



Rhinoplasty
(Nose Reshaping)

Aesthetic Surgery Ireland

● ● ● | CONSULTANT PLASTIC SURGEONS



Contents

- 2 Clinic ethos
- 3 A guide to choosing the right surgeon
- 4 Overview of rhinoplasty procedure
- 5 What happens before the procedure?
- 7 What happens during the procedure?
- 8 Will there be a scar?
- 9 What happens after the procedure?
- 9 How long will it be before I see the final results?
- 10 What are some of the potential complications?
- 12 Additional patient rights

Clinic Ethos

Aesthetic Surgery Ireland is committed to providing patients with the greatest opportunity for achieving optimum clinical outcomes and receiving comprehensive and continuous care through the application of Art, Science and Integrity

Art

Performing the art of cosmetic surgery revolves around a surgeon's skills and aesthetic finesse, combined with a feeling for form and harmony. Training and knowledge of both reconstructive and cosmetic plastic surgery is an essential foundation for developing effective aesthetic surgical skills.

Science

The science of cosmetic surgery involves a comprehensive knowledge of surgical techniques and medical devices, and a clear understanding of what can be achieved for each patient. Only a Consultant Plastic Surgeon is equipped with this extensive knowledge of surgical and non-surgical techniques for cosmetic surgery.

Integrity

At the centre of a surgeon-patient relationship is a commitment by Aesthetic Surgery Ireland to treat each patient with the utmost integrity.

At the heart of our integrity are the following core principles:

1. Consultant Plastic Surgeons are on the Specialist Register of Plastic Surgery of the Irish Medical Council and reside in Ireland
2. Patients are treated with honesty, empathy and transparency at all times
3. Patients are offered comprehensive and balanced procedure information
4. Patients are afforded freedom of choice without undue influence
5. Clinically proven devices and equipment are used to support aesthetic outcomes
6. Comprehensive and continuous care is provided by Consultant Plastic Surgeons and appropriately qualified, highly experienced Nurses
7. Patient privacy and confidentiality is respected at all times
8. Clinical outcomes and patient care are of paramount importance
9. All surgical procedures are performed only in major Dublin hospitals.

Cosmetic surgery can offer powerful benefits to patients by improving their aesthetic appearance and increasing their self esteem. In order to optimise their individual outcomes, patients have a right to expect the highest ethical and clinical standards.

A guide to choosing the right surgeon

When considering plastic surgery in Ireland, a good choice is a member of the Irish Association of Plastic Surgeons (IAPS).

Members of the Irish Association of Plastic Surgeons

- Are certified by The Royal College of Surgeons of Ireland
- Complete a combination of at least two years of general surgery with a minimum of six years of plastic surgery training.
- Operate only in accredited medical facilities.
- Adhere to a strict code of ethics.
- Fulfil continuing medical education requirements, including standards and innovations in patient safety.
- Are on the Specialist Register of Plastic Surgery of the Irish Medical Council.

Our Consultant Plastic Surgeons are fully trained in Plastic, Reconstructive and Aesthetic plastic surgery. They are all listed on the Specialist Register of Plastic Surgeons of the Irish Medical Council, and in possession of a Certificate of Completion of Training. They are all members of the Irish Association of Plastic Surgeons, and most are members of the British Association of Plastic and Reconstructive Surgeons. It is also very important that you choose a Plastic Surgeon who is resident in Ireland and who can therefore provide comprehensive and continuous patient care, especially after your operation.

Rhinoplasty

Overview

Nose surgery involves shaping the nose and is one of the most technically challenging cosmetic surgery operations: this operation should only be performed by experienced Consultant Plastic Surgeons.

The benefits of nose surgery include: improved appearance and proportion of your nose, enhanced facial harmony and improved self esteem.

When used for medical reasons rhinoplasty can facilitate improved breathing by correcting anatomical abnormalities in the structure of the nose: these abnormalities can be due to hereditary reasons or caused by trauma.

It is advisable that you first discuss this procedure with your General Practitioner (GP), who may then refer you to the Consultant Plastic Surgeon of your choice. Sharing your expectations with your GP and surgeon is the best way to increase the possibility of achieving your desired outcomes.

Nose surgery can change the following characteristics of the nose:

- proportional size, in relation to the other facial structures
- width, at the bridge
- profile, with visible humps or depressions on the bridge
- tip, that is large or bulbous, drooping, or too upturned
- nostrils that are large, wide or upturned
- asymmetry and deviation
- obstruction of the nasal passages

Not all of these procedures need to be corrected in each individual. You should inform your surgeon if there is a specific feature about your nose which concerns you.

Surgery of the nose is generally suitable for patients with the following characteristics:

- your facial growth is complete and you are 18 years of age or older
- you are physically healthy
- you stop smoking
- you have specific, but realistic goals in mind for the improvement of your appearance

Rhinoplasty



What happens before the procedure?

The purpose of your discussion with a Consultant Plastic Surgeon is to evaluate your general health condition and understand your expectations for nose surgery. The surgeon will ensure that you are well informed of the benefits, possible risks and potential complications of the operation. The surgeon shall then make preliminary measurements of your nose to aid the surgery.

Prior to surgery, you may be asked to:

- Obtain laboratory testing or a medical evaluation
- Take certain medications or adjust your current medications
- Stop smoking well in advance of surgery
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

What happens during the procedure?

Your rhinoplasty operation should ideally be performed in a major hospital.

Medications are administered for your comfort during the surgical procedure. Either local anaesthesia and intravenous sedation or general anaesthesia is used for patients undergoing nose reshaping. For your safety during the operation, the attending anaesthetist will use various monitors to check your heart, blood pressure, pulse and the amount of oxygen circulating in your blood.

