

Procedures - Nose Rhinoplasty Info and FAQ's

Rhinoplasty is a cosmetic surgical procedure that reshapes the nose and improves its appearance. Nose surgery is performed to correct birth defects, relieve nasal obstructions or deformities that resulted from an injury. An individual may wish to have Rhinoplasty to improve their overall facial appearance. This may be particularly desirable if the person is sensitive or self-conscious of the appearance of their nose.

When discussing Rhinoplasty with your surgeon it's important to consider your expectations and as a patient, you should always be mindful that the goal of surgery is improvement not perfection. Depending on the general health of the patient they may require a short hospital stay after the procedure alternatively the procedure is performed as a day case. Rhinoplasty usually takes between one and two hours and the patient may be under general or local anesthetic depending on the circumstances.

Side effects are generally contained to swelling and bruising around the eyes although they quickly subside. Reduction in the swelling of the nose takes more time and in some cases numbness may be present for a number of months after the procedure.

When is Rhinoplasty desirable?

You may wish to have a Rhinoplasty to improve your overall facial appearance, especially if you are sensitive, self-conscious or shy about the appearance of your nose.

How would this procedure help me?

A consultation with your plastic surgeon is the first step in considering a Rhinoplasty. You should frankly discuss your goals and expectations about looking and feeling better after surgery. You should always keep in mind that the desired result is improvement, not perfection.

How important are psychological factors in relation to Rhinoplasty?

Emotional stability is the primary factor to be considered before any aesthetic surgery is performed. A "new nose" does not guarantee a new life or an end to all personal problems. It is mostly the mental attitude of the individual that determines a successful outcome. A Rhinoplasty can improve your appearance and renew your self-confidence; the rest is entirely up to you.

Will I be hospitalised for the procedure?

Rhinoplasty may be performed as a Day Case or alternatively with a short hospital stay. This will depend on your general health and the extent of the procedure and you should seek your surgeon's advice.

How is Rhinoplasty performed?

The operation will vary depending on your physical features and your surgeon's judgment. Local or general anaesthesia may be used. Incisions are usually made inside the nostrils, through which reshaping and trimming of bone and cartilage is performed. External splints and internal nose packs may be used. The procedure usually takes 1 to 2 hours.

Will the procedure leave any scars?

Usually incisions are made inside the nose and are therefore not visible. Sometimes incisions are used on the skin of the "columella" or in the creases of the nostrils. These scars are usually barely noticeable.

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What results can I expect?

The degree of improvement depends to a large extent on the basic structure of your nose and skin. Changes may be subtle and not initially obvious, with the aim being a more natural improved shape, which blends in with your face. Minor adjustments are occasionally required.

When can I resume normal activities?

Returning to your normal activities is an individual matter. Your surgeon will advise you on your schedule, and how to protect your skin from the sun. Most patients are able to return to work after a fortnight.

Are there any side effects of a Rhinoplasty procedure?

Swelling and bruising around the eyes are common, but subside quickly; swelling of the nose subsides more slowly and some numbness may be present for a few months. The final appearance may therefore take 3 - 4 months to be evident. Other postoperative complications, such as delayed healing, infection, or excessive bleeding are quite uncommon. You should follow your surgeon's advice carefully to reduce the risk of complications.