



# Nose Reshaping

MedBelle Information Brochure

## Why we prepared this brochure for you

**Hi, my name is Sarah.**

**I'm a cosmetic treatment adviser with MedBelle.**

Every day, I speak with women in the UK looking into cosmetic treatment. Having worked in the industry for some time now, I have come to realise how difficult it is to find comprehensive and reliable information on the web about procedures, surgeons, and aftercare.

At MedBelle, our goal is to make healthcare simple and more transparent for patients. With this brochure, my team and I aim to take the first step towards simplifying the research process for you.

Please let me know if there is anything I can help you with. That's what I'm here for.

For now, have fun with the brochure!



Sarah O'Connell



## Nose Reshaping Surgery Guide

Rhinoplasty.....	4
- Reasons for nose reshaping.....	5
- What can rhinoplasty achieve?.....	6
- Grafts and nasal implants.....	7
- Surgical techniques for rhinoplasty.....	8
Your consultation.....	9
What to let your surgeon know.....	10
Risks and complications.....	11
Preparation tips.....	14
The procedure.....	15
After surgery .....	16
Care .....	17
Final results.....	18
Frequently Asked Questions.....	19

Ready to take the next step towards treatment?

Visit: [www.medbelle.com](http://www.medbelle.com)



## Medical Name

# Rhinoplasty

### Goal

To change the size or shape of the nose

### Anaesthetic Type

Usually general anaesthetic, but local anaesthetic with sedation may be used

### Length of surgery

90 - 180 minutes

### Overnight stay

1-2 nights

### Recovery time

Return to work: 2 weeks  
Strenuous exercise : 4-6 weeks

### End results

Final results visible: 6- 12 months

## Reasons for nose reshaping

The nose is the central feature of the face and key to facial balance. The characteristics of the nose are inherited from our parents and develop during adolescence. You may not be happy with your nose due to its shape, a previous injury or just feel that your nose is not in proportion with the rest of your features. Rhinoplasty, also known as nose reshaping or a nose job is an impactful procedure that reconstructs the nose so you can be more confident in the way you look.

You may want to consider rhinoplasty if:

- Your nose is causing you to be self-conscious
- You have sustained an injury to your nose
- You have subsequent breathing problems
- You want an intervention that will give long-lasting results





## What Can Rhinoplasty Achieve?

A rhinoplasty procedure can:

- Address breathing difficulties by optimizing nasal breathing. This is known as a **functional rhinoplasty**.
- Reduce the profile of the nose. This is known as a **reduction rhinoplasty**.
- Increase the profile of the nose. This is known as a **augmentation rhinoplasty** and may require the addition of a graft or a nasal implant.
- Remodel the shape of the tip, bridge and/or nostrils. This may involve breaking the nasal bone and rearranging the cartilage.
- Alter the angle between the nose and upper lip.

## Grafts and Nasal Implants

A graft or an implant is not required in all rhinoplasty procedures but may be necessary to define and build the nose in an augmentation rhinoplasty.

A graft is when tissue from your own body is moved to another part of your body. For rhinoplasty, this may involve taking cartilage from the ears or bone from the hip, elbow or skull in order to build up the nose. This has the advantage of coming from your own tissue and hence, reducing the risk of rejection. However, it may absorb or shrink to some extent with time.

In cases where your own tissue would be too small or weak to support the changes needed for the procedure, a synthetic nasal implant may be used. These implants are made out of regulatory approved materials such as silicone or Gore-Tex and have the advantage of not shrinking or changing over time.



# Surgical Techniques for Rhinoplasty

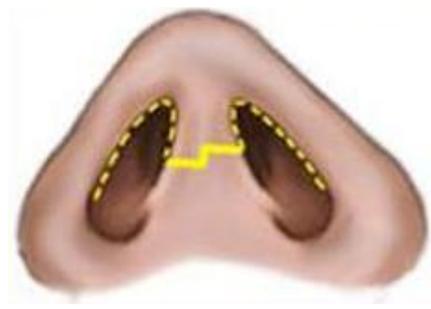
Depending on what is required, a **closed rhinoplasty** or an **open rhinoplasty** will be performed during the procedure.

