

Rhinoplasty

Q. How do I prepare for this surgery?

- A. Your surgeon will go over exactly what you should do prior to your surgery. If you follow these steps, your procedure will go smoothly with optimal results.
- ▶ Don't take any medication—including herbal medicines—that may inhibit blood clotting or cause postoperative bleeding. Tell your surgeon about all of the prescribed medications you are taking. Ibuprofen and aspirin are also not recommended before or after surgery.
 - ▶ Don't smoke for at least two weeks prior, and at least one month after surgery, as this slows the healing and recovery processes.

Q. What are some of the non-surgical alternatives?

- A. Injectable fillers, such as those composed of hyaluronic acid and calcium hydroxyapatite, are used to smooth over bumpy or uneven bridges and tips on the nose. Injectable fillers are ideal for those who wish to fill in uneven contours and takes around 30 minutes; however it cannot change the shape or size of the nose, and it only lasts for a few months (up to a year, tops). Permanent fillers are not advised in the nasal area.

Nose surgery is a better choice for those who are seeking lasting and dramatic results to the shape and size of their nose, but also to rectify issues of damaged cartilage and/or bones which may inhibit breathing or cause other nasal issues.

Q. What is the recovery process like?

- A. If a local anesthesia is used in nose tip surgery, the recovery period is shorter (perhaps only a few days) and the healing process is quicker. If deeper structures that require general anesthesia to safely repair them are affected, then the recovery period is longer (usually a week or so), and may or may not need packing. There is a tube in the packing to permit breathing, but blood and/or mucus may affect one's ability to breathe through the nose. *
- ▶ Slight swelling, numbness and bruising will occur afterwards, but will decrease over the first 7-14 days.
 - ▶ Because the surgery may move bones, tissues and surrounding cartilage, there will be pressure and possibly a little pain around the nose which is managed with pain medication, nasal spray and antibiotics, to ward off infection. The dressing is removed within the first day or two, and after a week the splints are removed.
 - ▶ You should be able to return to work in 10-14 days.
 - ▶ If you avoid strenuous physical activity and sports for a full month after your rhinoplasty procedure, the swelling will go down and the area will heal fully.

Q. What is difference between "open" and "closed" rhinoplasty?

- A. **"Closed"** rhinoplasty refers to a more limited form of surgery where all the surgical incisions are hidden within the nostril. This approach is preferred by many patients and doctors because there is limited scarring. However, it affects how the surgery is performed since the incisions are all made inside the nostrils and visualization of the internal anatomy is therefore more limited.

"Open" rhinoplasty refers to the surgical procedure that operates on the outside of the nostrils along the columella to dramatically improve surgical exposure. During open rhinoplasty, the surgeon is able to modify and strengthen the skeletal framework without interference from the overlaying soft tissues. The open technique is performed during secondary or revisionary nasal surgery, but depending on your specific problem, your plastic surgeon will advise what technique is best suited for your surgery and your personal situation.

Q. Will my breathing be affected after the surgery?

- A. Although nasal obstruction is a potential risk following a rhinoplasty procedure, nasal breathing is often improved after the procedure. Moreover, in most cases, breathing problems are corrected during cosmetic procedures; a crooked or pinched appearance in the nose that is being corrected will often improve the nasal airway passages. In this way, cosmetic treatment serves to benefit both the appearance and function of the nose.

Q. What is the difference between rhinoplasty and septoplasty?

- A. Rhinoplasty is a cosmetic operation where the main goal is to improve the appearance of the external nose. Septoplasty is a more functional procedure to improve one's ability to breathe through their nose. The septum is a thin plate of cartilage that divides the nose into two internal triangular spaces called nasal cavities; if the septum deviates to one side, it narrows the nasal cavity on that particular side which restricts airflow making it more difficult to breathe. Septum deviation is fairly common since most are a result of injury during sports or other activities.

Rhinoplasty as a cosmetic surgery is not covered by insurance companies, while septoplasty is a functional operation to improve airflow, so most insurers will reimburse patients for a part of a septoplasty procedure.