

# Rhinophyma

## What is Rhinophyma?

Rhinophyma is a swelling of the nose. It is related to a condition called Rosacea. It is caused by an overproduction of tissue in sebaceous glands.

As the condition progresses, the nose becomes red, swollen and gains a bumpy surface which changes its shape. For some people this may cause severe disfigurement of the nose.

One of the best treatments for this condition is Carbon Dioxide Laser Ablation (CO2 laser). The alternative is surgery.

The benefits compared with surgery include:

- Usually possible under local anaesthetic, awake
- Minimal bleeding and hence easier to achieve a more refined contour and cosmetic outcome for the nose.

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## (swelling of the nose)

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## The Treatment

The Carbon Dioxide laser reduces Rhinophyma by using a high energy beam of light causing heat vaporisation of the skin and underlying sebaceous glands/ tissue overgrowth. A reduction in the size and shape of the nose is possible after one treatment.

The treatment can be performed as an outpatient and takes between one and one and a half hours.

Eye protection is provided at all times during the laser treatment.

Pain relief for the procedure is given in the form of a local anaesthetic injection prior to commencing laser treatment.

You are advised to arrange a lift/transport home, as your vision may be temporarily affected by the local anaesthetic.

The following is a list of some of the known potential complications. As with all types of surgery, it is impossible to state every complication that may occur.

- Scarring or texture change in the skin in the treated area.
- Tenderness or discomfort in the treated area for a few days following laser. Pain relief will help.
- Bruising following the injection of local anaesthetic.

In the first few weeks the nose will produce a discharge of material that can become offensive. This does not normally indicate an infection. Daily cleansing with warm soapy water is important to aid the healing.

After treatment the nose will have a brown discolouration. You will be given ointment - a combination of Vaseline and antibiotic ointment which must be applied to the treated area regularly (four times a day).

This will provide a good healing environment and reduces the potential of scarring or infection. For some patients, it would be preferable to use a gauze dressing for cover.

Sun exposure to the area after treatment may result in abnormal skin pigmentation. The treated area could become brown and patchy, which may be permanent. Keeping the area covered or applying sun-block cream will avoid the risk of increased pigmentation. Sun protection will need to be maintained for at least six months after the last treatment. Remember that sunburn can occur on cloudy days and in winter.

Overall, results show a high degree of patient satisfaction; however it is not possible to guarantee a result for any individual.

There is the potential for the Rhinophyma to return and sebaceous glands to enlarge again over time.

**If you are expecting an Outpatient Appointment and do not receive one, please contact your Consultant's secretary.**

## Post-Treatment After Care

### Do Not

- Wear a face mask as this may stick to the area and cause scarring.
- Use perfumed soaps, shampoos or face creams.
- Use sun beds.
- Burst any blisters, as this may lead to infection.
- Scratch, as this may cause scarring.

### Do

- Wear a face shield.
- Keep the area covered and wear a hat with wide brim to protect the nose from sunlight, use sun block when area has healed fully and for six months after completion of the treatment.
- If there is a bleeding spot, put direct pressure on the area for 20 minutes.

Wound healing is improved in a moist environment. To achieve this, apply a thin layer of ointment four times a day. Take care to gently wash away any old ointment each morning before applying a new layer.

The appearance of the nose may be unsightly for up to 14-21 days. During this time, dead skin should begin to separate and lift away from the newly healed skin underneath. You may wish to take some time off your usual activities during this healing phase.

Post-treatment skin care instructions must be followed to prevent any complications.

Please contact the clinic with questions or concerns regarding your treatment.