A closed rhinoplasty involves making tiny incisions inside the nostril through which the surgery will take place. This has the advantage of leaving no visible scarring and less swelling.

An open rhinoplasty involves making an incision across the skin between the two nostrils (known as the columella). This has the advantage of allowing for greater manipulation and alteration of the nose shape which may not be possible in a closed rhinoplasty procedure. It is most useful when the frame of the nose needs to be increased.



**Closed rhinoplasty**  
Incision made inside  
the nostrils.



**Open rhinoplasty**  
Incision made outside  
the nostrils, on the  
columella.



## Your Consultation

You will meet your surgeon for a consultation (usually 15 minutes to an hour) to talk about your requirements and the operation. There are some important questions you might want to ask your surgeon:

- Do you think what I want to achieve from surgery is realistic?
- Where will my scars be located?
- Can I see before and after pictures of similar operations you have done?

Your surgeon will consider:

- The best surgical approach to the problem you have expressed.
- Your desires and concerns.
- Your past and current medical conditions.

Do you want to go ahead and schedule a consultation with one of UK's leading surgeons? [Reach out to us: medbelle.com](https://www.medbelle.com)



## What to let your surgeon know

As it may change the approach to your care, it is important that you notify your doctor and surgeon of any previous treatments, medication, and medical problems.

This includes, but is not limited to:

- Previous injury to your nose
- Previous surgery to your nose
- Diabetes
- High blood pressure
- An autoimmune disease
- A weakened immune system
- Reflux disease
- Conditions that interfere with wound healing and/or blood clotting
- Circulation problems
- Breathing problems
- A clinical mental health diagnosis

## Risks & Complications

Our surgeons recommend that you have a two week "cooling-off" period between your consultation and treatment to allow you enough time to consider and decide if you wish to proceed with the surgery.

Your surgeon will outline the potential risks and complications associated with your procedure. It is important to educate yourself on these.

### **Bleeding**

Minor bleeding is common after rhinoplasty. Heavy bleeding is rare but may be severe. This can happen following the procedure or up to 10 days after and requires medical attention.

### **Difficulty breathing**

It is quite common to have difficulty breathing through your nose during the first week following your operation. This may be caused by swelling within the nostrils, reducing the area of the nasal airway. Less commonly, these breathing disturbances may be permanent.

### **Altered sense of smell**

An altered sense of smell is temporary in most cases and is usually only noted when tested for by a doctor. A total, permanent loss of smell is a very rare complication of rhinoplasty.



Infections is a risk with any surgery. In the unlikely case that you are affected, it will become apparent over the first two to three weeks post-op when things are not settling down as expected.

Mild infections (often wound infections or delayed wound healings) will settle down with antibiotics. Signs of infection include:

### **Infection**

- A temperature over 38° C.
- Redness at the incision line that is beginning to spread away from the incision after the first 48 hours.
- Yellow pus-like or foul-smelling fluid from the incision.
- Increased pain or discomfort that is not relieved by your pain medication.

There is a small chance that infection may adversely affect the success of the operation. In such cases, a further operation may be required.

### **Graft or implant migration**

In cases where an implant has been used in augmentation rhinoplasty, there is a small risk that the implant may extrude through the skin of the nose or its lining. This may occur spontaneously, months or years after your operation. It may also happen if there is injury to your nose. A further operation may be required to correct this.



### Scarring

Scarring following rhinoplasty is normally not visible, especially after a closed rhinoplasty. However, the extent of scarring is highly dependent on the ability of your skin to heal.

### Damage to nasal septum

Damage to the cartilage wall between the nose (the septum) may occur during rhinoplasty. Depending on the extent of damage, medical and/or surgical options are available to resolve this.

### Aesthetic

There is always the risk that you are unhappy or dissatisfied with the result of your procedure for aesthetic reasons (asymmetry etc). We therefore advise patients to choose their surgeon carefully and make sure he or she fully understands your expectations.

