



Purity  
BRIDGE



# Rhinoplasty

Plastic Surgery

# RHINOPLASTY OVERVIEW

## Introduction

Rhinoplasty surgery aims to improve the appearance, and sometimes the function of your nose. During the surgery, your nose is reshaped to a more pleasing aesthetic form while aiming to keep it in proportion to your overall facial shape and size.

Considering having a rhinoplasty is a big decision, and therefore it should not be rushed. If you are thinking about a rhinoplasty, it is important to have an understanding not only about the procedure and the operation itself, but also about what you can realistically expect from a rhinoplasty. All prospective patients face a dilemma when making a decision about having this procedure due to their natural concern about a change in appearance having an effect on their identity. In addition, many people have, at the back of their minds, the worry about the possibility of being left with a noticeable minor change or even some form of disfigurement.

This information booklet has been written with that in mind, starting with an explanation about rhinoplasty surgery. It then goes on to describe the different options in rhinoplasty surgery, what to expect from them and the post-operative course. All operations carry a degree of risk, and a rhinoplasty is no exception. Therefore the last section deals with possible complications from rhinoplasty surgery and what may need to be done about them.

Overall rhinoplasty is an excellent operation that can achieve great results and make a huge difference to people.

## What should I think about prior to my consultation?

Before coming to see your Purity Bridge Consultant Plastic Surgeon, you should think about what you are hoping to achieve from a rhinoplasty. Points to consider may include:

- Why do I want a rhinoplasty? There are a variety of reasons why you might be seeking a rhinoplasty consultation. In some cases, the psychological reasons may not be solved with surgery, and if your Purity Bridge Consultant Plastic Surgeon feels you might benefit from professional psychological input (instead of, or in addition to surgery), this will be broached during your consultation. Please

do not feel offended if this happens, as it is an incredibly important part of the consultation in many cases.

- Are there any particular features of my nose that I am unhappy with? If so, it is important to discuss these during the consultation as the planning of your rhinoplasty may change depending on your individual concerns.
- What changes do I want to the features of my nose that I am unhappy with?
- What are my expectations of a rhinoplasty operation? Realistic expectations are key to a satisfactory outcome and need to be discussed openly between you and your Purity Bridge Consultant Plastic Surgeon.
- Do I have any problems breathing through my nose or is it the appearance that I wish to alter or both?
- Why am I thinking about having a rhinoplasty at this time in my life? (You should not consider having cosmetic surgery if you are undergoing any instability in your personal circumstances.)

## BEFORE & AFTER

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## PRINCIPLES BEHIND A MODERN RHINOPLASTY

### What makes a good rhinoplasty?

A good rhinoplasty should result in a nose that is symmetrical and in proportion to the rest of the facial features. It is the overall facial appearance that registers with us, as our eye is not drawn to any single area of the face. A good rhinoplasty allows the nose to fit in with the rest of the face and does not leave any obvious traces of surgery.

### What are the benefits of rhinoplasty?

Rhinoplasty surgery will improve the appearance of your nose and often improves your breathing. A rhinoplasty can:

- Straighten your nose
- Correct a hump
- Build up a collapsed nose
- Change the shape and size of the tip of your nose
- Narrow your nose
- Change the size and shape of your nostrils
- Improve breathing through your nostrils

### Facial harmony

In order to achieve a natural look, it is important to consider the effect of altering one part of the face on other areas of the face. For example, a rhinoplasty will improve and reshape the nose, but it will not affect any other part of the face. Therefore there is the possibility that facial “disharmony” may result, particularly on side profile, if the remaining facial features are not balanced. Most commonly this occurs when someone has an excessively receding or protruding chin. Altering the profile of their nose alone, without augmenting or reducing their chin, may not fully achieve facial harmony. This may not necessarily be the case for everyone, but in many people, the most natural appearance is achieved by balancing the shape and appearance of the nose in reference to the rest of the face. This is an important point, and one that your Purity Bridge Consultant Plastic Surgeon will refer to during a consultation. Consequently, they may sometimes recommend alternative procedures in order to achieve a balanced appearance and the result that you want.

## What are the limitations of rhinoplasty?

The outcome of your operation will be partly determined by shape, size and symmetry of your nose before the surgery. Symmetry and balance of the rest of your facial features also play a part in achieving the overall final appearance of your nose in relation to your face.

