

NOSE SURGERY

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AMERICAN SOCIETY OF
PLASTIC SURGEONS •

What is Nose Surgery?

Nose surgery, also known as rhinoplasty or “nose reshaping,” enhances facial harmony, improving the proportions of the nose to change the way you look. There can be many reasons for having nose surgery, including the need to address structural defects that impair breathing.

Nose surgery can change or treat:

- Nose size in relation to facial balance, including the angle between the nose and the upper lip
- Nose width at the bridge or in the size and position of the nostrils
- Nose profile with visible humps or depressions on the bridge
- Nasal tip that is enlarged or bulbous, drooping, upturned, or hooked
- Nostrils that are large, wide, or upturned
- Nasal asymmetry

If you desire a more symmetrical nose, keep in mind that everyone's face is asymmetric to some degree. This surgery will not give you a perfect nose. Results may not be completely symmetric, although the goal is to create facial balance and correct proportion.

Nose surgery that's done to improve an obstructed airway requires careful evaluation of the nasal structure as it relates to airflow and breathing. Correction of a deviated septum, one of the most common causes of breathing impairment, is achieved by adjusting the nasal structure to produce better alignment.

Rhinoplasty is a highly individualized procedure. You should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image.

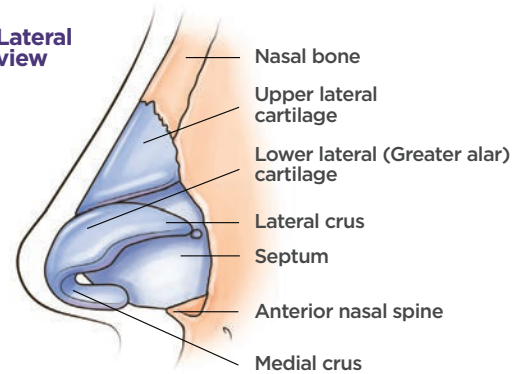
Nose surgery may be right for you if:

- Your facial growth is complete
- You are physically healthy
- You don't smoke
- You have a positive outlook and realistic goals in mind for the improvement of your appearance

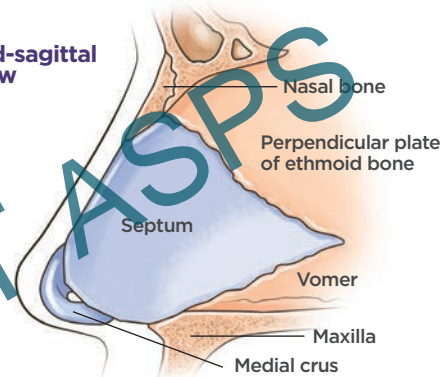
This surgery can be done along with other surgeries.

Nasal Anatomy

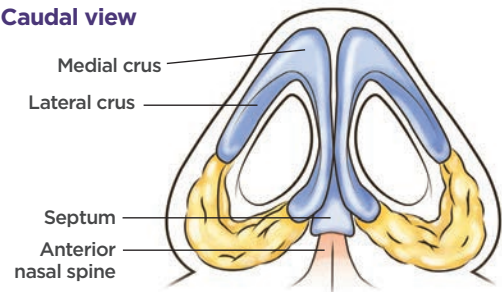
Lateral view



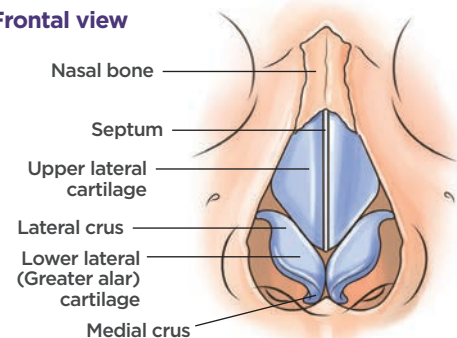
Mid-sagittal view



Caudal view



Frontal view



Consultation & Preparing for Surgery

During your consultation be prepared to discuss:

- Your surgical goals, with regard to both appearance and breathing
- Medical conditions, drug allergies, and previous medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco, and drug use
- Previous surgeries

Your surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Discuss the options available to you for nose reshaping
- Examine and measure your face
- Take photographs
- Discuss your nose surgery options
- Recommend a course of treatment
- Discuss likely outcomes of a nose surgery and any risks or potential complications

Prior to surgery, you may be asked to:

- Get a lab test or X-ray
- Take certain medications or adjust your current medications
- Stop smoking or vaping
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding



Nose surgery may be performed in an accredited office-based surgical facility, licensed ambulatory surgical center, or a hospital.

