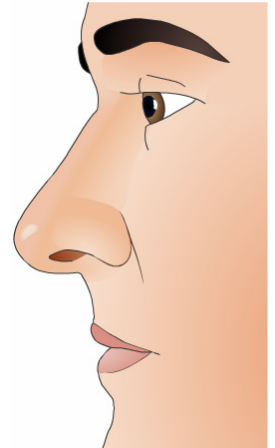


### Introduction

Rhinoplasty is a surgical procedure that can change the size, shape and contour of the nose. It can also narrow the nostrils and define the tip of the nose.

Rhinoplasty can repair nose defects that are caused by an injury. It is also used to correct birth defects or improve some breathing problems.

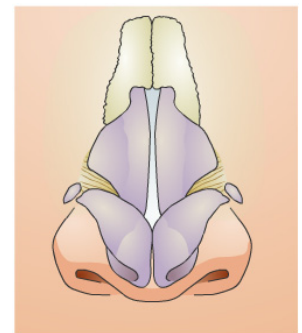
This reference summary will explain the benefits and risks of rhinoplasty. It includes information about rhinoplasty, why it's done, who can benefit from rhinoplasty and the risks associated with the procedure.



### Rhinoplasty

The nose is a three sided pyramid. It is made of bones and cartilage, which give the nose its shape. This framework is covered with skin.

Rhinoplasty is surgery for the nose. It is sometimes referred to as a “nose job.” Rhinoplasty can affect the nose’s bone, cartilage or both. It can be used to correct or reconstruct the form of the nose. It can also be used to restore function to the nose.



There are two types of rhinoplasty: cosmetic and functional.

Cosmetic rhinoplasty is nose surgery that is done to improve the appearance of the nose. A person may choose this type of surgery to feel better about his or her appearance.

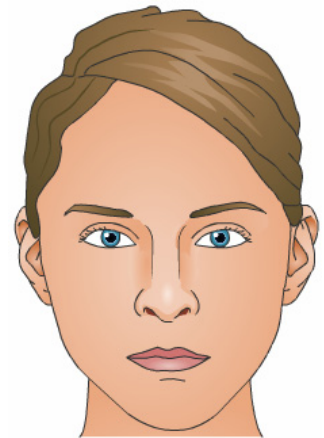
Cosmetic rhinoplasty is used to:

- Adjust the angle between the nose and upper lip.
- Decrease or add to the size of the nose.
- Reshape the tip of the nose.
- Straighten the bridge of the nose.

Functional rhinoplasty is nose surgery to repair the nasal valves. The nasal valves are the nostrils on the inside of the nose. A person may choose to have this type of surgery to improve their physical health.

Functional rhinoplasty is commonly used to:

- Correct a birth defect.
- Improve breathing problems.
- Repair defects that result from an injury.



Even tiny changes to the structure of the nose can make a big difference in how it looks. Often, only a single procedure is needed to get the desired result. If a patient is not happy with how the first rhinoplasty procedure went, he or she will have to wait at least a year for a follow-up surgery. This is because the nose can change over the course of the year.

## How to Prepare

If your surgeon recommends rhinoplasty, the decision whether or not to have the procedure is yours. You should have realistic expectations about what rhinoplasty can do for you. You should also understand the possible risks and complications, as well as the cost of the surgery.

Your surgeon will ask you about your medical history and current health. Certain lab tests may also be done.



During your meeting, photographs will be taken of your nose from different angles. These images let you and your surgeon review what your nose looked like before and after the surgery. They can also be used as a reference for your surgeon during surgery.

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You should not have rhinoplasty if you smoke. Smoking slows the healing process after surgery. If you smoke, you will need to quit smoking. You will have to wait a while after quitting before you can have rhinoplasty.

Your surgeon will give you more specific instructions on how to prepare for your surgery. Instructions may include what and when to eat or drink and which medications to take. Tell your surgeon about any medications you are currently taking before surgery. Some medications may need to be stopped or changed, such as:

- Aspirin.
- Anti-inflammatory drugs and herbal supplements.