- The type of skin you have on your nose will not be altered by the surgery. If you have very thick, sebaceous or oily skin, subtle changes may be hidden and swelling may persist for some time. If you have very thin skin on your nose, it can show up small irregularities of the underlying nasal structure very easily.
- Older skin (above the age of around 40) will not behave in the same way as the skin of a younger person. This can result in the skin not fully contracting down over a nose that has been reduced in size, detracting from the final result.
- While it is possible to reduce a large nose in size and to augment a small nose, there is a limit to how much change is achievable in the overall size of your nose with a rhinoplasty.
- If you have had significant trauma or previous surgery to your nose, it may affect how your rhinoplasty surgery is planned and may affect the final outcome. This would depend on the degree of change required and the degree of tissue scarring or damage from previous trauma or surgery.

## BEFORE & AFTER

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## WHAT YOU NEED TO KNOW ABOUT THE SURGERY ITSELF

### What options are there in rhinoplasty procedures?

All types of rhinoplasty techniques are directed towards producing the natural and balanced look described above. However, a variety of rhinoplasty techniques exist to achieve this goal, and whichever technique is chosen it should be tailored to suit your individual goals and desires. To summarise what happens during the surgery; the skin of the nose is separated from the underlying cartilage and bone, these are then altered to the desired shape prior to the skin being redraped over them. It is complex 3-dimensional surgery that rebuilds your nose from the inside.

### Closed rhinoplasty

Incisions are placed on the inside of your nose (inside the nostril) and the surgery is performed through these incisions. No incision is placed on the external skin. This technique is mainly used where smaller or fewer changes are planned to the nose e.g. reducing a dorsal hump alone.

### Open rhinoplasty

Incisions are placed on the inside of your nose (inside the nostril) with an additional scar on the columella (the middle part of the nose separating your nostrils). This allows better visualisation of the underlying nasal structure and more scope to alter it. It is often the technique of choice if alteration to the tip of the nose is required. Overall this is the more commonly used technique nowadays.

### Septorhinoplasty

This refers to a rhinoplasty that also reshapes or operates on the septum. The septum of the nose is the central cartilage strip that runs backwards separating your nostrils. A septorhinoplasty can be an open or a closed septorhinoplasty. A septorhinoplasty is done if there is a deviated septum that is causing problems breathing or pulling the tip to one side, or if cartilage grafts are required as part of reshaping the rest of the nose.

### Additional incisions

Sometimes, depending on the type of rhinoplasty, planned additional incisions are needed. These include:

- Tiny puncture incisions at the side of the nose – these are sometimes required as part of the surgery to reshape nasal bones. They normally produce imperceptible scars.
- Incisions around the base of the nostrils or inside the floor of the nostrils – these are required if the nostrils and base of the nose need to be narrowed.
- Incision inside the upper lip – this is occasionally required as part of altering the tip of the nose.

## Cartilage grafts

It is very common to need cartilage grafts to help support or reshape your nose during rhinoplasty. For most people, these grafts are taken from the septum of the nose and thus incorporated into the planning of their rhinoplasty. If there is insufficient cartilage in the septum or it is not strong enough for what is required, it may be necessary to obtain cartilage from outside the nose. This would usually be from the back of the ear or from a rib if required.

## Fascial graft

Infrequently, fascia (a strong membranous layer of tissue) is needed to get the optimal result. This is generally in situations where the overlying nasal skin is thin and/or irregularities of the underlying structure are visible through the skin during the procedure. If needed, this is usually taken from tissue under the scalp (deep temporal fascia) at the side of the head. The incision for this is hidden within the hair. This will normally be discussed with you in advance of surgery, but occasionally it may need to be added to the procedure at the time of surgery due to unexpected intraoperative tissue characteristics or findings.

As can be seen from the paragraphs above, there are many options in rhinoplasty surgery. Your Purity Bridge Consultant Plastic Surgeon will guide you towards the most appropriate technique for your individual circumstances. All of the techniques require a high degree of specialised surgical skill and can be time-demanding.

## THE CONSULTATION WITH YOUR PLASTIC SURGEON

On meeting your Purity Bridge Consultant Plastic Surgeon, they will endeavour to put you at ease, and start by finding out about your motivation for seeking a rhinoplasty. In addition to clearly establishing the various areas of your nose that you may be unhappy with, your Purity Bridge Consultant Plastic Surgeon will take a thorough medical history, including records of any medication you may be taking and any allergies you may have. They will also ask about any history of nasal trauma, sinusitis, previous surgery, nasal drug use and breathing problems.

### **What does your Purity Bridge Consultant Plastic Surgeon examine for during the consultation?**

The examination process encompasses a thorough evaluation of your face from forehead to neck and everywhere in between. During the examination process they will focus on your nose, checking the appearance from many angles and the septum internally. They will check your breathing through your nostrils and also look at your nose in the context of your face as a whole. Any asymmetries of your face as well as your nose will be shown to you and as well as any features that may affect your overall result. Examples of this could include the profile of your chin or the type of skin on your nose.

