



## nose reshaping (*rhinoplasty*)

When considering cosmetic surgery, it is important that you are fully informed on all aspects of the procedure that you are seeking.

### What is rhinoplasty?

Nose reshaping (rhinoplasty) includes all of the following procedures designed to alter the size and shape of the nose. Augmentation rhinoplasty makes the nose larger, often utilising materials from the patient e.g. bone, cartilage or specially made implants. Reduction rhinoplasty (commonly called a 'nose job') reduces the bone and cartilage 'skeleton' of the nose in order to improve the overall size and shape of the nose.

Septoplasty may be recommended for people with breathing difficulties. The wall of tissue that separates one side of the nose from the other is adjusted but this is best performed by an ENT surgeon. Occasionally it is only necessary to shorten the nose and slim down a particularly bulky tip (the so-called Rhino-tip procedure) or to alter the shape and size of the nostrils.

### Who is suitable for nose reshaping?

- Men and women who are dissatisfied with the size and shape of their nose.
- If there is a bump on the bridge of the nose.
- If the nasal tip droops.
- If the tip of the nose is thickened and enlarged.
- If the nostrils are excessively wide.
- If the nose is off centre or asymmetrical.

The nose continues to grow until the age of about 16 years. Therefore, most surgeons recommend postponing surgery until at least this age.

### What to think about at this stage?

It is important that, before you see the surgeon, you consider what you are trying to achieve from your surgery. In many ways this is of particular importance with nose reshaping, where patients may have been self-conscious about their nose for many years. The nose, being the most prominent feature of the face, can produce all manners of emotions for the patient.

The aim of surgery is to make the nose more acceptable in the eyes of the patient but it is extremely important to have realistic expectations. Therefore, before you see the surgeon, you must be absolutely certain what is it about your nose that concerns you. It is only when the surgeon knows exactly what you wish to achieve that he is able to determine whether it is technically possible.

Also remember that other facial features have implications for the overall appearance of your face. In order to keep your face in proportion, your surgeon may advise altering the chin or cheek etc.



# Profile

cosmetic surgery

## How is nose reshaping performed?

- The operation may be performed under local anaesthesia with sedation. However the majority of patients have general anaesthesia.
- Incisions are made inside the nostrils in the majority of cases. However, in some ethnic groups the 'external' approach may be employed. Both bone and cartilage are removed to reduce the hump of the nose. The nose may be made narrower by cutting through the junction of the nasal bone and the cheek.
- It takes ninety minutes.
- Most patients stay in hospital for one night.
- If your work is not physical, expect to return to work within ten to fourteen days.
- Expect to be back to full physical activity within four to six weeks.

## Following the operation

As with all surgery, you must expect to feel bruised and sore, especially around the eyes. Most surgeons advise their patients to keep their head up as much as possible. You will have to wear a splint over your nose for about ten days. This is to hold the nasal bones in their new position. Most patients report that the operation is surprisingly painless.

However, the initial overnight dressings in each nostril may be uncomfortable. In most cases, it takes six to nine months or so for the swelling to go down completely and for the appearance of the new nose to become clearer.

## Risks and complications

Cosmetic surgery is amongst the safest of medical procedures. However, all patients must understand and accept that no surgical procedure is absolutely free from risk. At consultation, your surgeon will discuss these risks with you.

## How long will the results of your nose shaping last?

The results of nose reshaping are permanent. Any revisional surgery that might be recommended is only likely place after the healing process is complete. Most surgeons would advise waiting at least a year.