

# SURGERY OF THE NOSE

Reshape and Refine

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## Knowledge is Beautiful

If you are considering surgery to enhance the appearance of your nose, there are several things to think about to ensure that you are making an informed decision.

Surgery of the nose, also known as rhinoplasty or nose reshaping, is an operation that alters the appearance, structure, and function of the nose in order to improve one's facial characteristics so that it looks natural and blends harmoniously with your facial features. This surgery can also help correct birth defects of the nose, nasal injuries, breathing problems, or unfavorable results from previous surgery.

### NOSE SURGERY MAY BE RIGHT FOR YOU IF YOU FEEL:

- Your nose appears too large or small for your face
- Your nasal bridge has a bump when viewed on profile
- Your nose seems too wide or narrow when viewed from the front
- Your nasal tip droops or plunges or is thickened or enlarged
- Your nostrils are excessively flared
- Your nose is off-center or crooked
- Your nose is asymmetrical because of a previous injury
- You have trouble breathing through your nose
- You are healthy and have realistic expectations

### A MEMBER OF THE AESTHETIC SOCIETY

There is nothing more important than choosing the right plastic surgeon. With a member of The Aesthetic Society, you can rest easy, knowing you are in good hands.



### BEYOND BOARD CERTIFIED

Unlike some plastic surgeons, members of The Aesthetic Society are board-certified by accredited boards, like the American Board of Plastic Surgery (ABPS) in the US,\* which require the highest level of education, training, and experience.

Do not be confused by other official-sounding boards and certifications. The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name.



\*If you live outside the United States or Canada, check your surgeon's affiliation with the International Society of Aesthetic Plastic Surgery (ISAPS). Canadian plastic surgeons are certified by the Royal College of Physicians and Surgeons of Canada.

## Preparing For Surgery

Your plastic surgeon will provide thorough preoperative instructions, answer any questions you may have, take a detailed medical history, and perform a physical exam to determine your fitness for surgery. Imaging studies may be ordered before your surgery. He or she may also ask whether you have difficulty breathing through your nose, suffer from allergies that may cause nasal stuffiness, or are a chronic user of nasal spray.

### BEFORE YOUR PROCEDURE, YOUR SURGEON WILL DISCUSS WITH YOU:

- The impact that smoking and tobacco products have on your surgery. Your surgeon may recommend that you stop smoking and using other tobacco products, including nicotine patches, gum, and nicotine-containing electronic cigarettes before surgery.
- The importance of avoiding aspirin, nonsteroidal anti-inflammatory medications (NSAIDs: Advil, Motrin, Aleve), and vitamins or homeopathic regimens before surgery, since these products can increase bleeding.

Rhinoplasty may be performed on an outpatient basis or with a brief hospital stay, usually no longer than one night. Whether you are released the day of surgery or the following day, you should arrange for someone to drive you home and to stay with you for the next day or two.



Your surgeon will provide complete instructions on preoperative and postoperative care. Read the instructions carefully to ensure that you fully understand them and know what to expect before, during, and after your procedure.

# Procedural Steps

## STEP 1 | ANESTHESIA

Rhinoplasty is usually performed under general anesthesia but may be done under local anesthesia with intravenous sedation. Medications are administered for your comfort during the surgical procedure, which your surgeon will discuss with you.

## STEP 2 | THE INCISIONS

There are two basic incision approaches: the open approach and the closed or endonasal approach. With the closed approach, all of the incisions are made inside the nose (endonasal) so that they are invisible after surgery. With the open approach (open rhinoplasty), a small exterior access incision is made in the underside of the nose between the nostrils; this incision is then connected with other incisions hidden inside the nose. If the base of your nose is wide or if your nostrils are large, inconspicuous incisions can also be made along the base of your nostrils in order to narrow them.



Areas where cartilage and bone can be readjusted to improve the shape of the nose are shown. The nasal bridge can be narrowed by moving the bone inward.



Incisions are made inside your nose to provide access to cartilage and bone that can be trimmed and reshaped. In some instances, an 'open' technique, requiring an incision on the underside of your nose between the nostrils, may be used, as shown.

## STEP 3 | THE PROCEDURE

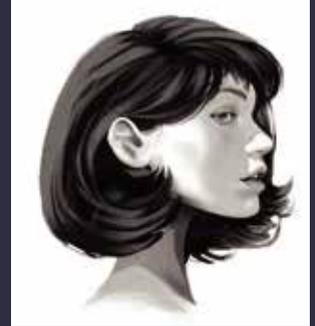
Many noses have areas that are too large or unattractively shaped. Often there are areas that are too low, narrow, or weak, which can benefit from cartilage or bone grafts. Rhinoplasties frequently require a combination of reduction and augmentation. Your skin and other soft tissues will be remodeled to assume the shape of the underlying structure. In some patients, fat or tissue fillers can be added to increase volume in desired areas. Breathing problems because of septal deviation or weakness in the nasal sidewalls may be improved at the same time. It is important to explain your aesthetic goals to your surgeon. Do not be embarrassed to discuss the bridge, tip, and length contours that you prefer, so that your surgeon can explain what is achievable and what is not.

## STEP 4 | THE RESULTS

After rhinoplasty, expect some swelling and bruising around the eyes and cheeks that may last for several weeks.



Before surgery, Rhinoplasty can reshape your nose to remove a nasal hump and reduce an enlarged tip. It can also improve the angle between your nose and upper lip.