Your Purity Bridge Consultant Plastic Surgeon will provide you with a professional and honest assessment and discuss frankly the areas that could be improved, as well as the limitations of any procedure.

### **Photography**

Purity Bridge Consultant Plastic Surgeons will always take pre-operative photographs from a variety of standardised positions. The photographs may be used during your consultation as an aid to discussing your facial features and how they may be affected by rhinoplasty surgery. In addition, the photographs form an essential part of your medical records and are used for planning your rhinoplasty procedure. Your consent for the photographs will always be obtained.



## HOW TO PREPARE FOR RHINOPLASTY SURGERY

### HOW TO ПРЕПАРЕ ЕОВ РИНОПЛАСТУ СУРВЕВУ

People often ask if there is anything they can do to help prepare for a rhinoplasty procedure. Below are a number of recommendations:

**1. STOP SMOKING:** Due to the high risk of wound healing complications with smoking, it is important to stop smoking for at least 2 months prior to surgery. Smoking not only significantly increases your risks of complications, but the coughing postoperatively that it will cause makes it more likely that you will bleed following the surgery.

**2. AVOID ASPIRIN:** Aspirin and non-steroidal medicines (such as ibuprofen or Nurofen) are blood-thinning medicines that will increase the risk of bleeding complications. You should ideally stop these medications for at least 2 weeks prior to your operation. These medicines may also increase the degree of post-operative bruising. Paracetamol is safe to take.

**3. AVOID VITAMIN E:** Vitamin E may also increase a bleeding tendency, so it should not be taken for 2 weeks prior to surgery. Vitamin C is safe to take.

**4. DO NOT DRINK ALCOHOL:** Alcohol increases blood flow, and therefore, the risks related to bleeding complications and bruising are increased if you drink alcohol the night before surgery. Therefore Purity Bridge Consultant Plastic Surgeons advise that no alcohol should be drunk for at least 2 days prior to surgery.

**5. COLDS, FLU AND OTHER INFECTIONS:** If you develop any sort of illness prior to the operation please contact your Purity Bridge Consultant Plastic Surgeon immediately, as you may need treatment prior to surgery, or alternatively your surgery may need to be put back.

**6. HAIR AND FACIAL PRODUCTS:** The night before surgery, shampoo your hair and cleanse your face thoroughly to remove all traces of make-up and moisturiser. Please do not apply any moisturiser prior to surgery.

**7. WHAT TO BRING TO HOSPITAL:** Please ensure you have your normal toiletries and any regular medication you may take. Clothing to wear to hospital – we recommend you wear a button or zip top for ease and comfort (such as a tracksuit top). This will mean you do not have to worry about pulling clothes over your head.

**8. PLANNING FOR SURGERY:** The hospital, admission date and admission time will be arranged for you. You will be asked to fast for 6 hours prior to the operation (i.e. do not eat anything for 6 hours before the planned time of surgery). Water may be drunk for up to 3 hours prior to surgery, however other drinks should be avoided. If you have any doubts or confusion, please ask.

## BEFORE & AFTER

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## THE RHINOPLASTY PROCEDURE ITSELF

### What happens when I get to hospital?

When you arrive at the hospital you will be shown to your room on the ward and a nurse will go through a detailed questionnaire assessing your health, your allergies and other relevant details (much of which will have been covered before with your Purity Bridge Consultant Plastic Surgeon). You will be asked to change into a hospital gown in preparation for surgery. Your anaesthetist will also visit you for an assessment prior to the planned general anaesthetic.

### Do I see my Purity Bridge Consultant Plastic Surgeon before my operation?

You will always see your Purity Bridge Consultant Plastic Surgeon before your operation. They will spend some time reviewing everything you have discussed before and make sure you have no unanswered questions or niggling worries. Once you have confirmed you are happy to go ahead, they will ask you to sign a consent form (if you have not already done so). They may then carefully draw important markings on your nose in planning for your surgery. They may take further clinical photographs of your markings for your medical records.

### What does the operation involve?

Rhinoplasty is usually carried out under general anaesthetic (with you asleep). Once you are carefully positioned on the table, your Purity Bridge Consultant Plastic Surgeon will inject your nose with a solution containing local anaesthetic and adrenaline. This helps to minimise bleeding during the operation. Once this is done, your face will be carefully cleansed and sterile drapes placed around it and over your body.

The nostril and skin incisions are then made and reshaping of the underlying nasal cartilage and bone is performed. After this is complete, the skin incisions are carefully stitched and usually a nasal splint is placed over your nose to support it in its new position. In some cases but not all, internal nasal packs are also placed (one in each nostril).

