

## Nose reshaping (Rhinoplasty)

This operation can be done for both men and women to re-shape the nose. The operation is performed under general anaesthesia and lasts about 2 hours. Patients may leave hospital the same day (day case) or stay for one night. Recovery usually takes 1-2 weeks, but bruising may take 2-3 weeks to improve.

When you wake up after the operation, you will have a splint on your nose made from plaster of paris and this will be held in place by a piece of tape that is secured onto your cheek. It is **IMPORTANT** to tell us if you are allergic to any adhesives or tapes. There will also be a second piece of gauze on your upper lip, just below the nostrils. There will be some bleeding from the nose for the first 1-2 days. You will be able to eat and drink small quantities later on the day of the operation. I would recommend that you only have small amounts, so that the risk of vomiting is decreased. There will be bruising, around the eyes giving "black eyes" as well as on the cheeks. You will also lose your sense of smell temporarily and you may not be able to breathe through your nose.

Sometimes during the operation it is necessary to place packs into the nose, these are used to stabilise either the nasal bones or the septum and it can also help with bleeding. Occasionally, a blue silicone stent is used if there has been extensive work on the septum.

The nose splints are removed after 1-2 weeks depending on your own healing rate. If there are sutures at the base of the nose, these are removed at about 1 week. When the splints are removed the nose will be a little swollen. The overlying skin does not return to its normal state for about 3 months and until that time you will not see normal wrinkles.

I like patients to start massaging their skin around the nose area about 2 weeks following the operation, to stop it tethering to the underlying tissue. Nose bleeds are a rare complication and it can occur about 10 days post-operative, this is usually due to a low grade infection inside the nose, which will require antibiotics. When all the swelling settles down, some patients notice sharp bits of bone or cartilage along the nose. This will require further operation to correct. Overall there is a 10% revision rate with Rhinoplasty procedures. This is usually done about 6-12 months later and there is no surgical fee for this, but there will be a hospital fee and anaesthetic fee. The anaesthetic fees are set by the consultant anaesthetist.

- **We would ask you not to take any herbal or over the counter medicines prior to having a surgical procedure. Many Homeopathic chemists advocate arnica before surgery however this is quite harmful as it causes more bleeding during surgery.**
- **You will be given antibiotics during your surgery. Do remember that if you are using an oral contraceptive, this will be less effective as a result of taking antibiotics, especially oral ones and you will need an alternative form of contraception whilst taking the antibiotics and for seven days afterwards.**

Loshan Kangesu. Consultant Plastic Surgeon  
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[www.loshankangesu.co.uk](http://www.loshankangesu.co.uk)  
Tel: 01371 821179  
[enquires@kangesu.com](mailto:enquires@kangesu.com)