



ACADEMY
FACE AND BODY



EVERYTHING
YOU NEED TO KNOW ABOUT
RHINOPLASTY



What Is A **Rhinoplasty**?

Rhinoplasty is the medical term for reshaping of the nose. It is one of the most common cosmetic surgery procedures performed and colloquially known as a 'nose job'.



Does Rhinoplasty give a **natural appearance**?

Modern Rhinoplasty is a surgical art form. A natural looking nose that is in harmony with its face, is the aim of the surgery.



Who are the **best candidates for Rhinoplasty?**



Anyone who is concerned with the shape or size of their nose can consider a Rhinoplasty procedure. Also, anyone who has had trauma to the nose or has airway problems.



The procedure

OUR SURGEONS PERFORM RHINOPLASTY PROCEDURES EITHER IN HOSPITAL UNDER GENERAL ANAESTHETIC (FULLY ASLEEP) OR UNDER TWILIGHT SEDATION IN OUR GOVERNMENT LICENSED ACADEMY DAY HOSPITAL (ON SITE AT ACADEMY FACE AND BODY).

In the majority of cases all incisions are hidden within the nose. The skin is elevated and the underlying bone and cartilage sculpted as necessary. This will allow the removal of a hump, narrowing a broad nose, straightening a deviated nose, refinement of the tip and changing the angle of the nose to the lip. Immediately after the procedure a splint is applied to the external nose for protection and reduction of swelling, and will remain on the nose for 7 days.



How long will I need off work?

Most Rhinoplasty patients will take between 1 and 2 weeks off work, depending on the amount of physical activity involved in their line of work

The recovery

You should expect some bruising and swelling around the eyes, which subsides in 5 to 10 days following a nose job. Swelling on the inside of the nose tends to make it feel blocked (similar to having a cold). This may last for 1 to 2 weeks. Academy Face and Body will provide you with a saline spray to wash your nose out and a decongestant to reduce blockage.

After the operation you should keep your head elevated and use ice packs (frozen peas) to help reduce swelling. Exertion, sun exposure and activities that risk injury to your new nose must be avoided. If you need to wear glasses it may be necessary to use tape to prevent pressure on the bridge of the nose. Significant improvement can begin to be seen in the nose after two weeks however subtle refinement continues for a further 12 months for most.

IS THERE DISCOMFORT?

Most patients report Rhinoplasty as being relatively pain free though you can expect minimal to moderate discomfort due to having a blocked nose. The nasal decongestant spray will help relieve this discomfort.



Pre and Post-Operative Care

Post-operatively you will need to keep the inside of the nose clean with the saline solution. The more times per day the saline wash is used the better.

Post-operative Care **Nasal Reshaping**

Complications only occur in a minority of rhinoplasty cases. If a procedure or particular patient was likely to have a high risk of complications your surgeon will advise you of this or decide not to perform the procedure. These complications may range from very minor ailments to death. The list below is not a complete catalogue of everything that may happen – it is unrealistic to produce such a list. If you have any other specific concerns please raise these prior to signing a consent form or having any procedure.

Our surgeons do not use the old painful packs in the nose but may use a comfortable cotton wool type dressing in the nose, which is often removed after just a few hours. The splint is generally removed in 5-7 days.

NASAL SPLINT

In most cases a plastic splint is placed over the nose. Usually tapes are applied to the skin first. This combination helps reduce swelling of the nose post operatively.

BLACK SWOLLEN EYES

It is usual to get some swelling and bruising of the eyelids. This tends to be a very personal reaction with some people having almost none. Ice packs to the eyes and keeping your head elevated for 72 hours helps minimise this. Aspirin, Ibuprofen, Vitamin E will make the bruising worse. Most patients are almost back to normal in one week.



Post Face-lift **Information continued...**

BLOCKED NOSE

Swelling of tissues is a natural response to trauma. Swelling within your nose will reduce the airway for about 2 weeks. If you had a major septal deviation then the airway may continue to improve, no guarantee can be made as to how much improvement will be achieved. Breathing may appear worse with a cosmetic rhinoplasty because of the reduction of the nose.

INFECTION

Infection is rare in a simple rhinoplasty procedure. Risk increases if cartilage or artificial grafts were used. Our surgeons will often place post rhinoplasty patients on an antibiotic for 5 days.



RUNNY NOSE

For 10-14 days post op it is normal to have a very runny nose often blood stained. Very gentle blowing is OK. After one week a crust often starts forming in the nostrils and using a saline solution (i.e. Narium, FESS from chemist) regularly will help prevent and wash these away. A clean nose will heal more quickly and has less risk of infection.

BLEEDING

Bleeding is not common after a simple nose job. The risk increases when surgery is performed to improve the airway. Bleeding should settle quickly, but you will need to consult your surgeon if bleeding persists.

STITCHES.

Dissolving sutures are always used within the nose. At 1-3 weeks post operation do not be alarmed if small pieces of suture expel from the nose while blowing. Some Rhinoplasties are best approached with a small incision in the columella (the section between the nostrils). These stitches are usually removed 5 – 7 days post operatively.

SCARRING

Usually there are no external incisions for a Rhinoplasty. If an incision is made in the columella it usually heals very well. Rarely it may be necessary to convert from no planned scar to having a scar, this would only be done if absolutely necessary to achieve the result.



