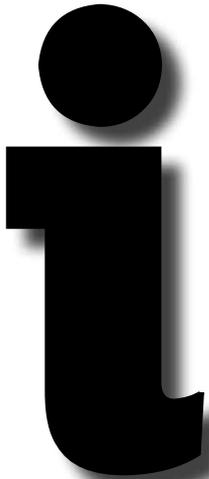


Rhinoplasty (page 1 of 3)



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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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This leaflet has been written to help you understand the operation called rhinoplasty. It is normally performed under a general anaesthetic. Occasionally it can be performed under local anaesthetic if a very small operation is needed.

We hope it answers all your questions, but if it doesn't please ask the doctor or nurse at, either preadmission clinic or when you are admitted for your operation.

What is a rhinoplasty?

It is an operation on your nose to correct any defect or deformity. The aim of the operation is to make your nose look 'right' for you. It is therefore very important that you can clearly explain to the surgeon what it is about your nose that you don't like.

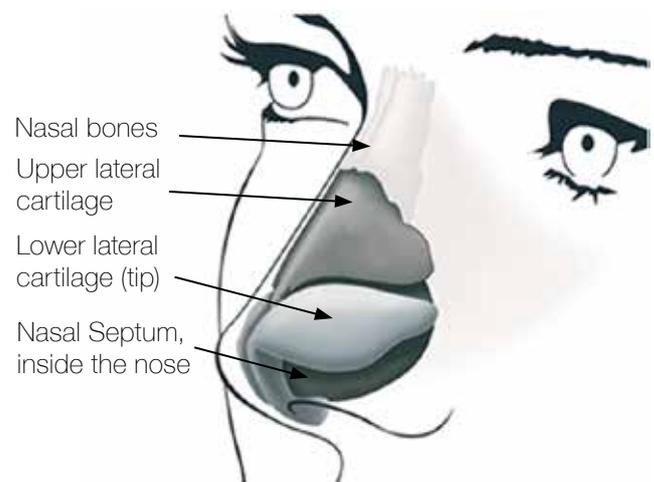
Sometimes problems with breathing through your nose can be corrected at the same time.

The nose is made up of bone and cartilage (gristle)

There are two types of rhinoplasty:

Reduction Rhinoplasty is done to change the shape of the nose. The skin is not touched. The nose is narrowed and the nostrils may have to be narrowed as well. This is done by cutting out a small piece of skin from the floor of the nostril. This will leave a fine scar on either side. The nose may also be shortened and the tip made less bulky by reducing the amount of cartilage, which shapes the end of the nose.

Augmentation Rhinoplasty can increase or decrease the size of your nose. The nose can also be shortened and the tip made less bulky by reducing the amount of cartilage, which shapes the end of the nose. The operation may be done to improve the look of a flattened nose. Sometimes a bone graft or an implant might be used. You need to speak with your surgeon to fully understand how this operation is undertaken, as it is very complicated.



Burns and Plastics Unit
Tel: 01722 336262 ext. 3507

There is no alternative to either operation. It is the only way cosmetic changes can be made. If the surgery is being done because of difficulty with breathing there are other alternatives that you need to discuss with your surgeon.

How will I look after my operation?

It is normal to have a small Plaster of Paris splint over the bridge of your nose. This is to keep the shape. The splint will be kept in position with tape. You may have black eyes depending on the type of surgery you have had. Your eyes may also be quite swollen. The swelling and bruising should have all disappeared 3 weeks after your operation.

There may be small paraffin gauze dressings, known as packs, in your nostrils. These are put in to put pressure on the areas that have been operated on and to stop any bleeding. A small dressing, that is put just above your upper lip and is kept in place by tapes, usually covers them.

How long do the packs stay in?

This depends on the operation and if there has been a lot of bleeding. Usually they are removed 24-48 hours after the operation and before you go home.

It can be uncomfortable having them removed. Most patients describe the feeling as a 'peculiar sensation'. Once the packs have been removed it is important to sit quietly on your bed for an hour to reduce the risk of getting a nosebleed.

When does the Plaster of Paris splint come off?

When you are discharged, you will be given an outpatient appointment for about 7-14 days later. At this appointment you will see the doctor and have your splint removed. When the splint comes off, your nose will look swollen. It may be three months before the tip of your nose has settled into its final shape and position. You may also find that the tip has a loss of feeling during this time. It can take 9 months before everything has settled down.

How do I stop my nose from feeling blocked?

You should clean just the inside of your nostrils using a cotton wool bud moistened in warm water. Put a thin film of yellow soft paraffin gently, just inside the nostril, twice a day. You must not stick anything any further up your nose.

Because of the swelling of your nose and eyes, you are advised to sleep sitting up for the first few days after your operation.

What are the risks and complications of the operation?

Infection:

- There is a small risk that an infection could complicate the operation. This risk is increased if you smoke. If you get an infection it may be necessary to remove any implants or it may cause the graft of bone or cartilage to dissolve. If this does happen, it should still be possible to have further reconstructive surgery.
- There is a very small risk of a chest infection because of the general anaesthetic; this risk is also increased if you smoke.

- Very occasionally a manufactured implant will come through the skin of the nose or its lining and need to be removed. This can happen months or even years after the operation and is more likely to happen if it is a large implant. If this happens you will need another operation.
- Sometimes further surgery is needed to get a satisfactory result.

What other things do I need to know?

The bones in the nose take six weeks to heal, therefore you need to be very careful and avoid doing things that might cause injury such as playing squash, tennis, badminton, horse riding, rugby and football.

You must not blow your nose at all until you come back to the Outpatients clinic to see the doctor. It is strongly advised that you sniff, spit and dab your nose very gently.

Do not bend over so that your head is pointing to the ground, this will increase the swelling and increase the risk of a nosebleed.

Do not drink hot drinks, you may have tea, coffee, soup etc but let them cool first before drinking them, particularly for the first week after having your nasal packs removed. Hot drinks increase the risk of a nosebleed.

Try to avoid sneezing. This can hurt and can also cause a nosebleed. If you need to sneeze, then sneeze with your mouth open.

If you do get a nose bleed then sit quietly and lean your head forward to prevent any blood trickling down your throat. Spit out any blood in your mouth, do not swallow it. Use a gauze or handkerchief to apply light pressure to the entrance of the nostrils. Keep sitting quietly until your nosebleed stops.

If you are concerned in any way, do not hesitate to contact us at any time, day or night, on 01722 336262 and ask for The Burns and Plastic Unit on extension 3507. Although there is no medical reason for you to stay off work for more than a few days, you will probably feel more comfortable if you take 2 weeks off and go back to work when the bruising has gone.

Plastic Dressings Clinic

Tel: 01722 336262 ext. 3254