Be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

Be sure to ask your plastic surgeon questions. It's very important to understand all aspects of your procedure. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

The Procedure

Step 1 – Anesthesia

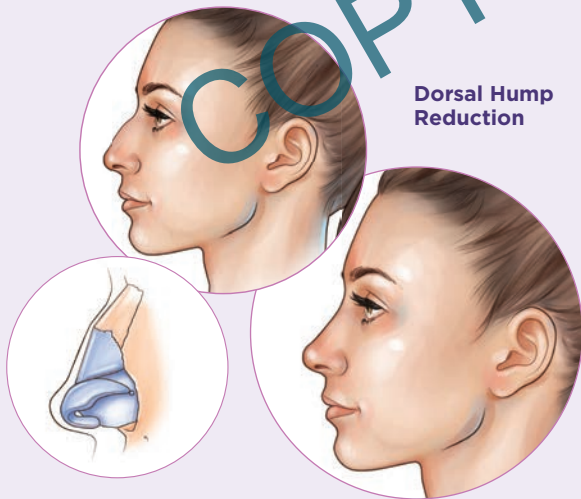
Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation or general anesthesia. Your doctor will recommend the best choice for you.

Step 2 – The incision

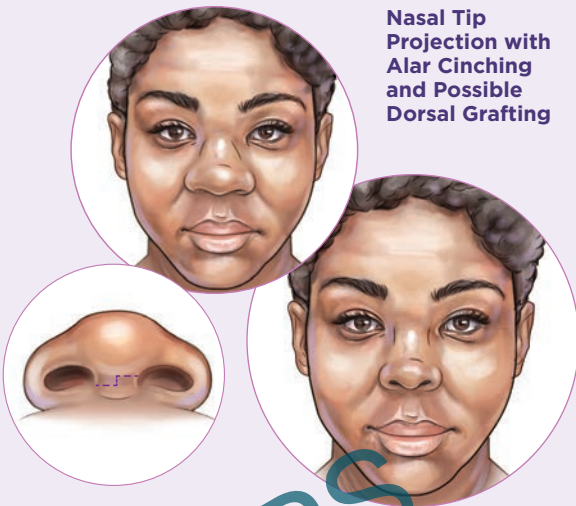
Surgery of the nose is performed either using a closed procedure where incisions are hidden inside the nose or an open procedure where an incision is made across the columella, the narrow strip of tissue that separates the nostrils. Through these incisions, the skin that covers the nasal bones and cartilages is gently raised, which allows access to reshape the structure of the nose.

Step 3 – Reshaping the nose structure

An overly large nose may be reduced by removing bone or cartilage. Sometimes surgery of the nose may require the addition of cartilage grafts. Most commonly, cartilage from the septum, the partition in the middle of the nose, is used for this purpose. Occasionally cartilage from the ear or rarely a section of rib cartilage can be used.



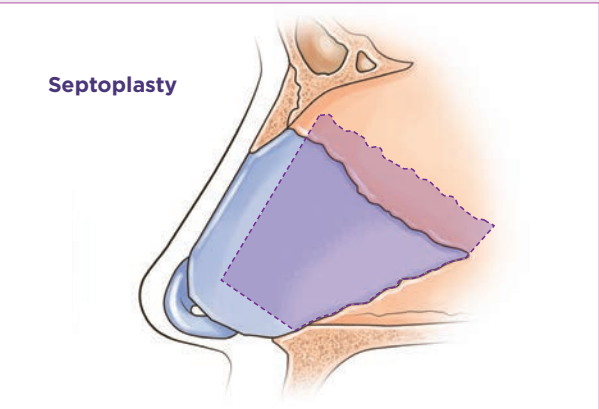
Dorsal Hump Reduction



Nasal Tip Projection with Alar Cinching and Possible Dorsal Grafting

Step 4 – Correcting a deviated septum

If the septum is deviated, it can be straightened and the projections inside the nose reduced to improve breathing.



Step 5 – Closing the incision

Once the underlying structure of the nose is sculpted to the desired shape, nasal skin and tissue are redraped and incisions are closed. Additional incisions may be placed in the natural creases of the nostrils to alter their sizes.

Risks & Safety

The decision to have nose surgery is extremely personal and you'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable. You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.



Risks can include:

- Anesthesia risks
- Bleeding (hematoma)
- Infection
- Poor wound healing or scarring
- Change in skin sensation (numbness or pain)
- Nasal septal perforation (a hole in the nasal septum) is rare. Additional surgical treatment may be necessary to repair the septum but it may be impossible to correct this complication.
- Difficulty breathing
- Unsatisfactory nasal appearance
- Skin discoloration and swelling
- Possibility of revisional surgery
- Delayed healing
- Nasal airway changes

All risks will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

Recovery & Results

After your procedure is complete, a splint and/or packing will likely be placed inside your nose and a splint or bandages will be placed on the outside to support and protect the new structures during initial healing.

