

## AFTER THE SURGERY CONT.

After the surgery it is important to rest and minimize activity, with no lifting, driving, or heavy duties for 7-10 days. Sport will need to be restricted for a few weeks after the surgery, and any contact sport needs to be avoided for 2 months to avoid nasal injury.

### SUMMARY

Rhinoplasty is an operation to improve the appearance of the nose and it can also improve your breathing. Changing the appearance of the nose will enhance your facial appearance, bringing your nose into harmony with the rest of your face, giving you more confidence.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.

North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

## PRACTICE LOCATIONS

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North Shore  Cosmetic Surgery

A patient guide  
to understanding

## Rhinoplasty

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## INTRODUCTION

Rhinoplasty is a surgical procedure to improve the external appearance of the nose. This may be performed to restore the shape of your nose after an injury, or as a purely cosmetic procedure if you wish to change the way your nose has developed. At the same time as altering the external appearance of the nose, your surgeon will also treat any problems with breathing that you may have.

Changing the appearance of the nose will enhance your facial appearance, bringing your nose into harmony with the rest of your face and giving you more self confidence.

## PRE-OPERATIVE PREPARATION

It is important to let your surgeon know exactly what things you wish to change about your nose. You will also need to advise them of any medical problems you have, if you have had any previous nasal surgery, what medications you are taking, and if you smoke.

Common reasons for rhinoplasty include a crooked nose, bumps on the nose, a large nose, and asymmetry of the tip of the nose. These may be combined with having a blocked nose.

If the surgery is to be performed due to a previous injury to the nose, or if you have problems breathing, then some of the surgical and anaesthetic fees and the hospital stay will be covered by Medicare and your Health Fund. Your surgeon and your fund can advise whether this applies to you.

Preoperative consultation on at least two separate occasions prior to the surgery is essential to ensure a realistic expectation of the surgery. Your surgeon will discuss the operation with you, show you photos of other patients who have had the procedure, and will give you written information about the operation. Both the expected result as well as the risks of the operation will be explained.

## PREPARING FOR THE SURGERY

If you smoke it is important to stop smoking at least a few weeks before the surgery – smoking significantly increases the chance of healing problems after the surgery.

Aspirin, anti-inflammatory medications eg Nurofen, and some vitamins and herbal medications can cause increased bleeding and these also need to be stopped 10 days before the surgery.



## THE SURGERY

Rhinoplasty is performed under general anaesthetic. Depending on what is involved with the surgery it may be performed as a day stay procedure, or it may involve an overnight hospital stay.

The incisions for rhinoplasty may be entirely hidden within the nose, or may involve a small scar across the skin between the nostrils. Your surgeon can advise you which type of incision is appropriate in your case.

## AFTER THE SURGERY

When you wake up there may be packs inside the nose which will be removed a day or two after the surgery. There will be a small plaster or splint on the nose which is removed after a week, at the same time as any stitches are removed. Your surgeon may leave tape on the nose for another week after the plaster is removed.

There will be some bruising and swelling after the surgery for a week or two, and you may have black eyes. Sleeping with your head elevated on a couple of pillows for the first few nights following the surgery will help this to go as quickly as possible. It may take many months for the swelling to completely settle, and it is also common to have some numbness of the tip of the nose which can last for several months.