

Patient information sheet – Rhinoplasty

Why is Rhinoplasty done?

Rhinoplasty is done to correct the deformities of the nose and when combined with a Septoplasty also relieves breathing difficulties. Some of the most common deformities are Crooked nose, Deviated dorsum, Wide nasal base, Flat nose, Saddle nose, Bulbous tip, Boxy tip, Alar flaring, Drooping tip, Bulky nose, Hooked tip, Dorsal hump etc.

What are the types of Rhinoplasty?

Rhinoplasty can be Open or Closed. In Closed Rhinoplasty, cuts are only made inside the nostrils to gain access and conduct the procedure. In Open Rhinoplasty, in addition to the cuts inside the nostril, a small hidden cut on the undersurface of the nose is also done to have better access and visualization.

How many days of hospital admission is required?

One day admission is enough and you will be discharged on the next day of surgery.

What does the surgery involve?

You will be seen by our anaesthetist before surgery and then admitted on the day of surgery. The surgery is conducted under general anaesthesia and takes about 2-3 hours. A small hidden cut is made at the undersurface and inside of the nose and the septum and nose is corrected. Sometimes we might have to borrow a rib cartilage or an ear cartilage to reconstruct the defect. In some circumstances, a silicone implant is used. You will have a nasal pack inside and a splint on the nose while waking up from anaesthesia. Discharge will be usually on the next day.

What happens after surgery?

You might notice some mild oozing of blood from the nose and the mouth which is normal. You will also have some swelling and bruising which is normal. Nasal packs will be removed after 1 day and splint will be removed after 1 week. There will be a follow up appointment after 1 week to check the wound and the stitches are removed. Most of the swelling goes down in a week, but final results can be usually seen after 6 weeks of surgery when the swelling and bruising completely recedes.

What is the downtime after surgery?

You will be able to go back to normal activities in a week. Strenuous activity like jogging, gym and sports can be resumed after 3 weeks.

What complications can I expect?

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. Scar on the donor site is an additional issue if rib or ear cartilage is borrowed. Rhinoplasty is a very challenging operation and in rare circumstances can require repeat operations to correct minor asymmetry.

I have a few more questions. What do I do?

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Kindly write to us at contact@drvybhavderaje.com. We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.