### Rhinoplasty revision

In patients who require additional rhinoplasty-related surgery, there is a risk that the scaffolding of the nose may collapse. This is because the nose is a delicate structure. Therefore, re-operation is not recommended to everyone but only in a small number of cases.



## Preparation Tips



You may find it more comfortable to sleep propped up after surgery, so make sure you have plenty of extra pillows. Rest and sleep in an inclined position on your back for the first few days. This will also help reduce swelling.



It is helpful to do a big food shop before the day of your surgery. You could also prepare some meals for the freezer so you do not have to worry about cooking after your surgery!



You may find it helpful to ask friends and family to help look after young children and pets for the first few days after surgery to aid your recovery.



Following rhinoplasty, it is critical that pressure is not applied to the nasal bone. For this reason, glasses may need to be avoided for up to 6 weeks. You may want to purchase prescribed contact lenses before your operation!



Clean the house and do things like the laundry or taking the bins out before your operation. It is good to get jobs like that out of the way!



You will not be able to drive following surgery so it is essential that you arrange to get home safely. We can help you with travel arrangements as well!



After the surgery, eat high-protein, low-sodium foods, including fresh fruits and vegetables. Stay hydrated with water and caffeine-free beverages. Avoid consuming high amounts of salt and sugar during your recovery time.



Following surgery, it is best to wear clothing that fastens in the front or back rather than clothing that must be pulled over your head. This avoids contact with the operated area and is more comfortable for you!

## The procedure

The procedure lasts 90 - 180 minutes. You will come into the hospital on the morning of surgery, having had nothing to eat or drink the night before.

1. You meet the anaesthetist and will have an anaesthetic preoperative assessment.
2. You will meet your surgeon to sign the consent form. The surgeon will also draw some lines on the treatment area and discuss the exact goals of the surgery.
3. You will be taken to the operating theater, laid on the operating table, and either the treatment area is numbed (local anaesthetic) or you are put to sleep.
4. The skin will be cleaned and draped to create a sterile field.
5. Incision in the area you discussed.
6. The nose will be reshaped through the addition or subtraction of cartilage or bone.
7. The incision is closed with sutures, a dressing is "packed" in each nostril and a splint is applied.
8. You are taken back to the ward to recover from the anaesthetic.
9. You will be able to return home in the next 24-48 hours.



## After Surgery

You are usually able to return home in 1-2 days. Before you leave the hospital, an appointment with your surgeon will be arranged within 1-2 weeks to examine the outcome of your surgery, remove sutures, replace any dressings and discuss the next steps in care.



## How you will feel after surgery?

If a general anaesthetic has been used, you will gradually wake up following surgery. Your memory and concentration may be affected, however this will only last for 1-2 days. Following local anaesthetic, you may experience altered sensation on your nose but this will eventually wear off. You will not be able to breath through your nose following surgery.



## How much time do I have to take off work?

Following rhinoplasty, it is recommended that you take around 2 weeks off work. However, it is essential that you avoid dusty or smoky areas and heavy lifting for at least 4-6 weeks.



## What other points do I have to consider?

Due to the effect of general anaesthetic, it is important that you arrange for a responsible adult to stay with you for at least 24 hours following surgery.

You should avoid strenuous activity and contact sports for 4-6 weeks. Also avoid blowing your nose, sneezing, hot baths and getting your splint wet.



## Care

It is likely that both your nostrils will be “packed” and a splint will be applied to your nose to maintain its new shape. Because of this, it is important that you remember to breath through your mouth following rhinoplasty. If you need to sneeze, try to do this with your mouth open. Avoid blowing your nose or removing any crust until your splint has been removed. This normally occurs 7-10 days after your operation in a follow-up appointment.

