



Rhinoplasty

Your surgeon:

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Your Predicament: “My nose sticks out in my face. I am very conscious of how I look in photos and seldom have any taken.”

Our Solution: A Rhinoplasty procedure can help improve the appearance of your nose. It often involves reducing its prominence and refining the contours to blend better in to your face.

There are various factors that bother a person about their nose and unfortunately if something does bother a person then that is all they see every time they look in to a mirror. One may feel that the nose is too proud in height, length or width or too short. There may be issues with the appearance of the tip of the nose. The nose take centre stage on the face and if the contours are not appropriate it does not blend with the rest of the face.

There are various procedures that can be done to help improve the appearance of the nose. These can range from minor adjustments to major reconstructions of the nose. Changes to the nose should be targeted to the areas of concern of the patient. Appearance of the nose is relative to the rest of the face and the forehead and chin areas need to assessed to determine if they are too large, under or over projected. For instance, a under projected chin can make the nose appear very prominent or a broad forehead can make the nose look short.

Professor Mahajan carries out a detailed examination of the nose in relation to the rest of the face to determine the appropriate intervention for the best possible outcome. Necessary changes and the means to achieve them are then discussed in detail with the patient. However, it is very important to understand that noses are individual and it is not possible to have someone else’s nose. Instead, changes can be made to your nose to make it look as good as possible. If your expectations are realistic, you will always be happy, if not, you will always be unhappy irrespective of how good a job your surgeon might have done!

This procedure is often combined with chin lift, eyelids lift, brow lift or fat transfer to areas in the face to help achieve a global rejuvenation of the face.

Pre Operation

Professor Mahajan will acquire a detailed history from you about your concerns and your medical history. He will take the time to understand your desires and discuss in detail as to how he can achieve the results you want. A detailed examination involving assessment of the nose and facial contours, overlying skin and underlying bones and cartilage will be noted. Measurements will be taken as necessary to gauge the degree of the problem.

Depending on your examination a treatment plan will be formulated tailored to your needs. Depending on the characteristics of your face, Professor Mahajan will discuss surgical options with you. You will together be able to decide the procedures that will be used to achieve your desired results. There is limit as to how much things can be altered depending on your underlying skeletal structure, this will be assessed and explained to you.

Professor Mahajan usually carries out an open tip rhinoplasty procedure to help address the structure of the nose and make the necessary amendments to produce the desired results. Pattern of the incisions, procedure and subsequent scars will be discussed in detail and you will be given an opportunity to probe into any aspect of the proposed procedure. Once you decide to go ahead following the consultation, you will be required to attend the pre-assessment clinic to ensure your suitability for the procedure under general anaesthetic. You will need to stop smoking (including electronic cigarettes and nicotine patches) and stop any anticoagulant medication such as Aspirin, Warfarin, etc as suggested by Professor Mahajan.

Operation

You will be admitted to the hospital on the day of the procedure. The operation will be done under general anaesthesia. It will be carried according to the technique that was planned at the consultation. This will depend on the characteristics of your nose and will involve using the approach discussed before.

Professor Mahajan does an open tip rhinoplasty procedure that involves making the incision inside both nostrils and connecting between the nostrils on the outside over the columella. He then uses the component separation technique that involves dissecting out the cartilages and addressing them individually rather than carrying out an en bloc resection that does not give desirable results as will be discussed with you prior to the procedure. The dorsum of the nose is then addressed as necessary. If a bony cartilaginous hump has been excised, this may result in an 'open roof deformity' which would need to be addressed by fracturing the bones and moving them together to narrow the nose. Professor Mahajan prefers to carry out the fractures through an external approach which would mean very small (2mm) incisions on either side of the upper part of the nose. The subsequent scars usually settle down very well and are hardly visible in the long term. The tip is then refined by reducing / adding cartilage and placing various tip refining sutures as necessary to produce the desired tip. All wounds will be closed with fine absorbable sutures in the end. A pack will be placed in the nasal cavity to help reduce the swelling. This will be removed the following morning before discharging the patient from the hospital. An external protective splint dressing will be applied on the outside. This will need to stay for a week until you see Professor Mahajan again in the clinic.

The procedure can take about 2 - 3 hours to do depending on the complexity of the case. Professor Mahajan will dedicate as much time as is necessary to create your new aesthetically pleasing form and achieve the results you desire.

Post Operation

Following your procedure, you will be taken to your room, once you have recovered from the anaesthetic. You will be cared for to the highest standards by our well-trained nurses. You will need to rest in bed with the back propped up to minimize swelling and bruising. Once you have recovered enough after the surgery, you will be encouraged to sit out of the bed and mobilise to reduce the risks of blood clots in your legs or lungs. You will have some pain and discomfort for 2 to 5 days, but we will ensure that you are comfortable with adequate analgesia.

You can go home as soon as you are comfortable enough to go home. This is usually the following day after removal of your nasal packs. You will have absorbable sutures which will not have to be removed. Scars are unavoidable following any surgery, but Professor Mahajan aims to make these as neat as possible. Your nose will be swollen immediately following the surgery. Over the next few months the swelling will gradually go down and the contour of the nose will improve. Swelling of the nasal tip subsides more gradually and can take up to a year to fully subside.

You will be seen 1 week following the procedure to ensure that your wounds have healed well. After this initial follow up, you will be seen again in 3 months' time to assess the results when the swelling has settled reasonably. Professor Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

Subsequent Procedures

The Rhinoplasty procedure is sometimes combined with Chin lift to help achieve a harmonious result. Eyelid lift or fat transfer to midface to help achieve global rejuvenation of the face can also be done and so can a forehead / brow lift if necessary. Botox injections or fillers can also be considered at the same time while under a general anaesthetic to avoid discomfort later.

NEED-TO-KNOW INFO

- Duration of surgery: 2 to 3 hours
- Anaesthesia: General Anaesthetic
- Duration of inpatient stay: 1 night
- Wounds healed in: 1 week
- Scars matured in: Settle in 3 to 6 months, fully matured in 12 to 18 months
- Back to light work (Desk job): 2 weeks; Back to cardiac exercise / fast walking: 2 to 3 weeks
- Back to labour intensive work / Exercise: 6 to 8 weeks
- Sexual activity: 6 to 8 weeks
- Able to drive: 2 weeks (Should be able to apply emergency stop)
- 'Long haul' flights / holidays: Avoid four weeks before and after. Avoid short flights for a week.
- Shower / bath: Keep dressing dry for one week, but pamper yourself with a sponge bath.
- Sun bathe: Keep the scars covered or protected with a high factor sun protection cream until they mature in about a year or so.
- Garments: External splint for 1 week
- Post operative review: 1 weeks, 3 months (As often as necessary if clinically indicated)
- Post Operative pain / discomfort: 2 to 5 days
- Potential risks: (Every effort is made to reduce the risk of complications, but potential risks are) bleeding, bruising / black eyes, infection, wound dehiscence, scarring (hypertrophic / stretched / sensitive / alar notching), asymmetry, under correction, over correction, numbness of upper teeth / tip, open roof, tip swelling, airway obstruction, altered sense of smell / voice, risks associated with general anaesthetic, blood clots in legs or lungs and unfavourable outcome. Covid infection risk / death.

Please refer to <https://www.amaestheticsurgery.uk/rhinoplasty-nose-job/> for detailed information about the procedure.

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