### How long does the surgery take?

The length of time a rhinoplasty takes varies considerably depending upon what technique is used and

what additional procedures are being performed. The range is usually from 45 minutes to 4 hours. This may be longer if multiple other procedures are being performed.

### **Will it be painful?**

Rhinoplasty surgery, like any operation, will produce some pain, but it is usually only mild to moderate and should be easily relieved by painkillers. Stronger pain relief is always available if required. One of the temporary side effects of rhinoplasty operations is the numbness felt in the skin over the nose following surgery. This returns to normal over the next 2-3 months. However, the benefit of this side effect is that the numbness reduces the amount of pain felt! With recent advances in anaesthetics and pain management, post-operative pain relief and comfort has been maximised, whilst keeping unwanted side effects of the painkillers, such as nausea, down to a minimum. When osteotomies (breaking of the nasal bones to reshape them) are done, it is somewhat more painful than when these are not necessary.

### **What else can I expect after surgery?**

It is normal to feel that both nostrils are blocked after surgery and to have to breathe through your mouth. This is temporary and is due to postoperative swelling and or nasal packs that may have been placed. You may have a small trickle of blood from your nose for the first 24 to 48 hours post surgery. This should not be excessive and should stop of its own accord. You will have some swelling and bruising of the nose, which often extends into the cheek and around the eyes.

### **When will I leave hospital?**

Rhinoplasty surgery typically requires an overnight stay in hospital, but is sometimes performed as day case surgery. Usually any nasal packs are removed before discharge, but sometimes you may be asked to return for the removal of nasal packs. You will need to wear the external nasal splint for 1 to 2 weeks. You will be reviewed by your Purity Bridge Consultant Plastic Surgeon prior to discharge.

## WHAT SHOULD I DO WHEN I GET HOME AFTER SURGERY?

Upon leaving hospital, an outpatient appointment will be made for you to see the nurse or your Purity Bridge Consultant Plastic Surgeon to have the splint removed from your nose and any stitches from the front of your nose to be removed, usually done at 7 days following surgery. The remaining stitches inside the nostril are absorbable and will fall out on their own accord.

### Dos and Don'ts after surgery

There are several rules of thumb that will help speed up your recovery from surgery:

- Try and keep your head elevated at all times. Therefore sleep with several pillows in bed and do not lie flat. Occasionally this can be uncomfortable so a folded towel under the neck may be supportive and beneficial. In addition, do not bend down if at all possible – if you need to, you should squat, keeping your head upright. This is important to keep swelling minimised.
- Your nose will be supported by a splint for a week after surgery. This is held on using tapes. You must avoid getting the splint wet.
- Keeping your nose clean – using a nasal saline spray that can be bought from most chemists is very helpful. It not only keeps your nostrils and nose clean, but also moisturises the lining of the nose. This can reduce any irritation or itchiness.
- Dry lips – use Vaseline on your lips regularly, as your lips may be dry for a few weeks after surgery
- First postoperative follow-up – you will have a check up with the nurse or your Purity Bridge Consultant Plastic Surgeon 1 week after surgery at which time the splint will be removed and any stitches that have been placed between the nostrils.
- Take things easy & slowly after surgery. Gentle pottering about, no heavy lifting or jumping up and down for first 2 to 3 weeks. Restrict your normal activities (do not “over do it”). A balance between taking things easy and being up and about needs to be reached. As you recover, you will be able to increase the amount you do. Avoid crowded situations where you could get a knock to your nose while you are recovering.
- Do NOT blow your nose for 2 to 4 weeks after the surgery, and sneeze through your mouth instead of your nose.
- After 6 weeks you can get back to normal exercise

- Driving – you should be able to drive 1 week after surgery – usually the day after the splint is removed
- Massage – this should be started at 2 to 3 weeks, and will be discussed with you at your appointment
- Avoid smoking, alcohol and stress, as these will all hinder the healing process.
- Analgesia or pain relief is often required at the beginning to manage the discomfort – initially with codeine-based medicines, and then paracetamol. There is no need to be in pain after surgery, so do not limit your painkillers unnecessarily.
- It is important to drink plenty of fluids and eat a balanced healthy diet. Avoid aspirin, as this can increase your bruising and bleeding into the tissues.

Generally, visible bruising is present for about 2 weeks. The swelling increases over the first 48 to 72 hours following surgery, stabilises, then generally subsides slowly, but takes up to 6 weeks to settle. The swelling and bruising drifts out from the nose, and into the cheek and under-eye area, over the first 2 weeks. Swelling can take 6 to 12 months to fully settle particularly in the tip of the nose; therefore the final result of rhinoplasty surgery takes this long to be established. You need to be patient and give yourself time to heal.