Following surgery, your nose will better complement your other facial features.



## Final Results

### Recovery, Safety and Risks

After surgery, you and your caregiver will be given detailed instructions about your postsurgical care, including splints and packing, normal symptoms you may experience, and signs of potential complications.

Typically, the greatest amount of discomfort is experienced within the first forty-eight hours after nose surgery. The level of discomfort usually diminishes day-by-day and may be effectively treated by various pain medications.

Depending on the surgical technique used, a splint may have been placed on the bridge of your nose to hold the tissues in place until they have stabilized. The splint will protect your nose while you sleep and shield it from accidental bumps. You may also have a small triangular bandage beneath the tip of your nose. Packing or soft internal splints are sometimes used inside the nostrils, especially if work has been done to improve your breathing.

It will be a few months before you can expose your reshaped nose to direct sunlight, and it may be a number of weeks before you can wear glasses without special support such as tape, if the bridge was altered by reduction or augmentation. You should avoid strenuous exercise, straining, bending, and lifting until cleared to do so by your plastic surgeon. Most normal activities including exercise can usually be resumed within three to six weeks.

#### SURGERY RISKS

All surgery has risks and potential complications. Your surgeon will review this information with you. Be sure you understand these potential complications before proceeding with any surgical procedure because no surgeon can offer risk-free surgery or guarantee a perfect result.

Since the healing and remodeling process is gradual, you should expect to wait up to one year to see the final results of your rhinoplasty. You are likely, however, to begin enjoying your new look within weeks of your surgery.

#### HOW LONG WILL THE RESULTS LAST AFTER RHINOPLASTY?

In most instances, the results of rhinoplasty are permanent. However, some patients who want the best possible result may benefit from a small secondary procedure to correct imperfections.

#### MAINTAINING A RELATIONSHIP WITH YOUR PLASTIC SURGEON

You should return to your plastic surgeon's office for follow-up care at prescribed intervals, at which time your progress will be evaluated. Many surgeons encourage their patients to come back for periodic checkups to observe and discuss the long-term results of surgery.

Please remember that the relationship with your plastic surgeon does not end when you leave the operating room. If you have questions or concerns during your recovery or need additional information at a later time, you should contact your plastic surgeon.

# Questions to Ask My Surgeon



## FEEDBACK ABOUT MY CASE, GOALS, AND PROCEDURE

1. Am I a good candidate for nose surgery?
2. Are my desired results reasonable and realistic?
3. Do you have before-and-after photos of patients with nasal shapes like mine?
4. What type of nose procedure(s) do you recommend for me?
5. Where do you plan to make the incision(s), and will the scars be visible?
6. What kind of anesthesia will be administered?
7. What are the costs associated with my surgery?
8. What can I do to help get the best results?

## POSTOPERATIVE QUESTIONS

1. What kind of recovery period can I expect, and when can I resume normal activities?
2. How can I expect my nose to look over time?
3. What are the risks and complications associated with my procedure?
4. How are complications handled?

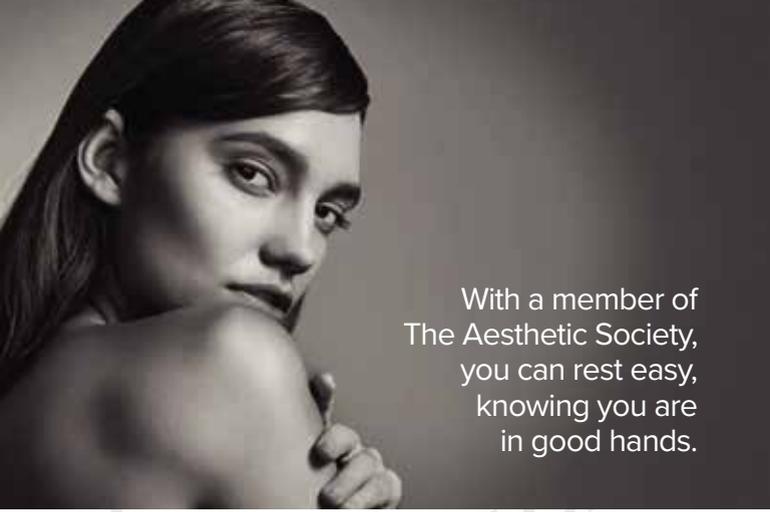
## Your Next Step

After reading about rhinoplasty, you should understand more about what this procedure is and what it can do for you. Your plastic surgeon will tell you whether you are a good candidate for the procedures that interest you and the kind of results you can expect. Your surgeon will also provide detailed information about risks, possible complications, and potential benefits.

Advances are constantly being made in the field of cosmetic plastic surgery, and your plastic surgeon may also present his or her preferred variations to the surgical techniques described in this booklet. If there is a cosmetic procedure that you have heard about from another source, such as a magazine article, TV program, or on social media, ask your plastic surgeon whether it will benefit you. If there are any problems or safety concerns, your surgeon will alert you to those issues.

Above all, confide in your plastic surgeon by thoroughly discussing your goals, expectations, and concerns. Your plastic surgeon's most important job is to help you safely and comfortably achieve physical well-being and satisfaction with your appearance.

For more information about aesthetic medical procedures, visit [theaestheticsociety.org](http://theaestheticsociety.org), the most comprehensive collection of information online.



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