

# RHINOPLASTY

Rhinoplasty or reconstruction of the nose is performed in order to improve appearance or function. Consequently, the risks of the surgery involve not only failure to attain desirable cosmetic result but also failure to maintain or improve the breathing function. Examples of undesirable functional results include noisy or obstructive breathing or nasal crusting.

Judging the cosmetic results is subjective. In the best result, the nose has a natural look.

As every face is different, so is every nose. A nose that may be attractive on one person may be unattractive on another, it must be tailored to the individual. The training of surgeons who perform rhinoplasty should include both rhinology and plastic surgery techniques so they may be familiar with the internal anatomy and function of the nose as well as with reconstruction and appearance of the external nose.

If no nasal packing is required, a follow-up visit approximately 4 days following surgery is necessary to clean crusts from the surgical site. A further follow-up is then scheduled in 2 to 6 weeks. Occasionally, further minor endoscopic procedures or rarely a more radical surgical procedure could be required if a resolution in symptoms does not occur.

## POST-OP INSTRUCTIONS

You should stay at home for 1 day and observe for bleeding. Bleeding is rare, but observation should be maintained. Any bright red bleeding should be reported to your doctor if persists longer than 10 minutes or is profuse. Blood tinged drainage is normal. If general anesthesia is used, you may be nauseated. This usually clears after a few hours.

If the nausea persists or you vomit repeatedly, your physician should be contacted.

Gradually increase to normal activity after a 1-week period. If the procedure is done after local anesthesia, gradually increase to normal activity over 3 to 4 days.

- Do not blow your nose. Blowing your nose, coughing or sneezing increases pressure in your sinuses and may cause damage to your operation. If you must cough or sneeze, do so with your mouth open.
- Elevate your head on 3 pillows.
- Ice packs may be placed over your cheeks every 3 to 4 hours for 15-20 minutes.
- Use a cool vapor humidifier at bedside until the packing is removed.
- Change your nasal drip pad as needed.
- Follow your physician's instructions.

## RISKS AND COMPLICATIONS

As with surgery, there are possible risks and complications. These include the following:

- Temporary numbness or discomfort may occur in the upper front teeth.
- Bleeding
- Infection
- Scarring
- Undesirable cosmetic result
- Nasal obstruction