In addition, most patients experience a roller coaster of emotions, with good days and low days. It is quite normal to have the occasional day where you think: “what have I done?” and experience feelings of guilt and low self-esteem. It can often take some time coming to terms with the “new you”. Fortunately, this passes quickly, especially once you resume your normal daily activities and start going out a bit more.

### **What is the recovery period?**

As a rule, most people will have fully recovered, and be back to doing all their normal activities (including sports) by 6 weeks. For the first 1 to 2 weeks you will have to restrict your usual routines to allow you to recover from the effects of surgery. Between weeks 2 and 6 you will be able to increase what you do.

### **How long before daily activities may be resumed?**

Social engagements can usually be planned by 2 to 3 weeks after surgery, and any mild residual bruising is easily camouflaged with make-up. Driving may be commenced between weeks 1 and 2. Exercise should be avoided for 6 weeks after surgery.

## Can anything help the swelling and general recovery?

Following a rhinoplasty, some people find use of a nasal spray helps relieve irritation of the internal nose. You may be asked to continue taping your nose after the splint has been removed. This may be all the time for the first 3 to 4 days and then at night for a few weeks. Tissue massage can be used to help relieve some of the swelling. This can be started from 2 to 3 weeks following surgery, but the exact timing will be determined by your recovery. Please ask your Purity Bridge Consultant Plastic Surgeon before you do any massage to the area.

## How can I get the best scar possible?

First of all, as described above, your scars are designed to be hidden within the nostrils and in the narrow columella. However, scars do exist after rhinoplasty surgery and there are a number of strategies that can help scars to mature and soften quickly. The first, and most important of these is regular moisturising and massaging of the external scar. This can usually be started from around 2 weeks after the stitches have been removed. A non-perfumed moisturising cream should be used, and the scars should be massaged for 5 to 10 minutes every day. Again, please check with your Purity Bridge Consultant Plastic Surgeon before undertaking any massage of scars. Silicone based gels, such as those available at Purity Bridge, are extremely useful to encourage scar maturation and softening. Please ask at Purity Bridge for more information.

## What other effects might there be after a rhinoplasty?

It is important to consider how you may be indirectly affected by having a rhinoplasty – a new nose does not guarantee a new life, and will not change your personality. However, a rhinoplasty performed on a patient with realistic expectations can do wonders for self-esteem and confidence. A change in your body image physically will also change your mental body image and this is often associated with mood changes in the early post-operative period. The effects may or may not be noticeable, but importantly they are usually temporary and may be associated with sleep pattern interference. Taking some mild sleeping tablets for a few nights in the post-operative period may help this. As mentioned earlier, it is not unusual to have some mood swings, experiencing periods of feeling low and tearful in the days after your surgery as well as having times of elation. Being aware that this can occur and is quite normal reduces the chances of being affected by it. Before long you will be back to normal and enjoying life with your new look.

## Applying make-up after a rhinoplasty

Make-up should not be used in the 2 weeks after a rhinoplasty. During the second week, concealer can safely be applied to the cheeks, avoiding the nose itself. Make-up can be used normally across the whole face from 4 weeks onwards.

## BEFORE & AFTER

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## SUMMARY OF TYPICAL TIMELINE FOLLOWING OPERATION

### SUMMARY OF TYPICAL TIMELINE FOLLOWING OPERATION

(this may vary on occasion)

#### DAY OF SURGERY

- ✓ Review in hospital by your Purity Bridge Consultant Plastic Surgeon for surgical planning and surgery itself

#### DAY 1 AFTER SURGERY

- ✓ Review in hospital by your Purity Bridge Consultant Plastic Surgeon
- ✓ Nasal packs removed (if used)
- ✓ Decision by your Purity Bridge Consultant Plastic Surgeon re suitability for discharge from hospital

#### 1 WEEK AFTER DISCHARGE

- ✓ Sleep with head elevated on several pillows
- ✓ Regular daily use of nasal spray for comfort
- ✓ Keep external splint on and dry

#### WEEK 1 AFTER SURGERY

- ✓ Hospital appointment for removal of all stitches in front of nose and nasal splint

#### WEEK 2 -3

- ✓ Appointment with your Purity Bridge Consultant Plastic Surgeon
- ✓ May start to drive

#### WEEK 3

- ✓ Start to moisturise and massage wounds if advised to do so (should be continued until scars fade)

#### WEEK 4

- ✓ Gentle exercise may start (e.g. light programme on exercise bike)

#### WEEK 6

- ✓ Exercise/heavy physical activity may gradually be started

#### BEYOND 6 WEEKS

- ✓ Longer term follow-up appointments will be arranged by your Purity Bridge Consultant Plastic Surgeon to ensure you achieve the best possible outcome

## POSSIBLE SIDE EFFECTS

Before you make a decision to undergo rhinoplasty surgery, it is important that you are informed of the potential risks, complications and side effects. Complications may occur even with the best surgical care. For this reason, it is crucial that you carefully read and understand the following section.

