Definition, Aims and Principles

Rhinoplasty means cosmetic surgery of the nose. This procedure aims to modify the shape of the nasal pyramid (either partially or completely) and can also if necessary correct nasal breathing problems. The aim is to improve the aspect of the nose. The problems present can be congenital, caused by an accident, or due to aging. The result should be a nose in harmony with the facial features, and which corresponds to the personality and expectations of the patient. This procedure carried out both for men and women, can be done from the age of 16, when growth is complete.

Before the Operation

- The motivation and expectations of the patient will have been analyzed.
- Prior to the operation a thorough examination of the nasal pyramid and its harmony with the other features of the face will have been carried with an endo-nasal examination.
- A simulation of the desired result can be done using photos and computer techniques. The virtual image obtained should be considered as a guide to help understand the wishes and expectations of the patient. Nevertheless it should be understood that the final result may be slightly different and not an exact copy.
- A preoperative check up will be carried out as prescribed.
- No aspirin-based medication should be taken during the 10 days preceding the operation.

For certain types of anesthesia you must fast (neither eat nor drink) for six hours before the operation.

Hospital stay

Rhinoplasty is usually carried out in an ambulatory facility; you arrive early at the hospital and are discharged the same day after a few hours under observation. However, in some cases a short hospital stay can be preferable. The operation can take between 45 minutes and 2 hours depending on the specific requirements and complexity of the case.
After the Intervention

- There is rarely actual pain, it is rather the fact that the wadding makes it impossible to breathe through the nose which is a problem for the first few days.
- Swelling can be observed around the eyelids with bruising which is variable in degree and duration for each patient.
- During the first few days rest is advised, with no physical strain.
- The wadding is removed 2 to 5 days after the procedure. The splint is removed 5 to 8 days after surgery, to be replaced by a smaller splint for a few more days.
- The nose will appear bigger because of swelling and it will still be difficult to breathe because of swelling of the lining of the nose and possible scabs in the nostrils.
- The visible signs of the operation will disappear gradually and a return to normal social and professional life is possible after 10 to 20 days.
- Sport and strenuous exercise should be avoided for 3 months.