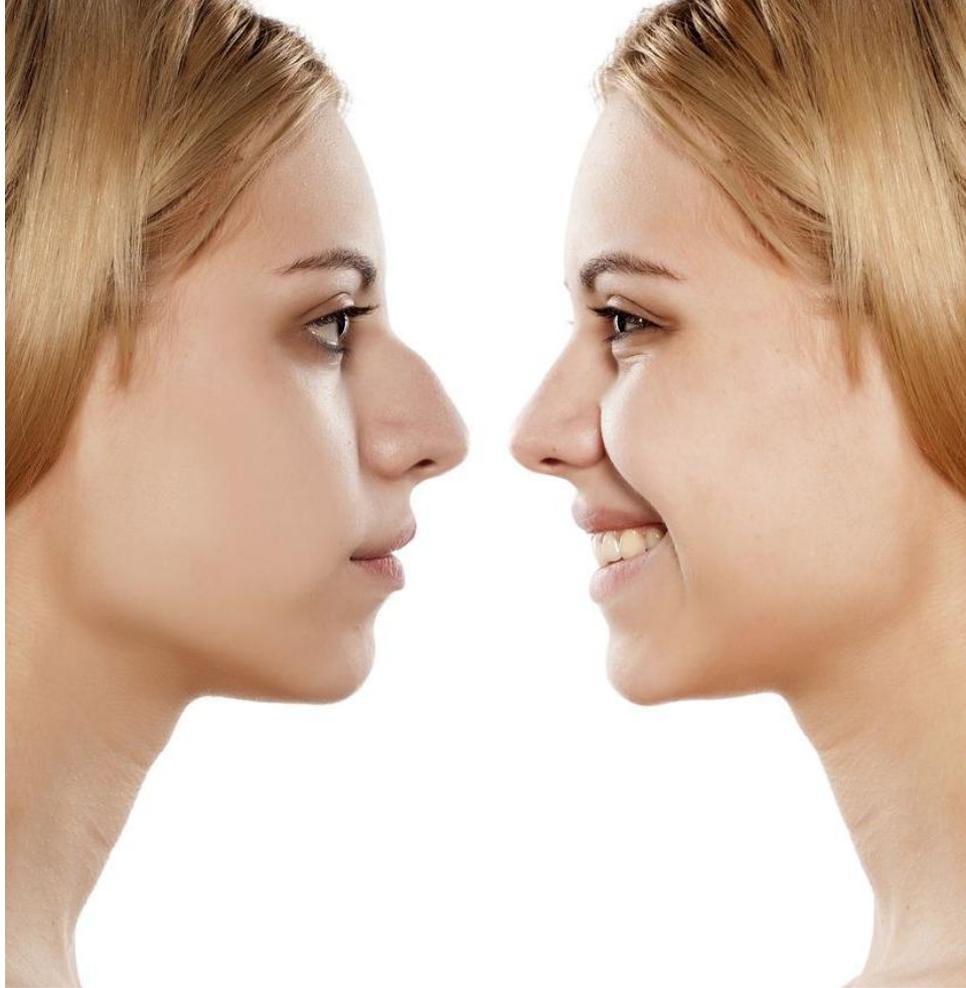
It is not uncommon to experience pain, swelling and bruising around your nose and eyes after rhinoplasty. This can take 3-6 weeks to settle but can be managed by the use of a cold compress and over-the-counter pain relief such as paracetamol. You should also sleep with your head propped up by pillows for a couple of days to reduce swelling.

## Final results

Although you may see a difference to your nose in the first few weeks following surgery, it can take around 6-12 months to appreciate the full cosmetic results so it is important to be patient.

Usually, scars tend to be pink and raised in the first few weeks after surgery and will eventually fade to faint white lines over the following months. As the incisions used for this procedure are either inside the nostril or on the columella of the nose, scarring will be well hidden.

Your nose will feel stiff following augmentation rhinoplasty and this is likely to be a permanent change. This is because it no longer has the consistency or flexibility of the natural frame of the nose.



## Frequently asked questions

### Will the NHS pay for my rhinoplasty?

Rhinoplasty is not usually available on the NHS for cosmetic reasons. However, it may be provided by the NHS if it is needed to help you breath.

### Do I need a GP referral for cosmetic surgery?

Most cosmetic surgeons will be happy to see you for an initial consultation without a referral from your GP. But if you plan to go ahead with cosmetic surgery, your surgeon may ask your permission to contact your GP for details of your medical history.

