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PATIENT INFORMATION

**RHINOPLASTY**

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# PATIENT INFORMATION

## Overview: Rhinoplasty

Rhinoplasty involves reshaping the cartilage, bone and soft tissues of the nose. This may be to address cosmetic concerns or for reconstructive purposes.

*The following information has been created on behalf of Dr Morgan as a general guide to assist his patients. Patients are encouraged to further discuss this information along with any specific questions or concerns with Dr Morgan during their consultation.*

*Although the specific nature of the surgery may vary with each individual and is dependent on the exact circumstances of each patient, the information outlined below describes what you would reasonably expect to follow. It is intended to provide a broad overview of the important considerations related to the decision to have rhinoplasty surgery.*

### Common reasons why people consider having rhinoplasty

Rhinoplasty is surgery to repair or reshape the nose. It may be performed for cosmetic reasons or to correct a structural problem.

- Functional problems, particularly breathing issues
- Cosmetic concerns; bent nose, a prominent bump, issues with the tip of the nose
- To create a balance with the rest of your facial features

Rhinoplasty can change the size of the nose, as well as its width and profile. The nose tip, shape of the nostrils and balance of the nose [nasal symmetry] can also be altered. Surgery of the nose can reduce or augment structures of the nose using cartilage grafted from other areas of the body.

Both functional and cosmetic reasons may be naturally occurring or as a result of trauma. Often there is a combination of several of these aspects to consider.

A cosmetically altered nose may take six to 12 months to achieve its final shape [profile].

### Before deciding to have rhinoplasty surgery Dr Morgan will check that:

- You are generally fit and healthy
- You have realistic expectations
- If you are a smoker, seriously consider quitting
- Define the exact reasons that you are undergoing this surgery

At your consultation, which usually lasts 45 minutes, Dr Morgan will discuss with you the various options and outcomes. Make sure your surgeon understands why you want the operation so they can decide the best method of reshaping your nose to your satisfaction. Every patient is different and has unique expectations, and we feel confident that following this discussion you will arrive at a decision that is right for you.

### What is involved with rhinoplasty surgery?

You will arrive at the hospital for your surgery a few hours before the surgery will commence. Nurses will check you in and administer any pre-surgery medication. You will also speak with the anaesthetist who will go through some questions with you to ensure your absolute safety throughout the surgery. Once the operating room is prepared and ready, Dr Morgan will come and speak with you to go over any last minute questions and carry out the final pre-operative markings. Finally, you will be taken into the operating room to have your surgery.

On average, a rhinoplasty surgery takes approximately two to three hours. You will be placed under general anaesthetic and you will be completely asleep throughout the entire surgery. A local anaesthetic will also be used on the surgery area; this will reduce the level of discomfort post-surgery.

## Recovery after surgery

- Patients most commonly require a hospital stay of one night, although some can be performed as a day case.
- Nose and facial area are likely to be bruised for several days (you may even develop black eyes).
- A plastic splint and tape will be on the outside of your nose for one week.
- Gently increase mobilisation and activity; patients are generally back to most normal day to day activities within a week.
- For most people, the bruising has resolved by two weeks.
- You are able to drive when you feel comfortable to do so.
- No heavy lifting/exercise for four to six weeks, e.g. avoid the gym, aerobics, running.

Dr Morgan will see you during several follow-up appointments post treatment. Approximately a week after surgery Dr Morgan will make sure that you are well and the wounds are healing nicely. At around six weeks post-surgery, you will have a better idea of what the final result from surgery will be like.

## No surgery is risk-free

All surgery is a balance between realistic surgical goals and knowledge of possible risks and complications. Risks are minimised by careful patient selection and planning, high standards of surgical training, meticulous surgical technique and vigilant postoperative care. Small, less serious issues are common and every effort is made to resolve them quickly. These very rarely have any long term effect on an excellent final result.

### Risks to consider

**Anaesthetic:** In normally healthy people, general anaesthesia is very safe with modern techniques. Dr Morgan will give you the details of your anaesthetist prior to surgery to discuss any specific concerns.

**Bleeding/Haematoma:** This may need a return to the operating theatre to evacuate blood clot.

**Cartilage warping:** Over time, even excellent results can sometimes be lost if the cartilage warps (bends). Revisional surgery may be required in this setting.

**DVT/PE (Deep venous thrombosis/pulmonary embolus):** Blood clots that are potentially very serious and even life threatening which can form in the legs and travel to the lungs. Multiple strategies are employed to minimise the risk of this occurring. DVT is very uncommon after this type of surgery.

**Infection in the wound:** If this does occur, it is usually cleared up with antibiotic tablets. Wound infection is rare in nasal surgery.

**Scars:** Typically are at their thickest and reddest at 6-10 weeks after surgery. Scars continue to mature and improve for up to 18 months after surgery. Scar management advice will be discussed in your follow-up visit with Dr Morgan to assist in achieving the goal of a thin, barely noticeable scar. Note: the external scar is located on the columella (the area between the two nostrils).

**Symmetry:** All noses (and faces) are slightly asymmetric. This subtle asymmetry is normal and natural and can be expected after rhinoplasty surgery.

**Septal perforation:** A hole in the septum that can lead to crusting, whistling or nasal collapse. This is a rare complication of rhinoplasty surgery.

**Wound separation/delayed healing:** This is much more common in smokers or if there is an infection.

All these risks (and more) will be discussed with you at length during your initial consultation, and further written information will be provided for you to take home and read. Before proceeding with any surgery, you should be comfortable that the overall risk is low, and that the chances of a pleasing result are high.