After a rhinoplasty there are a number of side effects that are commonly experienced, as detailed below. In addition, unwanted and unforeseen complications may also happen. These too are discussed below.

### COMMONLY EXPERIENCED SIDE EFFECTS AFTER RHINOPLASTY SURGERY

#### Swelling

This is normal following a rhinoplasty and reaches a maximum about 3 days following surgery before starting to settle down. Most swelling is gone by 6 weeks in most patients. However, swelling can persist for 6 to 12 months following rhinoplasty surgery. Commonly, the swelling subsides at different rates on each side, which is quite normal, and nothing to worry about.

#### Alteration in skin pigmentation (discolouration and bruising)

Bruising usually comes to the surface within a few days and then gradually resolves over 2 to 3 weeks. Very occasionally extensive bruising can take many weeks to totally resolve. These problems are more often seen in patients with thin, hypo-pigmented and transparent skin. Patients with darker complexions should be aware of the possibility of residual brown pigment being left behind if the bruising takes a long time to settle. Make-up can be used to cover up the signs of bruising while it resolves.

#### Loss of or increased sensation

It is usual to have a reduction in skin sensation over the nose after a rhinoplasty. Feeling will usually return over a period of 8 to 12 weeks but in some patients this does take a little longer.

#### Feelings of nasal blockage

This is very common after rhinoplasty surgery and will resolve as the swelling from the surgery subsides. It may be necessary to mouth-breathe until this settles. Use of a nasal spray can help with comfort and use of a lip balm can help with the dry lips that you get after mouth-breathing.

## POTENTIAL COMPLICATIONS

### Early complications (within the first week of surgery)

#### Bleeding (haematoma)

If there is any suggestion that excessive bleeding after nose reshaping surgery has occurred after surgery, you will need to go back to the operating theatre to have the bleeding stopped and the wound washed out to evacuate the collected blood. The nose will then be packed and the packs left in for 24 to 48 hours. Occasionally blood can collect in the septum (the wall that separates the nostrils) – known as a septal haematoma. If this occurs, it may need to be drained in the clinic with a syringe and needle. This might need to be repeated until it settles. The nose may also need to be packed after drainage.

#### Infection

Rates of severe infection in rhinoplasty are low (despite the surgery being in the nose) – quoted at around 2%. However, minor wound infections or inflammation may occur – if it does happen, an infection will be treated with antibiotics. Rarely, a return to the operating theatre to wash out the nose might be required.

#### Blood clots

Blood clots in the veins of the legs (DVT – deep venous thrombosis) may rarely occur after rhinoplasty, which is why important preventative measures are taken (calf compression stockings and blood thinning injections whilst in hospital). You should continue to wear the calf compression stockings for 2 weeks after discharge from hospital. If a DVT does develop, you will need various investigations and treatment as appropriate. A pulmonary embolus (PE) describes a blood clot that has broken off from the DVT and lodged in the blood vessels in the lungs. This can be serious, and again, appropriate investigations and treatment is instigated should this be suspected after your operation.

#### Nasal swelling

Swelling to the nose is normal after a rhinoplasty operation. In some cases it can be more severe – particularly in those with thick skin who are having a significant reduction in nasal size. Whilst most of the swelling has usually reduced during the first 6 weeks after surgery, some residual swelling may last up to a year after surgery.

## Intermediate complications (within 6 weeks of surgery)

### Delayed wound healing

In some people the wounds take longer to heal than in others: this may be due to having had a mild infection of the wound, due to a reaction with the stitches or from “overdoing it” straight after surgery. Normally this is a minor inconvenience, which can be managed with special dressings as an outpatient. Occasionally it can lead to a troublesome infection developing as described above.

### Open roof deformity

When a nasal hump is reduced, it is usually necessary to “in-fracture” or break the nasal bones, to allow them to gently fall in towards the middle of the nose. This aims to both narrow the nose (when appropriate) and to seal the gap (or open roof) between the nasal bones that may have been created when the dorsal hump was removed. If the gap was not adequately sealed, the skin may drape into the opening, resulting in a v-shaped dip. Should this happen (which is unusual), it may need further surgery for correction.

