

RHINOPLASTY

(NOSE RESHAPING)

Background

The aim of rhinoplasty is to make the nose appear better and function more normally. Areas that can be addressed include the patency of the nasal airways, and the cosmetic appearance, which may involve making the nose smaller or bigger by either adding or removing cartilage and bone, and suture techniques to define further the shape of the nasal tip.

The treatment

The operation can be performed 'closed' (endonasal) such that there are no external scars on the nose, or 'open' so that there is a small incision across the base of the nose in the natural folds of skin where they are harder to see. Not all operations can be closed and Mr Banwell will explain whether you are suitable to have a closed procedure or whether you require a small incision across the base of your nose for access to perform the operation.

The benefits

Rhinoplasty surgery can have some excellent outcomes. However, Mr Banwell is very particular in emphasising the importance of having realistic expectations, especially as rhinoplasty surgery is associated with the highest degree of dissatisfaction of all the cosmetic surgical procedures. However, in the appropriate patient, the dorsal bumps can be smoothed, a nose made narrower and the tip can be made more refined.

Duration of Surgery

The surgery can take anything up to 2 hours depending on the complexity and severity of the problem. The operation is performed under a general anaesthetic and you will be in hospital overnight.

Complications of Surgery

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimise the complication rate and likes to practise in a safe manner. The commonest complications are scarring, widened scars, hypertrophic scars, bleeding, haematoma formation and the need to return to theatre, infection, skin numbness, asymmetry in the healing and the final result, alteration in smell, post-op sinusitis, contour irregularities, skin excess, steps, saddle deformity, dissatisfaction and further operations.

After Surgery

You will usually be in hospital for one night. You will have a splint over your nose for two weeks. Usually Mr Banwell uses nasal packs and these are removed the day following surgery. If the procedure is performed in an 'open' manner, you will need your sutures removed after a week. Please note that you will also have dissolvable sutures inside your nose and these will rub out over time. You will usually need to take 2 weeks off work as there will be a variable amount of swelling associated with black eyes. It is estimated you will return to normal within 4-6 weeks.

Recovery

It is important to minimize your activities in the first few weeks. Bending or lifting should be avoided as well as strenuous exercise for 6 weeks. Avoid blowing your nose for 3 weeks. Many patients find gentle cardiovascular exercises are fine after a few weeks. You should not drive until it is safe to perform an emergency stop. Swimming is permitted once your wounds are healed.

Success and satisfaction.

Patients report how happy they are with the results of this type of surgery but as mentioned above it is important to have realistic expectations.

Important Notice

Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.

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NOTES & QUESTIONS

AT A GLANCE

SURGERY TIME

1-2 hours

HOSPITAL STAY

1 night

ANAESTHETIC ASSESSMENT

Possibly

PRE ADMISSION TESTS

Possibly

SLEEPING POSITION

Sleeping on back recommended for 2 weeks.

REASONABLY MOBILE

Immediately

WASHING

Keep splint dry for 2 weeks

DRIVING

2 weeks

EXERCISE INCLUDING GYM

6 weeks

FULL RECOVERY

4 weeks

TIME OFF WORK

2-3 weeks

BRAS & GARMENTS

Splint for 2 weeks