars will be on the inside of the nose and therefore, unnoticeable. In some cases a person is prone to developing hypertrophic scars, which can be particularly thick or raised from the skin. During our follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future. During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects under the skin, and is a risk in the first few hours after the procedure. If this occurs we will need to take you back to the theatre to have it removed. Infection is fairly uncommon and careful aftercare is often the best way to prevent an infection from developing, and a course

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of antibiotics will help to clear it up. With rhinoplasty (also known as 'nose job') we'll ensure you're aware of potential risks, such as: permanent breathing difficulties, heavy nose bleeds, damage to the cartilage and a change in your sense of smell - although these effects are uncommon.

It is important to maintain your mobility while your body is recovering. You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

## What results can i expect?

Whether it is improving the shape of the nose, or to improve its functioning, the final outcome is likely to take up to 12 weeks to fully develop. At this time any side effects will have disappeared and the skin, tissues and internal structure will have healed.

The result you are likely to see will be very close to the outcome that was discussed at the consultation, when the nose will look smaller, larger or straighter than before the surgery. If improved functioning was the intention, then you will see a significant difference in the quality of your breathing, which can also help you (and your partner) to get a better night's sleep, as well as being able to eat more comfortably. By opening up the nasal passages and clearing any blockages it can, in some cases, also help to enhance your sense of smell. As rhinoplasty is a surgical procedure, it often produces permanent results.

## Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that

whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.