The Consultant Plastic Surgeon shall first make incisions to access the bone and cartilage support system of the nose is accessed. The majority of incisions are made inside the nose, where they are invisible. In some cases, an incision is made in the area of skin separating the nostrils. Next, certain amounts of underlying bone and cartilage are removed, added to, or rearranged to provide a newly shaped structure. For example, when the tip of the nose is too large, the surgeon can sculpt the cartilage in this area to reduce it in size. The angle of the nose in relation to the upper lip can be altered for a more youthful look or to correct a distortion.

The tissues are then re-draped over the new frame and the incisions are closed. A splint is applied to the outside of the nose to help retain the new shape while the nose heals. Soft, absorbent material may be used inside the nose to maintain stability along the dividing wall of the air passages called the septum. Alternatively, soft nasal supports that permit nasal breathing post-operatively can be used.

Rhinoplasty



Will there be a scar?

Rhinoplasty surgery can be performed through a “closed” technique (scar inside the nose) or an “open” technique (scar on the skin at the base of the nose). Your surgeon will guide you to the most appropriate technique in your case. This may be related to the specific abnormality which requires correction.

What happens after the operation?

Most patients remain in hospital for one night following surgery. They should refrain from excessive physical activity for the next 4-6 weeks, avoiding contact sports for 2-3 months. You will return to have your splint removed and/or sutures removed a few days after going home from hospital.

It is very important that you follow the advice of your surgeon which will enhance your recovery. It is critical that there is a Consultant Plastic Surgeon available for post-operative care should you require his/her assistance.

How long will it be before I see the final results?

It may take several months for swelling to fully dissipate and up to a year - and sometimes longer - for the outcome of the surgery to fully refine.

Although the results of nose surgery are usually permanent, cartilage may continue to reshape and move tissue that may change the outcome over time.

The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure. Another minor surgical procedure may be necessary to reach the intended aesthetic goal.

Rhinoplasty

What are some of the potential complications?

The potential complications of rhinoplasty include:

- Rupture of small surface vessels
- Infection
- Poor wound healing
- Anaesthesia risks
- Bleeding (hematoma)
- Nose asymmetry
- Cardiac and pulmonary complications can occur in longer surgical procedures and may be associated with the formation of, or increase in, blood clots in the venous system
- Change in skin sensation (i.e. numbness)
- Nasal airway alterations may occur after a rhinoplasty or septoplasty that may interfere with normal passage of air through the nose
- Nasal septal perforation (a hole in the nasal septum) may develop but is rare; additional surgical treatment may be necessary to repair the nasal septum but in some cases, it may be impossible to correct this complication
- Pain, which may be persistent
- Unacceptable or significant scarring
- Skin contour irregularities
- Skin discoloration and swelling
- Sutures may spontaneously surface through the skin, become visible or produce irritation that require removal
- Possibility of revision or corrective surgery

Please note: that with all procedures there is a possibility of patient dissatisfaction with the outcome.

Allergic reaction to anaesthetic

In very rare cases anaesthetics can cause allergic reactions. The best current estimate is that a life-threatening allergic reaction (also known as anaphylaxis) happens during one in 10,000 to one in 20,000 anaesthetics. Your anaesthetist will choose the drugs for your anaesthetic by taking into account many different factors, in particular, the type of operation, your physical condition, and whether you are allergic to anything.

Most people make a full recovery from anaphylaxis. It isn't known how many anaphylactic reactions during anaesthesia lead to death or permanent disability. One review article suggests that one in 20 serious reactions can lead to death. This in effect implies that the chance of dying as a result of an anaphylactic reaction during anaesthesia is between one in 200,000 and one in 400,000 anaesthetic procedures.

For additional information regarding this procedure please contact your Consultant Plastic Surgeon.

Rhinoplasty

Additional patient rights

(a) Informed consent

Patients are entitled to receive, and Aesthetic Surgery Ireland shall at all times strive to provide, comprehensive, accurate and balanced information regarding all clinical treatments, surgical procedures and patient care. Informed consent from competent patients to progress with the procedure is a fundamental requirement for Aesthetic Surgery Ireland. Patients will be asked, without any undue influence, to confirm their agreement to proceed with the procedure by signing a Patient Consent Form.

(b) Patient photographs

As a normal part of the clinical process and to assist the surgeon with patient care, photographs of the patient are taken both before and after the respective procedure or treatment. To advance medical understanding occasionally Aesthetic Surgery Ireland may ask patients for their written consent to use their photographs in medical presentations and research. When used for this purpose the patient's identity shall be protected and kept confidential at all times. Only photographs of patients who have provided written consent expressly for this purpose, shall be used.

(c) Minimum age


The minimum age for cosmetic clinical treatments and surgical procedures is 18 years.

(d) Patient confidentiality

At all times Aesthetic Surgery Ireland shall respect and protect the patient confidentiality. Only sensitive personal information relevant to patient care shall be disclosed to clinicians involved in the respective patient's wellbeing.

(e) Cooling off period

All patients are entitled to 14 days, from the date of signing the consent form, to consider whether or not to proceed with the surgery or to seek additional information.



*Additional information
regarding each procedure can be found
on the Aesthetic Surgery Ireland website
www.aestheticsurgery.ie*

ASI08Rv1.0

The information in this booklet is intended for general use only
and does not form the basis for any contractual agreement

Aesthetic Surgery Ireland® is committed to providing patients with the greatest opportunity for achieving optimum clinical outcomes and receiving comprehensive and continuous care through the application of art, science and integrity.