### Asymmetries and irregularities

Whilst no-one is perfectly symmetrical, and no nose is 100% symmetrical, every effort will be made to achieve good symmetry after your surgery. However, there will inevitably be subtle differences to each side of the nose. The potential for these differences must be accepted by you, if you are undergoing rhinoplasty surgery. Occasionally there are significant asymmetries and irregularities that need to be addressed with further surgery (a revision operation). Revision rates for rhinoplasty surgery are around 10%.

### Numbness

The tip of your nose will be numb after surgery, and will remain so for some time. The feeling will come back eventually, but can take several weeks or even months in some cases.

### Change in colour or texture of the skin

Normally surgery will not effect the colour or texture of the skin. However, occasionally, small blood vessels (telangiectasia) may appear after surgery. These may disappear on their own accord, but if they remain and you would like them treated, then treatment (at extra cost) can be carried out using a laser or similar technology. You should expect your nose to feel stiff for some months after surgery. This is due to small residual amounts of swelling in the tissues. This will eventually settle, as described above.

### Contact dermatitis

Occasionally the skin may be sensitive to the splint and the dressings used after surgery. An allergic rash may develop which might need treatment with anti-histamines and steroids to settle it down.

### CSF rhinorrhoea

Very rarely, damage to the thin plate of bone separating the nose from the nerves that detect smell (which lie under the front of the brain) can be damaged. This is an extremely unusual but important risk. The fluid that may leak out is clear and is called CSF (cerebrospinal fluid). Most leaks heal spontaneously, but occasionally further surgery is required. Antibiotic treatment may be required in this situation.

### Skin necrosis

Despite the skin being lifted off the underlying nose, the blood supply is usually very good, and the skin heals very well. Rarely, the blood supply to the skin of the nose is damaged during surgery, and areas of skin death can occur. If so, these are most likely to be at the nasal tip. Dressings may be required to speed up healing, and further surgery in the future may be needed should this happen.

## Late complications (after 6 weeks from surgery)

### Change in sense of smell

A small proportion of people may experience a reduction in their sense of smell after rhinoplasty surgery. Whilst in some this will be due to prolonged internal swelling (which will then resolve and the sense of smell will return), in others, it is due to the nerves that detect smells being affected by the surgery. In these instances, which are fortunately rare, the change or reduction in sense of smell may be permanent.

### Excessive callus formation

When the nasal bones are broken so they can be realigned, they take several weeks to heal. The healing process involves the body laying down a substance known as callus, which is new bone scar tissue. In some people, excessive amounts of callus are produced, leaving hard lumps palpable (or occasionally visible) under the skin, either side of the nose. If these occur and do not settle down in time, surgery might be required to remove them. However, further surgery, in turn carries the risk that more callus is laid down to heal the new wound. Therefore an assessment of your individual situation would need to be done in order to plan the best course of action.

### Polly beak deformity

This describes a post-rhinoplasty nasal deformity, characterized by the appearance of a bulbous tip. It usually requires surgical correction, to reduce the internal cartilage that may not have been adequately addressed at initial surgery.

### Saddle nose

This is a post-surgical deformity that is a result of loss of support of the nose. Typically it occurs because too much of the supportive septal cartilage has been removed. Further surgery is required should this occur.

### Nasal obstruction

Long-term swelling of the internal tissues, or thickening of the tissues on the inside of the nose may rarely result in reduced air flow in the nostrils. This can leave you feeling as though you have a permanently blocked nose. Further procedures may be needed should this occur. The procedures required are usually performed by an ENT surgeon.

### Damage to the nasal septum

In a septorhinoplasty operation, surgery is performed on the septum of the nose – the wall that separates right and left nostrils. If the blood supply to the septum is damaged during surgery, it may result in wound healing problems to the septum. These will normally heal on their own accord, but if they don't (which is rare), and the wound on the septum persists, then a hole may develop in the septum. This may well be asymptomatic (i.e. it does not cause any problems), but occasionally it can cause problems with nasal dryness, nose bleeds and a whistling sound on breathing.

### Poor columella scar

In an open rhinoplasty, the scar between the nostrils is very carefully stitched after the surgery. Sometimes, a notch or step may appear in the scar. If this does not settle with massage, it may be necessary to revise this surgically. If so, this can usually be done under local anaesthetic.

### The sub-optimal result

Despite performing the operation as accurately and carefully as possible, some people will feel that their result is not exactly as they were hoping it would be. Up to 15 to 20% of rhinoplasty patients are unhappy with some aspect of their nose following surgery. This may be due to an under or over-corrected nose, or due to irregularities

or asymmetries. In some cases, this unhappiness is a result of unrealistic expectations not being met; hence the importance of an understanding between you and your Purity Bridge Consultant Plastic Surgeon about what is realistically achievable (and not achievable) through a rhinoplasty. No-one can guarantee the “perfect nose” after rhinoplasty surgery, and an understanding of what is achievable in your particular case is essential prior to undergoing surgery.

