

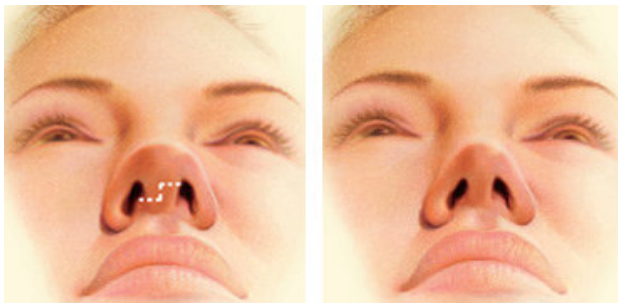
RHINOPLASTY (NOSE SURGERY)

BEFORE YOUR PROCEDURE

What can I expect during my consultation?

During your consultation you can expect to discuss the following with your goals and expectations of the procedure with the surgeon. It will be important to document any difficulty breathing, sinus infections, previous surgery and/ or previous injuries. The surgery can address both your aesthetic and functional goals. Cosmetic procedures can address the bridge, tip and width of the nose. Functional procedures will focus on straightening the septum and reducing crowding inside the nose. Please bring a list of current medications, including use of antihistamines, nasal sprays or steroids. Finally, we will perform a virtual simulation of your surgery to highlight the areas for correction.

There are two types of rhinoplasty – open and closed. An open rhinoplasty involves an incision across the tissue that separates the nostrils (see image below). In a closed rhinoplasty, all of the incisions are hidden inside the nose. Through either of these incisions, the nasal skin is elevated to provide access to the underlying cartilage and bone. The nose is then reshaped by reducing areas of excess, reinforcing areas of weakness and providing more refined detail. If cartilage graft is needed, it can be frequently harvested from the septum. Other rarer options include the back of the ear or where a rib attaches to the breastbone. Additional procedures can focus on straightening the septum, reducing bulky turbinates, and strengthening valves that modulate air flow.



How can I prepare for the procedure?

There are a few things that you can do to prepare for your surgery. First and most importantly, if you smoke you must quit smoking at least 6-8 weeks prior to surgery. Smoking has a great impact on your body's ability to heal and can negatively impact your surgical outcome.

One week prior to surgery, please stop taking any anti-inflammatory medications (Ibuprofen, Naproxen), aspirin, herbal supplements and certain vitamins as these medications can increase your risk of bleeding.

At the discretion of your surgeon, you may be asked to get pre-operative clearance prior to surgery. Depending on your health status, these appointments are either on the phone or in-person.

The day before your surgery, you will receive a phone call to confirm your surgery time, the time you should arrive at the hospital, and which medications to take/not take the night before. Additionally, you will be counseled on what time to stop eating and drinking in preparation for anesthesia.

THE PROCEDURE

Once at the hospital, you will be brought to a pre-operative room where you will meet your care team. First, a nurse will review your health history and medication list. The nurse will then place an IV for fluids and medications. You will then be seen by members of your anesthesia and surgery team. Each team will discuss their roles, answer any questions and have you sign separate consent forms for the anesthesia and the surgery.

The Procedure

The surgery itself will last approximately 2-4 hours depending on the extent of the surgery designed for you.

AFTER YOUR PROCEDURE

After surgery you will wake up in the recovery room where you will be taken care of by one of the recovery nurses. When you are awake and ready to go home, you will be given specific instructions about how to care for your nose, medications to apply to your incisions or take by mouth, what to look out for and when to call your doctor.

Nose surgery is an outpatient procedure, which means that you will go home the same day. You will need somebody to pick you up from the hospital and bring you home. If it is possible, we recommend that you have somebody at home with you for the first 48 hours after surgery.

When you wake up, you will have a splint on your nose that will be removed at your first follow-up appointment. The splint helps by preventing injury and minimizing swelling. It is crucial that you do not remove this splint or allow it to get wet. Steam from the shower can soften the splint and increase the chance that it will come off prematurely. As such, we recommend that you take tub baths until the splint is removed. Using a damp cloth, you can carefully wash the areas of your face around the splint.

You will have gauze folded and taped under your nostrils which is meant to absorb post-operative drainage. You should change this gauze 2-3 times per day or more frequently as needed for saturation. You may also have some drainage at the back of your throat that may be brown in color, as it has old blood in it. Drainage is normal and expected and should taper off within the first few days after surgery.

You can expect to have some soreness for the first 48 hours. Bruising underneath the eyes is common for the first week. Ice packs are a nice adjunct for the first 48 hours only. Apply the icepack across the eyes for 10-minute intervals as frequently as 6 times per day.

Please avoid blowing your nose and sneezing. The pressure can worsen bleeding or impact the repair. If you are unable to avoid it, do so GENTLY and with your mouth open. Ideally try and wait to do either at least 24 hours after surgery. This restriction is in place for the first 2 weeks. A helpful option is to use saline nasal spray to rinse the nose.

Do NOT insert a Q-tip or anything else up into the nose. A Q-tip may only be gently used at the outer edge of the nostrils to clean off any softened crusting.

Avoid heavy lifting and strenuous activity while the splint is on. Once the splint is removed, you can resume your normal activity except for activities that risk any injury to the nose.

Avoid wearing glasses or sunglasses for 2 weeks after surgery. You can wear makeup to cover up any bruising that you have as long as you avoid the splint and incisions.

You will have your first follow-up appointment with your doctor approximately 1 week after surgery. At this appointment, your doctor will assess how you are healing and take out any small stitches that need to be removed.

Please call your doctor at 312-95-6022 if you notice any of the following:

- Fever 101 degrees or greater
- Spreading redness from your incisions
- Excessive swelling
- Heavy bleeding
- Lack of pain relief from the prescribed pain medication

If you need immediate attention, please go to your nearest Emergency Department.