

Rhinoplasty

ENT10 Lite - Expires end of January 2024



This fact sheet is for general information about this procedure only. It is not intended to be used as medical advice or to replace advice that your relevant healthcare professional would give you. If you have a particular medical problem, please consult a healthcare professional.

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What is a rhinoplasty?

A rhinoplasty (or 'nose job') is an operation to change the appearance of your nose. Sometimes a rhinoplasty is performed to improve how you breathe through your nose. It involves operating on the bones and cartilage that give your nose its shape and structure.

What are the benefits of surgery?

Most people who have a successful rhinoplasty are more comfortable with their appearance. Your nose should be the size and shape you want, and it may relieve any symptoms of a blocked nose.

Are there any alternatives to a rhinoplasty?

A rhinoplasty is the only way to change the appearance of your nose. If you have a blocked nose because your nasal bones are crooked or damaged, or the cartilage and bone inside your nose that separates your nostrils (septum) is deviated (bent), you may be able to have a septoplasty to improve how you breathe.

What does the operation involve?

The operation is usually performed under a general anaesthetic but various anaesthetic techniques are possible. The operation usually takes an hour to 90 minutes.

Your surgeon can refine the tip of your nose by removing some of the cartilage. If you have a hump (dorsum) on your nose, they can remove it or shave it down. Your surgeon will usually need to break the base of the bones on the side of your nose so they can narrow and set them (infracture). This will also allow your surgeon to straighten your nose.

Your surgeon may need to support or rebuild part of your nose using a cartilage graft, a bone graft or an artificial implant.

Your surgeon may pack the inside of your nose to prevent bleeding, and place a splint and strapping on the outside of your nose for support.

How can I prepare myself for the operation?

If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health. Smoking stops your nose clearing mucus properly and this can increase the feeling of a blocked nose.

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.

Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.

Speak to the healthcare team about any vaccinations you might need to reduce your risk of serious illness while you recover. When you come into hospital, practise social distancing and hand washing and wear a face covering when asked.

What complications can happen?

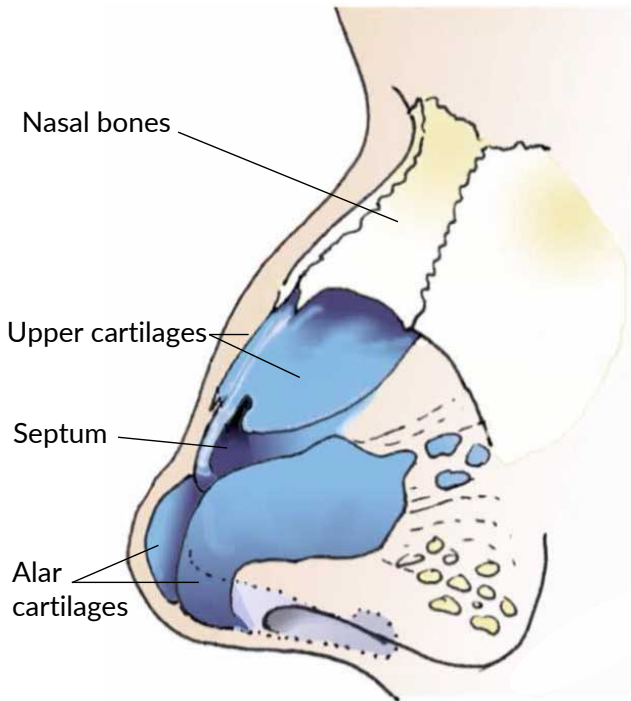
Some complications can be serious and can even cause death.

General complications of any operation

- Bleeding
- Infection of the surgical site (wound)
- Allergic reaction to the equipment, materials or medication
- Blood clot in your leg
- Blood clot in your lung
- Chest infection

Specific complications of this operation

- Unsightly scarring of your skin
- Bleeding caused by infection
- Damage to nerves that supply the skin at the tip of your nose
- Nasal obstruction
- Cosmetic problems
- Graft rejection



The bones and cartilage that shape the nose

- Problems at the donor site
- Reduced sense of smell
- Toxic shock syndrome, which is an infection of your bloodstream
- Watery eye

Consequences of this procedure

- Pain
- Bruising of your nose and under your eyes
- Swelling of your nose
- Redness

How soon will I recover?

You should be able to go home the same day.

If you had some packing in your nose, it will usually be removed the next morning.

You will need to stay off work and away from groups of people for 2 weeks. This is to avoid catching a cold, which could result in an infection.

Your surgeon will remove the splint and strapping after a week.

Do not exercise, have a hot bath or bend down for 2 weeks.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

It can take many months for your nose to settle and for the final appearance to develop.

Summary

A rhinoplasty is an operation to change the appearance of your nose and sometimes to improve how you breathe through your nose.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you, and they may be able to tell you about any other suitable treatments options.

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Acknowledgements

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