Post Face-lift **Information continued...**

TAPE ADHESIVE ALLERGY

A reaction to the skin taping, used to help control the swelling, is the most common complication. It may just be excessive redness or milia (white heads) to blisters and discharge. If you have ever had a reaction to adhesive tape please let your surgeon know.

INCOMPLETE STRAIGHTENING

Straightening a crooked nose is a common request in the Rhinoplasty patient. Sometimes complete straightening may not be possible.

REVISION RHINOPLASTY

Revision of another surgeons operation, especially if there are significant concerns is more difficult than an initial operation and unlikely to give a perfect result. With a good understanding of specific goals and limitation it can be helpful.

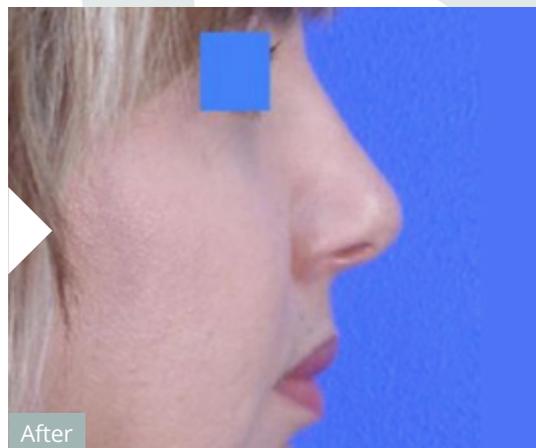
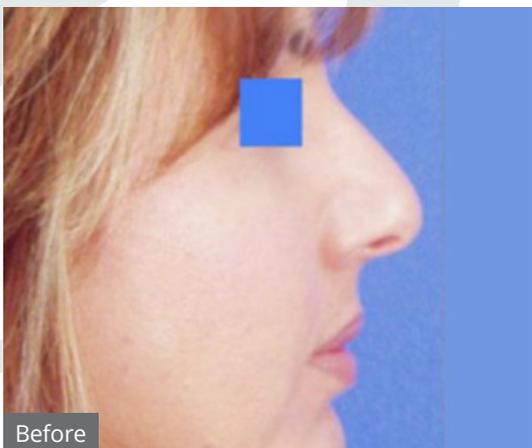
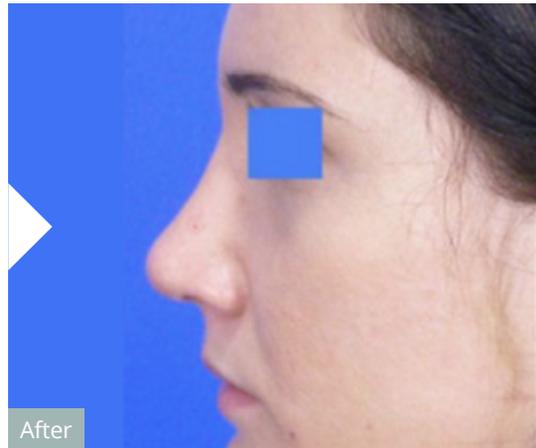
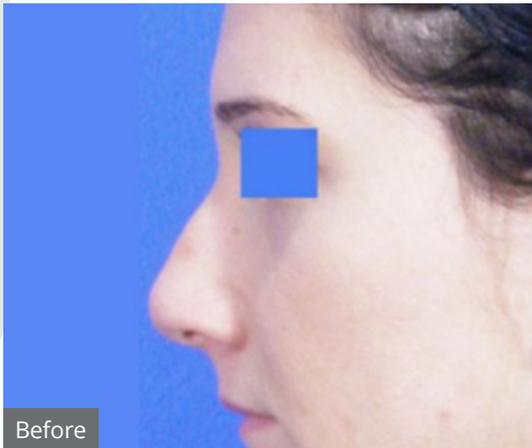
THE FINAL RESULTS

When the splint is removed at one week, the nose will still be swollen. At 2-4 weeks post op the improvements will be more noticeable. The final result continues to improve for up to one year (which is why your surgeon will want to see you again then). Although the changes required in the nose will be discussed at great length pre-operatively, it is not possible to guarantee the final result. Occasionally our surgeons will use injections to help settle the nose more rapidly. Rhinoplasty is best considered to be able to achieve a single step improvement from bad to acceptable, acceptable to good, good to great.

ANAESTHETIC EFFECTS

Following any anaesthetic procedure there are common risks such as nausea, vomiting and sore throat. Rare effects as a reaction to the anaesthetic may include damage to teeth, vocal cords, drug reaction, blood clots, aspiration of gastric fluid, respiratory or heart problem and in extreme cases death.

Actual results from our patients
from Dr Jayson Oates at Academy Face And Body



What are my **next steps**?

If I am interested, **what now?**

Your first step is an initial consultation with the doctor who will be performing the procedure.

If you have a GP referral you will be able to claim some of the cost of the consultation from Medicare. If the doctor decides you are a suitable candidate for Rhinoplasty and you want to go ahead, a booking for the procedure will be scheduled.



COMPLIMENTARY **CONSULTATIONS**

You may wish to speak with our Nurse Consultant prior to seeing the doctor.

COME AND SEE THE TEAM AT ACADEMY FACE AND BODY
FOR A CONSULTATION

During this complimentary consultation in our Perth office, the Nurse Consultant can discuss the procedure and provide you with written information.

CALL US ON **(08) 9382 4800**

