

## ENT10lite Rhinoplasty

This document will give you information about a rhinoplasty. If you have any questions, you should ask your GP or other relevant health professional.

### What is a rhinoplasty?

A rhinoplasty (or 'nose job') is a cosmetic operation to improve the appearance of your nose. It involves operating on the bones and cartilage that give your nose its shape and structure (see figure 1). Sometimes a rhinoplasty is performed to improve how you breathe through your nose.

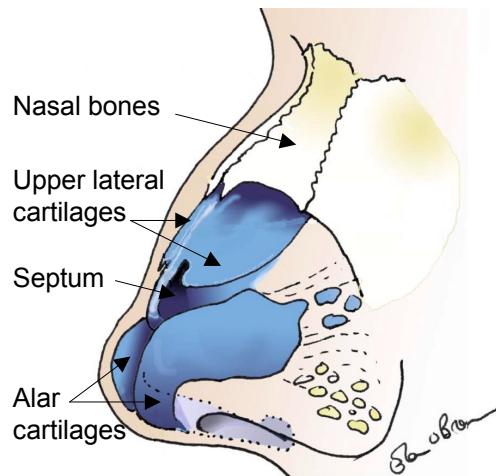


Figure 1

The bones and cartilage that shape the nose

### What are the benefits of a rhinoplasty?

Most people who have a successful rhinoplasty are more comfortable with their appearance. If the operation is successful, your nose will be the size and shape you want, and it may relieve any symptoms of a blocked nose.

### Are there any alternatives to a rhinoplasty?

A rhinoplasty is the only way to change the appearance of your nose.

If you have a blocked nose because your nasal bones are crooked or damaged, or the bone and cartilage between your nostrils (septum) is deviated (bent), you may be able to have a septoplasty or submucous resection to improve how you breathe. A rhinoplasty can be performed at the same time to change the appearance of your nose.

### What does the operation involve?

A rhinoplasty is usually performed under a general anaesthetic. The operation usually takes between an hour and an hour and a half.

Your surgeon can refine the tip of your nose by removing some of the cartilage. If you have a hump (dorsum) on your nose, they can shave it down. Your surgeon can also straighten and narrow the nasal bones by breaking and then setting them (infracture). Your surgeon may need to rebuild part of your nose.

### What complications can happen?

#### 1 General complications of any operation

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Blood clots

## **2 Specific complications of this operation**

- Bruising and swelling
- Bleeding caused by infection
- Redness
- Unsightly scarring
- Injury to nerves
- Nasal obstruction
- Cosmetic problems
- Graft rejection

### **How soon will I recover?**

If you had some packing in your nose, it will usually be removed on the morning after your operation. Once this has been removed you will be able to go home.

You will need to stay off work and away from groups of people for two weeks to avoid catching a cold, which could result in an infection. You should also avoid any exercise, hot baths and bending down. Most swelling and bruising will usually have settled after the third week.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

It can take many months for your nose to settle down and for the final appearance to develop.

### **Summary**

A rhinoplasty is a cosmetic operation to improve the appearance of your nose. You should have realistic expectations about the results.

### **Further information**

- NHS smoking helpline on 0800 022 4 332 and at [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)
- [www.eatwell.gov.uk](http://www.eatwell.gov.uk) – for advice on maintaining a healthy weight
- [www.eidoactive.co.uk](http://www.eidoactive.co.uk) – for information on how exercise can help you
- [www.aboutmyhealth.org](http://www.aboutmyhealth.org) – for support and information you can trust
- [www.entuk.org](http://www.entuk.org)
- NHS Direct on 0845 46 47 (0845 606 46 47 – textphone)

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