

RHINOPLASTY FAQs

What Is Rhinoplasty?

Rhinoplasty is a plastic surgery procedure that aesthetically corrects, reconstructs, restores, and, or enhances the size or form of a nose; Often and typically referred to as 'Nose Surgery' or 'Nose Job'.

Am I Suitable For Rhinoplasty Surgery?

Only following a thorough consultation will you know whether a nose-reshaping operation is right for you. Factors relating to your medical health and your desired outcome will be discussed in detail to ensure that a Rhinoplasty procedure will help you achieve the aesthetic result you desire. Additionally, nasal breathing problems may be improved following this procedure.

Aesthetically, What Can Be Achieved Following Rhinoplasty Surgery?

A Rhinoplasty procedure can often correct unwanted bumps or reduce the overall size of the nose. It can also restore the aesthetics of the nose following trauma, injury or previous surgery. In order to achieve the best outcome, Mr. Karidis advises anyone hoping to have a corrective Rhinoplasty procedure to wait 1 year after any previous nose surgery.

What Does Rhinoplasty Surgery Involve?

Rhinoplasty Surgery is usually performed through tiny incisions made inside the nostrils. Occasionally, for more complicated procedures, discreet external incisions may be required. Tiny dissolvable stitches are often preferred to seal any incision made.

Bumps on the bridge can be removed and shaped to alter the profile of the nose and the bridge can be made narrower by the use of special surgical tools. Breathing difficulties can often be addressed by altering the structure of the septum (the structure separating the nostrils). Finally, the size and shape of the tip may be adjusted to ensure that it is in proportion with the rest of the nose.

What Can I Expect To Feel On The Day Of Surgery?

When you return to your room after surgery you will be sat up in bed with pillows behind your head to help keep bruising and swelling to a minimum. Your nose may feel slightly blocked for the first 12 hours as a result of nasal packs sitting inside the nostrils to prevent bleeding. Stuffiness can continue for a couple of weeks upon removal of the packs due to some swelling in the nostrils. Although it is very unlikely that you will feel much pain, you will be provided with pain relief to ensure that you remain comfortable.

You are likely to have a plaster cast fitted across the bridge of the nose, held in place by tape at the forehead and cheeks. This will remain in place for approximately 7 days following surgery and removed at the clinic.

What Are the Do's And Don'ts Following Rhinoplasty Surgery?

You will be advised to sleep on your back with your head elevated until after the plaster cast is removed in order to minimise swelling to the tissues and keep the cast securely in place. You will be advised to avoid stooping, blowing your nose, having hot showers or doing any vigorous exercise for some weeks post surgery. This is in order to prevent heavy nose bleeds after surgery. You should not wear glasses across the bridge of the nose for a couple of weeks.

What Is Rhinoplasty Recovery Like?

It is very common to have some bruising around the eyes for around 7 – 10 days. The use of arnica tablets is likely to improve this, however you may want to apply make up to the area to help camouflage the bruising in the meantime.

It is important to remember that on removal of the cast, swelling to the bridge and/or tip of the nose may be present. Thus, it takes some time to see the final result of your surgery. Small refinements take place over the course of approximately one year so please do not panic if you feel 'uneven' initially.



Quick Reference

-  **Surgery time**
1-2 hours
-  **Anaesthetic used**
General anaesthetic
-  **Hospital stay**
Day case or 1 night
-  **Pre admission tests required**
Blood tests +/- ECG
-  **Up and about**
Same day
-  **Washing**
Keep cast dry
-  **Driving**
1 week
-  **Exercise**
4-6 weeks (Longer for contact sports)
-  **Time off work**
1-2 weeks

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You may notice a numb sensation or tingly in / around the tip of the nose for some weeks post surgery. This will resolve as the swelling settles and is nothing to be concerned about.

Is Rhinoplasty Surgery Painful?

It is rarely described as painful. Often paracetamol is all that is required to keep any discomfort to a minimum.

What Are The Scars Like Following Rhinoplasty Surgery?

More often than not there are no external scars following a Rhinoplasty. However, occasionally, with alar base (nostril) reduction you may experience small external scarring well hidden in the natural folds of the nostrils. These are likely to be quite pink initially but will fade over time. It is important to note, however, that the final appearance of scars is very difficult to predict. Each individual patient's risk of scarring varies and this will be discussed in your consultation.