Should you be left with a sub-optimal result, this will be discussed with you along with the subsequent appropriate treatment options. Treatment may include revision surgery, which may be needed in up to 10% of rhinoplasty patients. Extra charges may be incurred for further surgery in some circumstances and this will be discussed with you.

## BEFORE & AFTER

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## OTHER POINTS TO CONSIDER ABOUT RHINOPLASTY

### **Non-surgical rhinoplasty**

A non-surgical rhinoplasty is reshaping of the nose using dermal filler injections. These are usually hyaluronic acid temporary fillers. They are injected under the skin to disguise small irregularities and contour deformities. These are temporary and will need to be repeated to maintain the effect. They are used to disguise rather than correct the problem and are generally only useful in select patients for minor corrections. However in this group, they can be very useful.

### **CONCLUSIONS**

By reshaping the nose and harmonising facial features, a rhinoplasty can have a dramatic effect on your appearance allowing you to outwardly show the energy and self confidence you are truly feeling. We hope these notes have helped you. If you have any further queries, please do not hesitate to get in touch.



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## Other Procedures Offered at Purity Bridge

### Facial procedures

#### Eyelid lift

A blepharoplasty is an excellent operation to brighten up and refresh the eye area in a very natural way. It is hard to tell that someone has had an eyelid lift, apart from seeing how refreshed and well they look!

#### Rhinoplasty

Nose reshaping can be done to reduce a dorsal hump, address deviations and asymmetries as well as refine the nasal tip. Each nose is different, and each face is different, so the transformation of your nose must be tailored to your individual goals and what is achievable. Nose reshaping can have an incredibly positive impact on people's self esteem and self-consciousness.

#### Ear correction

A number changes can be made to reshape and reposition ears – these include correction of prominent ears, reshaping of earlobes and correcting split earlobes. Our Purity Bridge specialists usually carry out these operations under local anaesthetic as “office-based” procedures, allowing a quick recovery and excellent result.

#### Facelift

A facelift remains the gold standard facial rejuvenation procedure. The expert Consultant Plastic Surgeons at Purity Bridge regularly perform a variety of types of facelift – each designed to be bespoke for the individual patient. A facelift should not look pulled or tight, but natural and refreshed.

### Breast procedures

#### Breast enlargement

Breast augmentation enhances a woman's natural breast volume and can restore fullness lost after breast feeding or weight loss. This can be done using a carefully chosen high quality breast implant or using your own fat. A specific plan would be made with you to create the most natural outcome with the least downtime and a long lasting result.

#### Breast lift

A mastopexy (breast lift) raises the nipple, tightens the breast skin, reduces the size of the areola, restores lost volume to the upper part of the breast and overall produces a perkier and more youthful breast shape. Breast implants can also be used in a breast lift to enhance the volume if needed. This is particularly popular after having children or losing weight.

## Nipple surgery

Surgery to modify nipples is usually simple to do under a local anaesthetic as an outpatient procedure. Inverted nipples can be corrected; nipples can be reshaped and even reconstructed after removal for breast cancer treatment.

## Body procedures

### Liposuction

Liposuction is an ever popular procedure to remove excess fat deposits using tiny incisions. Areas of the body, including chest abdomen, arms, legs and neck, can be re-contoured to create better proportions. It is a body contouring procedure, rather than a weight loss procedure.

### Tummy tuck

An abdominoplasty (tummy tuck) is a very popular procedure to re-contour the abdomen, frequently in people after weight loss, or in women to correct the effect of pregnancy. Excess skin and fat is trimmed from the lower belly, and also stretched abdominal muscles are re-tightened to create a flatter, smoother abdominal contour.

### Labiaplasty

Labiaplasty is a very personal procedure that reshapes and trims excess labia minora (inner vaginal lips). It is usually performed as an outpatient procedure under local anaesthetic. The results are very natural and the scars are very hard to see.

### Lipofilling (fat grafting)

Using fat as a natural filling material has revolutionised approaches to a wide variety of body areas, such as the face, around the eyes and the breasts. Lipofilling is a versatile technique that has a number of applications and is frequently used by our team.

Many other procedures are performed by our specialist team of Consultant Plastic Surgeons at Purity Bridge including:

- Arm lifts
- Thigh lifts
- Body lifts
- Body contouring after massive weight loss
- Breast reduction
- Correction of breast asymmetry
- Breast reconstruction
- Brow lifts
- Facial implants
- Facial bone reshaping and repositioning
- Skin cancer treatment
- Skin lesion excision



## CONTACT

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