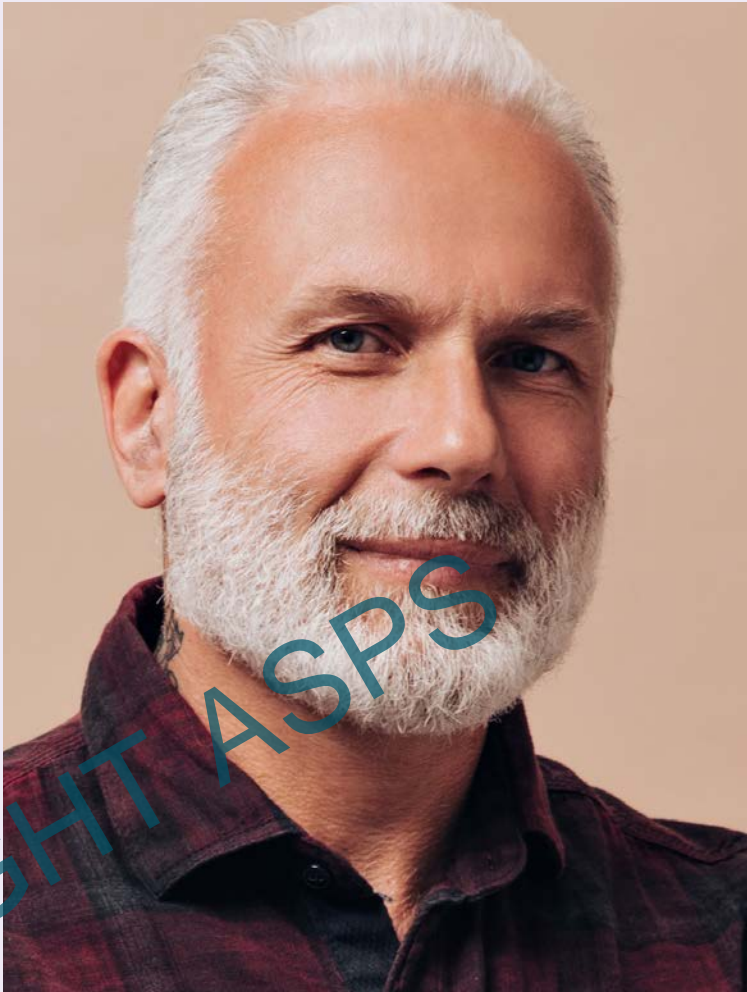
You will be given instructions that may include: how to care for the surgical site, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and when to follow up with your plastic surgeon.

It's important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself during the healing process.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

Recovery Period	What to expect
Week 1	<ul style="list-style-type: none">• Swelling, stuffiness, splints on and possibly inside nose• Low level activity to avoid blood pressure elevations• Internal packing and external splinting may be removed as applicable
Weeks 2-4	<ul style="list-style-type: none">• Nose still swollen and stuffy, but slowly improving• No cardio to reduce risk of bleeding and swelling• Return to work/school
Weeks 4+	<ul style="list-style-type: none">• Regular activity• Possible taping at home to better contour nose



For a few days, splints and gauze packing will likely support the nose as it begins to heal. While initial swelling subsides within a few weeks, it may take up to a year for your new nasal contour to fully refine. During this time you may notice gradual changes in the appearance of your nose as it refines to a more permanent outcome. Swelling may come and go and worsen in the morning during the first year following your nose surgery.

The results of nose surgery will be long lasting. As your body ages, it is natural to have some gradual changes to your face including your nose. But most of your improvement should be relatively permanent.

A healthy lifestyle and life-long sun protection will help extend the results of your new appearance.

Cost

Prices for nose surgeries can vary. A surgeon's cost may be based on his or her experience and geographic office location. Many plastic surgeons offer patient financing plans, so be sure to ask.

Cost may include:

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Prescription medication
- Surgeon's fee

When nose surgery is performed to improve breathing function, the cause is most commonly an obstructed airway. This procedure, whether performed alone or in conjunction with cosmetic nose surgery, is considered reconstructive and may be covered by insurance. This requires a detailed examination to verify the cause of your breathing impairment and prior authorization from your insurer.

Your satisfaction involves more than a fee:

When choosing a plastic surgeon for nose surgery, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Words to know

- **Cartilage:** Connective tissue that forms the structure of the nose.
- **Columella:** The narrow strip of tissue that separates the nostrils.
- **Deviated septum:** Cartilage that separates the nostrils is misaligned which may cause partial nasal airway obstruction.
- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Local anesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.
- **Osteotomy:** Bone fracture and repositioning which often occurs during rhinoplasty to create improved contours.
- **Rhinoplasty:** Surgery to reshape the nose.
- **Septoplasty:** Surgery of the nasal septum.
- **Turbinate bones:** Bones at entry to sinus which may be blocking breathing. They may be treated during rhinoplasty surgery to improve breathing.

Questions to ask my plastic surgeon

- ☐ Are you certified by the American Board of Plastic Surgery?
- ☐ Are you a member of the American Society of Plastic Surgeons?
- ☐ Were you trained specifically in the field of plastic surgery?
- ☐ How many years of plastic surgery training have you had?
- ☐ Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- ☐ Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- ☐ Am I a good candidate for this procedure?
- ☐ What will be expected of me to get the best results?
- ☐ Where and how will you perform my procedure?
- ☐ What surgical technique is recommended for me?
- ☐ How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- ☐ What are the risks and complications associated with my procedure?
- ☐ How are complications handled?
- ☐ What are my options if I am dissatisfied with the outcome?
- ☐ Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

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Make the Right Choice

Plastic surgery involves many choices. The first and most important is selecting a member of the **American Society of Plastic Surgeons (ASPS)**.

ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)® or in Canada by The Royal College of Physicians and Surgeons of Canada®
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

Do not be confused by other official-sounding boards and certifications.

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.



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