These medications can increase bleeding during and after surgery. You should also ask your surgeon about what to expect after surgery and the plan for follow-up care.

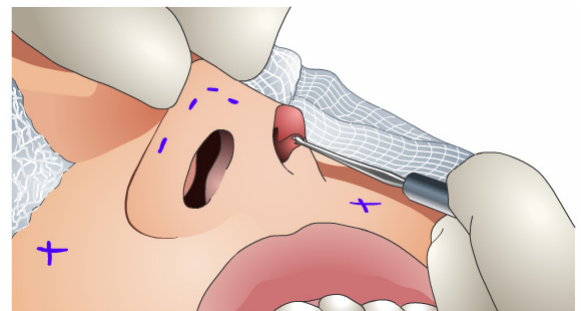
### **During the Procedure**

Rhinoplasty may be done under local or general anesthesia. This procedure usually takes about an hour.

Local anesthesia is limited to a certain area of the body. You will receive an injection of numbing medication and you will be awake during the surgery. But you will not feel any pain during the procedure.

If you receive general anesthesia, you will receive an anesthetic by inhaling it or through an IV line. IV stands for intravenous. An IV line is a way of giving a drug or other substance through a needle or tube inserted into a vein. This type of anesthesia affects the entire body. You will be asleep during the surgery and should not feel any pain.

Rhinoplasty is often done from the inside of the nose. The surgeon re-adjusts the bone and cartilage underneath your skin. Usually, the surgeon makes cuts inside the nostrils. Sometimes the surgeon makes cuts in the septum, which is between the nostrils.



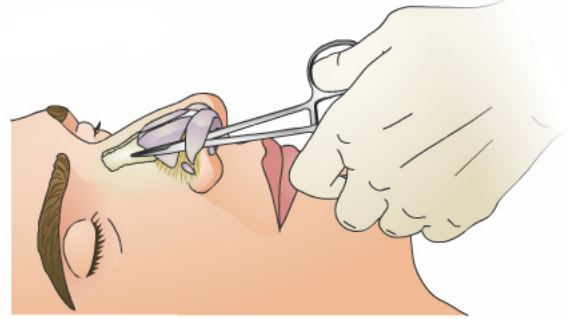
Next, the surgeon separates the skin from the underlying bone or cartilage. The surgeon then cuts, trims or builds up the nasal bone or cartilage.

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The surgeon can make your nasal bone or cartilage larger in several ways. It depends on:

- How much needs to be added.
- The structure of your nose.
- The available materials.



For small changes, the surgeon may use cartilage taken from deeper inside your nose or from your ear. For larger requirements, the surgeon can use implants or bone grafting. Bone grafting is a procedure in which bone material, known as the graft, is placed in or near another bone. The graft enhances the bone that it is inserted into.

The surgeon will place a nasal pack inside of the nose. This is to reduce bleeding and stabilize the repaired tissues. The nasal pack could contain wads of cotton, gauze strips or other materials. It often stays in place for 1-5 days. Some nasal packs are absorbable. They dissolve over time. Others require a return visit to a health care provider so that the nasal packs can be removed.

## Risks and Complications

Rhinoplasty is a safe procedure. But there are several possible risks and complications. These are unlikely but possible. You need to know about them just in case they happen. By being informed, you may be able to help detect complications early.

The risks and complications are those related to anesthesia and to any type of surgery.

Risks of general anesthesia include:

- Nausea.
- Vomiting.
- Urine retention.
- Cut lips.
- Chipped teeth.
- Sore throat.
- Headache.

More serious risks of general anesthesia include heart attacks, strokes and pneumonia.



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Your anesthesiologist will discuss these risks with you. They will ask if you are allergic to certain medications.

