

NASAL SURGERY

(Rhinoplasty)

Nasal surgery has undergone considerable innovation in the last few years. All nasal surgeries are performed differently and are now tailored to the patient's anatomy and desires. The "cookie cutter" formula for nasal surgery is now considered unacceptable. We now pay far more attention to breathing by recognizing the anatomy of the nasal valves. For different tip problems, it is often possible to achieve beautiful, inconspicuous results with this newer technique, allowing precise sculpting of the delicate tip cartilages. Manipulation of the bones can often be avoided with new septal graft techniques. This greatly reduces healing time and bruising. Nasal surgery is usually performed to alter the size and or shape and the function of the nose. The exact appearance of the nose cannot be determined before the surgery is carried out. A patient cannot expect to be able to select a particular nose since changes are limited by factors such as skin and bone thickness, nostril size and general facial configuration. In general, the doctor's surgical and aesthetic judgment must be trusted. Pre-operative photographs are very important to be taken & reviewed by the doctor before and during surgery and are used for comparison with the post-operative results. The pictures are taken during the first visit to the office and become a part of the confidential medical record. The operation can be performed in our surgery center located in our office or the hospital. If the office surgery center is selected, you will be able to return home 2 to 3 hours after surgery. If the hospital is selected, you may go home the same day or you may stay overnight and return home the next morning. You should plan a recuperative period of two weeks away from your customary work or school activities.

THE ANESTHESIA:

Most nasal surgery is performed under a "light" general anesthetic (the patient is asleep). This technique provides excellent operating conditions while affording maximal patient comfort and safety. Occasionally in nasal procedures requiring less extensive reconstruction, a local anesthetic with intravenous sedation can be comfortably performed. This technique involves the combined administration of intravenous sedative drugs and the injection of local anesthetic into the tissues of the nose while the patient is asleep. Local anesthetic injection is administered by the surgeon; the general anesthetic or intravenous sedation is administered by a licensed, professional anesthesia provider who remains in attendance throughout the operation. All of the required monitoring, anesthetic delivery and emergency equipment are present at all times. The appropriate anesthetic will be explained and discussed fully by our anesthesiologist prior to your surgery.

PRE-OPERATIVE PREPARATION:

You must be in good health to undergo any elective cosmetic surgery. A physical examination and routine lab work will need to be performed by your own primary physician. If you do not have a primary doctor, we can refer you to local doctors in our area. We do not provide these services. It will be required that all of this pre-op paperwork is in our office 1-2 weeks prior to surgery. It is very important that our office is aware of any medical conditions and all medications you are taking. It is imperative that you do not smoke 2 weeks prior to & after surgery. This would impede your healing greatly. It is required that someone drive you home upon your discharge. Also, arrange for transportation to and from our office for your post-operative appointments until your doctor gives you permission to drive.

DO NOT take aspirin or aspirin-containing products for 2 weeks prior to surgery and for 2 weeks after surgery.

An adequate diet with vitamin supplements, especially Vitamin C, is recommended. You should be in the best nutritional state possible prior to surgery. If you will be preparing your own meals at home after surgery, have on hand easy to prepare foods.

THE SURGICAL PROCEDURE:

The length of time required to perform the operation is 1 to 3.5 hours. The surgical procedure of remodeling excess bone and cartilage is usually done through incisions inside the nose so the scars are not visible. Very large and wide nostrils may be corrected by removing part of the nostril next to the lip and cheek, leaving a fine scar along the nostril base. A newer technique allows this to be performed with no visible scars in many patients. At the completion of the operation, a light splint is placed outside the nose. A plastic protective is placed over the bridge of the nose in order to hold everything in the desired position.

POST-OPERATIVE INSTRUCTIONS:

1. Keep head elevated on 2-3 pillows (or more) with a pillow beneath the knees and one pillow beneath each arm.
 - Avoid sleeping on your sides. Sleeping on your back for the first two weeks is best.
 - Elevating the head will decrease the bleeding and oozing, which is normal for the first 48 hours.
2. Always consume food prior to pain medication and antibiotics to prevent nausea and vomiting.
3. Apply cold peas (frozen peas) or a frozen light gel mask for 20 minutes on and 40 minutes off for the first 48 hours, and as desired after for comfort to decrease bruising and swelling.
4. Avoid heavy objects on the nose such as eyeglasses.
5. You may shower the 2nd day after surgery from the waist down (with assistance). Avoid hot steamy showers as that will loosen the nasal cast.
6. Avoid use of straws (use a small cup instead).
7. Start with liquid foods (soups, broth, smoothies), then advance to soft foods. No excessive chewing for the first five days.
8. Change the nasal drip dressing as often as needed. Nasal drip will decrease in amount over first 48 hours.
9. Do not bend over at the waist or tilt your head down for a few weeks, as this will increase bleeding and prevent healing.