

NOSE (RHINOPLASTY)

ABOUT THE PROCEDURE

Your nose is one of your most defining facial features. If you feel that it doesn't suit the rest of your face or has changed due to age or injury, rhinoplasty can help you have the nose you want.

Rhinoplasty is a procedure that involves the realignment and reshaping of nasal bones and/or cartilage of the nose. Depending upon the situation, the surgery could be open or closed. In open rhinoplasty, the surgeons make a small incision in the flesh exterior of the nose, while in closed rhinoplasty, all incisions occur inside the nose. The approach that best suits you will be discussed at the time of consultation.

WHO IS A GOOD CANDIDATE?

If you feel that your nose is too large or does not fit the proportions of your face or is crooked, irregular, droopy, too pointed or too wide then you could benefit from rhinoplasty. Not only can a wrongly-shaped nose affect your appearance, but it can also hamper breathing. With the right nasal surgery, you will not only look better, but breathe better too.

POST-OPERATIVE INSTRUCTIONS

- Time off work 2-4 weeks.
- Don't do any activity that increases your blood pressure for 4-6 weeks after surgery.
- Avoid bending over so that your head is below your heart.
- Avoid blowing your nose.
- No shower restrictions other than avoid wetting the nasal area and keep splint on.
- Apply antibiotic ointment to incision daily – if you have an incision it will be under the nose.
- Wear the splint 24 hours a day until you see me in follow up appointment.
- You may have splints inside your nose. I will tell you when to see me for removal (2-3 days). If they fall out before this time, it is not a problem. Just call my office the next day to let me know.
- Call my office to make an appointment for 1 week after surgery for stitch and splint removal.
- Massage scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- No smoking.

COMMON POST-OPERATIVE EXPERIENCES

- Scars can take up to 1 year to complete heal.
- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread around eyes, cheeks and forehead.

OUTCOME

- See general post-op instructions.