

Rhinoplasty

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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- This is what people cause a “nose job”.
- It involves surgery to the bones and cartilage of the nose.
- The upper third of the nose is made up of the nasal bones.
- The lower two thirds of the nose is a cartilage skeleton.
- This surgery involves altering the shape and appearance of both.

Reasons for the procedure

This surgery may be performed to correct the deformity of the nose or to relieve symptoms of a blocked nose. It may be performed to get rid of the “hump” or correct an “off centre” nose. This type of surgery can correct collapse of part of the nose.

Nature of the procedure

The surgery will be explained at the time you are placed on the waiting list. Every patient will have pre-operative photographs taken. This ensures an accurate record of the nose before the operation.

The middle wall or “septum” of the nose is straightened. Any hump or deformity of the nose is reduced. Cuts in the nasal bones called “Osteotomies” allow them to be moved. The nose can then be repositioned and straightened.

Most of the surgery occurs inside the nose. In moving the nasal bones there may be one tiny cut on the side of the nose and cheek, on each side. These nearly always heal very well and are very difficult to see.

Other useful organisations

<http://www.patient.co.uk/>

<http://www.nhsdirect.nhs.uk/index.asp>

<http://www.patientsupport.org.uk/>

If you have any questions please speak to a member of the nursing team.

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Contact your GP if any concerns of infection.

Contact the ward if you need some advice about your surgery.
01744 64 6089.

Also for advice the ENT number is 0151 430 1330.

If you have any questions please speak to a member of the nursing team who will be happy to advise you.

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Contact the ward

If you have any worries at all about your surgery please
phone :

Sanderson Suite on 01744 646098

or

4B ward on 0151 430 1637 for advice from the nursing staff.

Please do not return to the ward before seeking advice from a
member of nursing staff.

Benefits of the procedure

- To improve the appearance of your nose and to make you breathe better.

Risks of the procedure

- The surgery is very safe and problems are very unlikely to occur.
- The septum and the nasal bones may move as scar formation occurs.
- The nose may then become blocked and “drift” out of position.
- Very rarely, the septum may not heal, resulting in a hole or “septal perforation”

Discomfort of the procedure

- Nasal packing on either side till the next day
- Bruising around the nose.
- Splint or plaster over the nose.
- Occasionally pain.
- Oozing of blood stained secretions.

Post operative instructions

- You can eat and drink as normal, but drink warm, (instead of hot fluids), for the next 24 hours.
- Try to avoid blowing you nose excessively.
- Try to avoid sneezing. If you need to sneeze, keep your mouth open.
- If your nose feels blocked, try steam inhalations (staff will explain this to you).
- **Do not** place any objects up your nose, (including fingers).
- Take mild pain-killers if needed. (For example, tablets you would take for a headache).

Your nose may drip/ooze slightly for up to 1 week.

If your nose starts to bleed, lean forward and carefully pinch your nostrils closed, directly below the bony part of your nose. Do this for about 10 minutes.

Spit out any blood that runs down your throat, instead of swallowing it.

If the bleeding continues or if you develop severe pain or blockage go to your nearest accident and emergency department.

If you have any minor concerns please ring the ward or see your GP for medical advice.

After Discharge

- You will generally wake up with a pack inside the nose. Usually removed the next day.
- There will usually be a Plaster of Paris on the nose. This is removed at seven to ten days.
- Most people have black eyes and swelling around the nose.
- Most people go home the day of surgery.
- Stitches if used are usually dissolvable.
- It is normal for the nose to feel blocked for the first few weeks after surgery.
- You will need two weeks off work.
- You should take the medication as prescribed.