

## Rhinoplasty (Nose Surgery)

### What is a Rhinoplasty (Nose Surgery)?

A Rhinoplasty is a cosmetic surgical procedure designed to reshape the nose and improve its physical appearance. In some cases it is also undertaken to improve nasal function, such as breathing difficulties.

### Would this procedure be suitable for me?

A rhinoplasty is suitable for people who do not like the appearance of their nose, or to correct birth defects, deformities resulting from injury and nasal obstruction.

### How is the procedure performed?

The open method is the most common method of Rhinoplasty used. Incisions are made inside the nostrils, underneath the nose tip and sometimes around the nose base. This allows for greater precision in reshaping the bone and cartilage.

### What are the complications of this procedure?

Scars are carefully placed and barely noticeable. Bruising and swelling can occur and can include the eye area. Temporary numbness or "woodiness" of the tip of the nose is common and settles with time.

### Will I be hospitalised and what is the recovery period?

Rhinoplasty can be performed under a General Anaesthetic in our Day Surgery Centre or in a hospital environment. A plaster is usually worn for one week after surgery. The recovery period varies from person to person, and most people return to basic activities within two weeks. No strenuous activity is advised for six weeks.

### What results can I expect?

The aim is to achieve definitive changes in the nose that is in balance and proportion with the entire face. It is very important that patients have realistic expectations regarding the outcome of their surgery.