Blood clots in the legs can happen due to inactivity during and after the surgery. These usually show up a few days after surgery. They cause the leg to swell and hurt. Blood clots can become dislodged from the leg. They may go to the lungs, where they will cause shortness of breath, chest pain and possibly death.

Let your health care providers know right away if any of these symptoms happen. Sometimes the shortness of breath can happen without warning. Getting out of bed shortly after surgery may help decrease the risk of blood clots.

Some of the risks are seen in any type of surgery. These include:

1. Infection, deep or at the skin level.
2. Bleeding, either during or after the operation. This may rarely require a blood transfusion or another operation.
3. Skin scar.

Other risks and complications are related specifically to this surgery. These are very rare. But it is important to know about them. The risks associated with rhinoplasty include:

- Numbness in and around the nose.
- Pain, discoloration or swelling that may persist.
- Possibility of an uneven-looking nose.
- Problems breathing through your nose.
- Recurring nosebleeds.
- Scarring.



## **After Surgery**

After the surgery, keep your head raised higher than your chest when you rest. This will reduce bleeding and swelling. Your nose may feel congested after the surgery. This may be caused by swelling.

Your health care provider will tape a splint or a plaster cast to your nose. This is for protection and support. Often, this needs to stay in place for about a week.

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For a few days after the procedure or after removing the dressing, a small amount of bleeding and drainage of mucus and blood may happen. This is common. Your health care provider may attach a small piece of gauze under your nose using tape. The gauze can absorb the drainage. This is known as a drip pad. You should change the gauze as directed by your health care provider.



In order to prevent bleeding and swelling following rhinoplasty, you should:

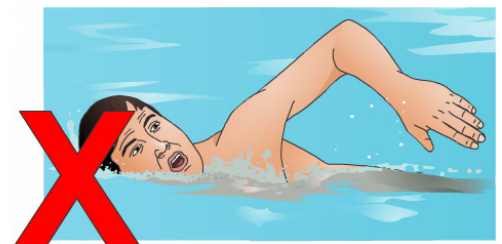
- Avoid demanding activities, like aerobics and jogging.
- Avoid foods that require heavy chewing.
- Avoid large facial expressions, such as smiling or laughing.
- Brush your teeth gently to limit movement of your upper lip.

Other tips for reducing bleeding and swelling include:

- Don't blow your nose.
- Don't pull clothing, such as shirts or sweaters, over your head.
- Don't swim.



The amount of time needed for the nose to heal is different for everybody. Typically, after about 7 weeks, you can return to your normal activities. Talk to your health care provider about the amount of time you will need to heal.



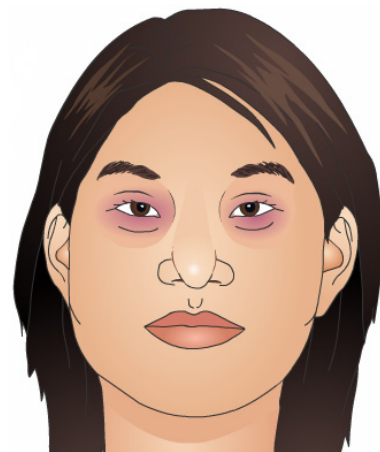
Your health care provider may also recommend that you avoid resting eyeglasses or sunglasses on your nose for at least four weeks after the surgery. This prevents pressure on your nose. You can use cheek rests or tape the glasses to your forehead until your nose has healed.

Avoid exposing your skin to the sun for two to three months after rhinoplasty. Too much sun may cause permanent discoloration in the skin of your nose.

Temporary swelling, black-and-blue discoloration of your eyelids and numbness also can happen. These may last for two to three weeks after rhinoplasty. In rare cases, it can last up to six months. A small amount of swelling may happen for up to a year after the surgery.

Some people benefit from using ice packs or a cold compress. These items can reduce swelling and discoloration around the eyes.

The nose takes a long time to heal. You may not see the final results of your surgery for up to a year. If you are not happy with your results, you will need to wait at least one year before having another procedure.



## Summary

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