Can Rhinoplasty Surgery Go Wrong?

All surgery carries risks. However by choosing an appropriately qualified plastic surgeon and following the advice of medical staff will keep risks of complications to a minimum. Individuals vary greatly in their anatomy and healing abilities so it is impossible to guarantee a specific outcome.

Very few patients will feel that, after a period of 12 months, the outcome is not as they intended. This is more common in patients who have had trauma to the nose or previous nose surgery. Most often this can be remedied to achieve the desired results.

Though extremely uncommon, infection can occur post any surgery. Precautions are taken whilst in hospital and you will be advised accordingly to keep this risk to a minimum.

Nose bleeds can occur, though it is rare that they will be extensive enough to require medical intervention.

Irregularities of the skin, bone or cartilage may present themselves by way of depressions, dips or bumps on the surface of the skin. This will most likely improve over time, however if it does not resolve of its own accord, it may require corrective surgery.

Some degree of nasal obstruction may ensue. This is often short-lived but may require further surgery if this complication persists.

It is also quite possible that surgery on a badly deviated or bent nose may not result in a perfectly straight, well-aligned nose.

Many reasons may be responsible for this but it is conceivable, in particularly difficult situations, that two or more procedures may be required to remedy these noses. You will be advised at the consultation what the likelihood of this outcome will be with you.

How Long Until I am Back To Normal Following Rhinoplasty Surgery?

Most patients like to stay out of the public eye while their plaster cast is on. Once this is removed however, you will gradually start to resume your daily activities. Most bruising has dissipated by about 10 - 14 days and this can usually be masked quite easily with makeup. Most people are back to work by about 10 days, although mild swelling may still be present at this time. At around 3 - 4 weeks post surgery most people are back into their normal routine and are enjoying their new nose. It is important, however, to avoid contact sports for 3 months, whilst the nasal bones heal completely.

Nurses top tip:

Take your arnica regularly as recommended as this will help with any postoperative bruising.

What Costs Are Involved?

A surgeon fee, anaesthetist fee and hospital fee will be required. You will be given a breakdown of these costs on the day of your consultation.

How Many Rhinoplasty Surgeries has Mr. Karidis Performed?

In accordance with the National Healthcare Commission guidelines, and according to the last ten years of annual audit figures submitted to the Hospital of St. John and St. Elizabeth in London, Mr. Karidis has performed on average 90 Rhinoplasty procedures per year. It is easy to understand therefore that having been in private practice since 1997 Mr. Karidis has performed a large number of these procedures.

How Soon After Rhinoplasty Surgery Can I Travel?

After your operation you may feel a little drowsy from the anaesthetic and other medications. Therefore we strongly suggest that, if possible, you nominate a friend or family member to collect you. Alternatively, we can assist you in booking a cab whilst you are in hospital.

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Does Karidis Offer Aftercare?

Yes and we look forward to seeing you at the clinic around 7 days after your surgery in order to remove the cast and check all is healing well. This is usually extremely exciting as it will be the first peek at your new nose! Providing all is well, you will usually see Mr. Karidis at around 4 weeks post operation for a routine check up. Further appointments can of course be made if necessary.

How Do I Prepare For My Op?

It is always useful to allow yourself plenty of time to recover and organise sufficient time off work as appropriate. 7 - 14 days off should give you sufficient time to allow any obvious bruising and swelling to subside. A little make up may be required at that point to cover any remaining bruising.

Ensure any blood tests or other tests that are required are undertaken well in advance to avoid any potential delays.

What Warning Signs Should I Look Out For Following Surgery?

Please ensure you notify medical staff of any heavy nose bleeds, pain, excessive swelling or a persistent high temperature (above 37.5 degrees for 12 hours or more). Most often there is nothing to be concerned about, however, it is always best to check!

Do You Recommend Any Other Treatments Following Rhinoplasty Surgery?

Sometimes following a Rhinoplasty patients compliment their treatment with a HydraFacial to unclog congested pores or undergo a short course of laser treatment to help minimize any broken blood vessels on or around the nose.

Why Should I Choose Rhinoplasty Surgery?

It is important to bear in mind that the vast majority of procedures go according to plan. The chances are excellent that you'll be happy with your surgery, especially if you acknowledge that the full results may not be immediately apparent. By changing the most prominent feature on their face into a more desirable shape, many patients gain a feeling of increased self-confidence, improvement in body image, and general well being.