### What are the limitations of rhinoplasty?

There is a limitation to the amount of reduction that can be achieved if you have mature skin or a very large nose due to the elasticity of the skin and its ability to shrink down to a smaller frame. Equally, it may not be possible to make the nose as large as desired.

If the contour of your nose has been altered from an injury, it may not be possible to completely correct this.



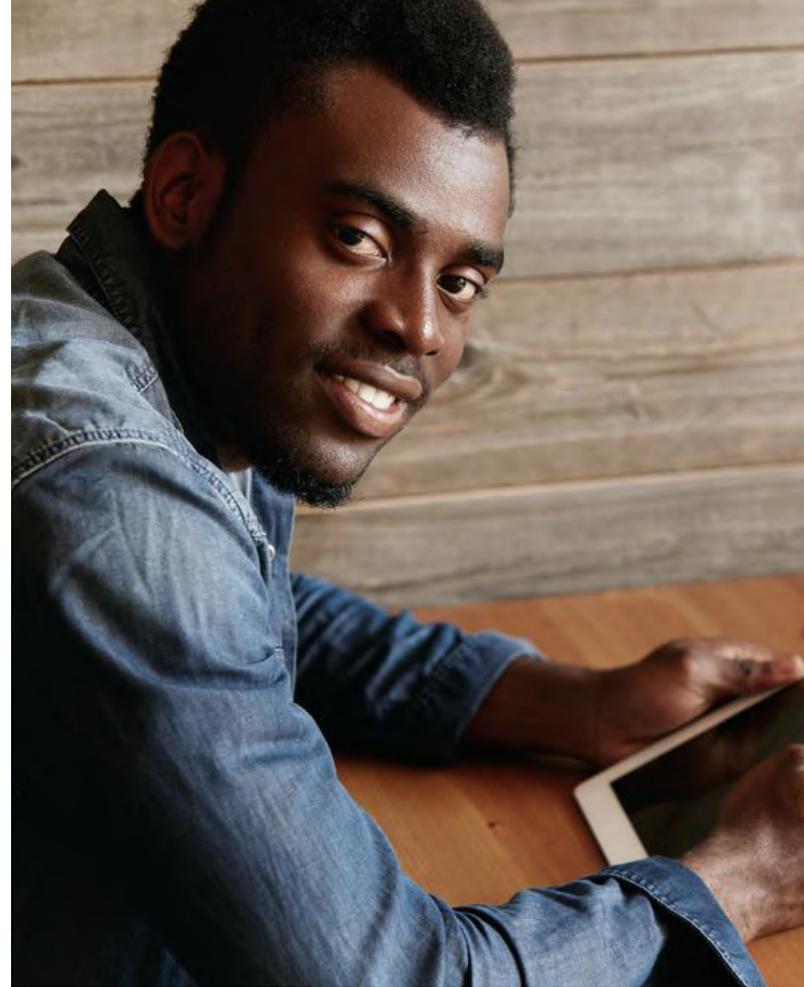
## Frequently asked questions

### When can I wear glasses?

It is recommend that you wait 6 weeks, before wearing glasses. This prevents pressure being applied to the nasal bone. Ensure any glasses that you wear are loosely fitted and padded in order to protect the results of your rhinoplasty. You could also use a nose guard or tape to lift your glasses off your nose.

### Effects of drugs

The risk of complications from surgery can be greatly increased if you smoke. It is strongly recommended that you stop smoking and using all nicotine products at least six weeks before surgery.



# We are here for you

high-quality cosmetic surgery through careful  
surgeon selection and superior service

Take a step towards your treatment



Comprehensive  
Information



Free MedBelle  
Advice



Consultation with your  
Ideal Surgeon



Highest-quality  
Treatment



Quality you can trust



All our surgeons are members of BAAPS or BAPRAS, the most prestigious societies for plastic surgery. All of them are registered in the specialist register of the General Medical Council for plastic surgery.

All of our partner clinics fulfil the highest quality standards as confirmed by the Care Quality Commission.

