

SPRINGFIELD ENT & FACIAL PLASTIC SURGERY

3555 South Culpepper Circle
Springfield, Missouri 65804
(417) 887-3855 / www.springfieldent.com

Rhinoplasty - Cosmetic Nasal Surgery

ONE SHOULD AVOID NON-TYLENOL PAIN MEDICATION SUCH AS IBUPROFEN, MOTRIN, ALEVE, ASPIRIN, AND ADVIL FOR 2 WEEKS PRIOR TO SURGERY AS THIS ELEVATES THE RISK OF BLEEDING AND BRUISING. VITAMIN E AND GARLIC ALSO INCREASE THIS RISK. PLEASE CONTACT OUR OFFICE IF YOU HAVE QUESTIONS ABOUT ANY MEDICINE.

General information

- Usually performed for cosmetic reasons but can also be necessary for functional issues.
 - Nasal humps, crookedness, excess width, or prominent nasal profile are common reasons to consider surgery.
 - Nasal obstruction may occur due to nasal crookedness or other deformity. In this case, health insurance may cover the cost.
- Generally performed as outpatient surgery; patients have surgery and go home the same day.
- This surgery is performed on people of many ages, although most patients are at least 16 years old and have completed most of their facial and nasal growth.
- Surprisingly, the nose may appear large due to a weak chin. Up to 25% of patients requesting *reduction rhinoplasty* will benefit from simultaneous enhancement of chin projection. (See also our *mentoplasty* instruction).

Scheduling and typical sequence of events

- **Goals and plans** - will usually have been discussed during a cosmetic consultation.
- **Surgery scheduling** – either at the cosmetic consultation or by telephone at a later date.
- **Preoperative visit** - to perform physical examination, finalize surgery plans, and address any questions or concerns. Accomplish necessary paperwork.
- **Photographs** - taken before surgery and at various times afterward
- **Hospital / surgery center visit** – perform labs, paperwork, and discuss anesthesia plans where surgery is to be performed. This typically requires a couple of hours.
- **Day of surgery**
 - The procedure is performed and patients leave 1 ½ - 2 hours afterward.
 - A driver is needed afterward as is an adult caregiver the night of surgery.
- **Follow-up appointments** – usually 5 – 7 days after surgery and then 1, 3, 6, and 12 months after later.

The rhinoplasty procedure

- Surgery normally lasts 2 – 3 hours, depending on the complexity of one's procedure.
- Done as outpatient (same day) surgery done in the operating room
- Performed either under local anesthesia plus sedation or under general anesthesia.
- Incisions may be made inside the nostrils or a small incision may be made on the *columella* – the area between the nostrils.
- The nasal *septum* may be straightened or the nasal *turbinates* reduced if needed for functional reasons at the same time to improve nasal breathing.

What to expect after surgery

- **Pain** - generally mild and well-controlled with pain medication.

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- **Oozing and bleeding** - usually lasts several days. You will use a drip pad dressing under the nose for several days.
- **Scabbing and crusting** – may persist in the nose for several weeks. Nasal irrigation with saltwater using a baby bulb syringe or saltwater spray reduces this.
- **Nasal obstruction** – swelling causes can cause nasal blockage for a few weeks.
- **Packing** - rarely used, but may be placed in the nose for several days or a week.
- **Nasal cast** - a cast or splint will be placed onto the nose and will be removed in about 1 week. If it falls off sooner, please telephone our office. Showering is OK with it but keep it as dry as reasonably possible.
- **Bruising & swelling** - typical around the nose, cheeks, and eyes. Increases for the first 48 hours and improves over several weeks. Iced eye pads mentioned below reduce this. Oral steroids (prednisone) may be prescribed to reduce swelling.

Postoperative care

- **Eye pads** - Change iced eye pads frequently for the first 48 hours. Do not place ice directly on the nose; pressure may shift the nasal bones and harm the result.
- **Elevation** - keeping the head elevated for 3 days will reduce swelling and bruising. Sleeping in a recliner chair is very helpful.
- **Activity** - avoid strenuous activity for about 3 weeks after surgery.
- Avoid bumping / pushing the nose or wearing glasses / goggles for 8 weeks. The nasal bones are healing and can be moved from their desired position.
- **Sunscreen** - (at least SPF 30) should be worn and sun exposure avoided for 6 months. Otherwise, darkened skin may result in the surgical region.
- **Recuperation** - about 7 days off work or school with no heavy lifting for 2 or 3 weeks
- **Nose blowing** - avoid for 4 weeks
- **Irrigation** - rinsing the nose with saltwater 3 - 4 times daily helps reduce crusting.
- **Incisions** - apply antibiotic ointment as directed to any incisions on the skin and inside the upper nostrils 4 times daily for 10 days after surgery

Risks and complications

Rhinoplasty is very safe surgery. However, even the most minor procedures involve some risk, including bleeding, infection, reaction to anesthesia / medications or even death. Some of these include:

- **Bleeding** - a small amount is normal after surgery.
- **Infection** - suggested by fever, redness, increasing pain, or discharge from the incisions. The nose is fortunately very resistant to infection.
- **Unfavorable healing** - asymmetry, scarring, or even deformity of the nose; failure to achieve the desired result.
- **Numbness** – of the tip of the nose is not uncommon for awhile after surgery, even in the upper front teeth. If present, should resolve in a few months.
- **Injury** - to the nose or other nearby structures
- **Continued nasal problems** - need for further medical / allergy treatment or, "touch - up," surgery

Thank you again for the opportunity to participate in your health care. Please let us know how we may make your treatment experience more pleasant.

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