

## FAQ's about Nasal Surgery/Rhinoplasty

What is nasal surgery? Nasal surgery repositions the nose to improve its appearance, form and function. Also called rhinoplasty, the procedure can improve the proportions and angles of the nasal bridge, nasal tip and nostrils making the nose more symmetric and proportionate to the face. Improved breathing may also be required and enhanced.

## Techniques include:

- Internal incisions are called a "closed" rhinoplasty
- An added incision along the columella (the tissue that separates the nostrils) is known as an "open" rhinoplasty and may be utilized
- Additional incisions may be required at the outside edge of the nostrils for changes to nostril size or to narrow the width of the base of the nose
- The nasal bridge size or width may be reduced, reshaped or enhanced
- Humps or other irregularities may be improved
- The angle of the nasal tip may be adjusted
- The size, shape or angle of the nostril may be improved
- Internal cartilage and structures may also be addressed and breathing and airflow improved

Why might nasal surgery be recommended for me? The nose is a central feature to the face and one of the most important elements to achieving "facial harmony," where all the facial features have balance and proportion. Rhinoplasty can result in minor changes to the nose that makes a dramatic influence on your facial harmony, appearance and self-confidence.

Who is a candidate for nasal surgery? Women and men of many ages and circumstances undergo cosmetic procedures to attain facial harmony. These factors generally define good candidates for nasal surgery procedures:

- You can clearly define your expectations for the procedure
- You understand what nasal surgery procedure can and cannot accomplish
- You accept the potential risks of nasal surgery procedure and your responsibilities as a patient
- You are healthy, emotionally secure and you're stable
- You accept that you will need to make healthy lifestyle choices to maintain the results achieved by nasal surgery procedure
- You have realistic expectations and are willing to accept minor asymmetries

## How can I envision my appearance after a rhinoplasty?

3-D planning is an integral part of rhinoplasty as essential or more so than any other plastic surgical procedure. The new Vectra imaging system by Canfield, one of 25 in the United States, is very helpful as an educational tool and allowing the surgeon and patient



to discuss and address your concerns along with giving you a general visual range of the surgical outcome you may expect.

## What should I know about nasal surgery?

- Nasal surgery is performed on an out-patient basis
- Nasal surgery is performed under local anesthesia with sedation or general anesthesia
- Recovery ranges from 1-2 weeks, during this time, you may wear a nasal splint across the bridge. You may experience facial bruising, swelling, mild headache and nasal congestion
- Results may be permanent but maintaining your youth is a lifestyle choice and proper skincare is essential after surgery
- You will need a capable adult with you for 24 hours after your release from surgery
- All surgeries carry the potential for risks which will be fully discussed with you during your consultation