Cosmetic Surgery: Nose re-shaping (Rhinoplasty)

This is a guide for people who are considering having a nose re-shaping (Rhinoplasty) operation. We advise that you talk to a plastic surgeon and only use this information as a guide to the procedure.

Also known as Rhinoplasty, **nose surgery** improves the appearance and proportion of your nose, enhancing facial harmony and self-confidence. Surgery of the nose may also correct impaired breathing caused by structural abnormalities in the nose.

**Enhancing your appearance with nose surgery**

While the shape of your nose is usually the result of heredity, the appearance may have been altered in an injury or during prior surgery. Also known as Rhinoplasty, surgery of the nose improves the appearance and proportion of your nose, enhancing facial harmony and self-confidence. Surgery of the nose may also correct impaired breathing caused by structural abnormalities in the nose.

**What can surgery of the nose accomplish?**

Rhinoplasty can change:

- Nose size, in relation to the other facial structures
- Nose width, at the bridge
- Nose profile, with visible humps or depressions on the bridge
- Nasal tip, that is large or bulbous, drooping, or too upturned
- Nostrils that are large, wide or upturned
- Nasal asymmetry and deviation

**Is it right for me?**

Nose surgery is a highly individualized procedure and you should do it for yourself, not to fulfill someone else’s desires or to try to fit any sort of ideal image. Surgery of the nose is a good option for you if:

- Your facial growth is complete and you are 13 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

**What to expect during your consultation**

The success and safety of your nose surgery depends very much on your complete candidness during your consultation. You’ll be asked a number of questions about your health, desires and lifestyle.

**Be prepared to discuss:**

- Why you want the surgery, your expectations and desired outcome
- Medical conditions, drug allergies and previous medical treatments
- Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs
- Previous surgeries
Your surgeon may also:
- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine and measure your face
- Take photographs for your medical record
- Discuss your options and recommend a course of reshaping your nose
- Discuss likely outcomes of a nose surgery and any risks or potential complications
- Discuss the type of anesthesia that will be used

Preparing for surgery

Prior to surgery, you may be asked to:
- Get lab 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

Special instructions you receive will cover:
- What to do on the night before and the morning of surgery
- The use of anesthesia during your nose surgery
- Post-operative care and follow-up

Your plastic surgeon will also discuss where your procedure will be performed.

Procedural Steps:

What happens during nose surgery?

Step 1 – Anaesthesia: Medications are administered for your comfort during the surgical procedure. This procedure would be done under general anaesthesia.

Step 2 – The incision:
Surgery of the nose is performed either using a closed procedure, where incisions are hidden inside the nose, or an open procedure, where an incision is made across the columella, the narrow strip of tissue that separates the nostrils.

Through these incisions, the soft tissues that cover the nose are gently raised, allowing access to reshape the structure of the nose.
Step 3 – Reshaping the nose structure
Surgery of the nose can reduce or augment nasal structures with the use of cartilage grafted from other areas of your body. Most commonly, pieces of cartilage from the septum, the partition in the middle of the nose, is used for this purpose. Occasionally a piece of cartilage from the ear or a section of rib cartilage can be used.

Asian Rhinoplasty
Growing in popularity is augmentation rhinoplasty of the
Asian (Oriental) nose, using either a silicone implant or patient’s own cartilage to augment the dorsum and tip, this enhances the bridge of the nose to make it higher and the nose appear more narrow.

Step 4 – Correcting a deviated septum
If the septum is deviated, it is now straightened and the projections inside the nose are reduced to improve breathing.

Step 5 – Closing the incision
Once the underlying structure of the nose is sculpted to the desired shape, nasal skin and tissue is redraped and incisions are closed. Additional incisions may be placed in the natural creases of the nostrils to alter their size.

Step 6 – See the results
Splints and internal tubes will likely support the nose as it begins to heal for approximately one week. While initial swelling subsides within a few weeks, it may take up to a year for your new nasal contour to fully refine.

During this time you may notice gradual changes in the appearance of your nose as it refines to a more permanent outcome. Swelling may come and go and worsen in the morning during the first year following your nose surgery.

Nose surgery to improve an obstructed airway requires careful evaluation of the nasal structure as it relates to airflow and breathing. Correction of a deviated septum, one of the most common causes of breathing impairment, is achieved by adjusting the nasal structure to produce better alignment.

Important facts about the safety and risks of nose surgery
The decision to have nose surgery is extremely personal and you’ll have to decide if the benefits will fulfill your goals and if the risks and potential complications are acceptable.
Your plastic surgeon and/or staff will explain in detail the risks associated with surgery. You will be asked to sign consent forms to ensure that you fully understand the procedure you will undergo and any risks or potential complications.

**The risks include:**

- Rupture of small surface vessels of the nose
- Infection
- Poor wound healing
- Anesthesia risks
- Bleeding (haematoma)
- 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 (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 persist
- Unfavorable 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 revisional surgery
- Other side effects (Please note this list is not exhaustive)

**Be sure to ask questions:** It’s very important to ask your plastic surgeon questions about your nose procedure. It’s natural to feel some anxiety, whether it’s excitement for your anticipated new look or a bit of preoperative stress. Don’t be shy about discussing these feelings with your plastic surgeon.

**When you go home**

If you experience shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment. 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 surgery may be necessary to reach the intended aesthetic goal.

**Be careful**

Following your physician’s instructions is key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.
My recovery

After your procedure is completed, a splint, internal tubes or packing will likely be placed inside your nose and a splint or bandages placed on the outside to support and protect the new structures during initial healing.

You will be given specific instructions that may include: How to care for the surgical site, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and when to follow up with your plastic surgeon.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

The results will be long-lasting

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.

Duration of stay in Kuala Lumpur Malaysia: The recommended stay in Malaysia for this as a single procedure is 14 nights, depending on how well you recover post operation. The surgeon may recommend a longer stay if you combine your rhinoplasty with other procedures.
For more information or to request a medical questionnaire and quotation please email enquiries@beverlywilshiremedical.com

Our procedures guide is intended to give you a general outline on all aspects of our standard cosmetic surgery procedures. It is not in any way meant to be a substitute for a thorough consultation with the surgeon, as each of our client cases are bespoke to the individual’s needs and medical background.

Please take time to read through and familiarize yourself with the procedures available at our Medical Centre and use our after surgery guide to help estimate how long you will need to stay in Malaysia for after surgery before flying home or returning to work.

The final explanation and decision for your cosmetic surgery treatment/s will be made at the time of the consultation with the respective plastic surgeon.

Following your consultation with the consultant plastic surgeon you will be asked to sign a consent form prior to surgery.

The below statement should be understood before signing the consent to surgery form.

I recognise that the practice of medicine is as much an art as a science and therefore acknowledge that no guarantees have been or can be made regarding the likelihood of success or outcomes. The aim is to give you significant improvement and not perfection.

Cosmetic Surgery

I understand that the effects of cosmetic surgery may not be immediately visible. I understand that the effect of cosmetic surgery is much more limited for smokers, that mild asymmetry is normal and that the rate of healing will depend upon age, skin type, compliance with doctor’s advice or factors beyond control.

I have carefully read, understand and fully agree with the above declaration and the information I am providing is true and accurate to the best of my knowledge.