

Septo Rhinoplasty

A rhinoplasty is the surgical alteration of the shape of the nose. Occasionally referred to as a “nose job,” this procedure is a precise blending of art and science. The fundamentals of 21st century technology and the art of sculpting are intertwined as a nose has its shape changed. Form and function must both be respected or unacceptable results can occur. A rhinoplasty can be done purely for cosmetic reasons, purely for functional (nasal breathing) reasons, or a combination of both. Insurance will often cover nasal procedures done for functional reasons, but rarely if the change desired is purely cosmetic. Other surgery such as sinus surgery can be done at the same time as a rhinoplasty if indicated.

Surgical options

Depending on the dimensions of a face and the function and structure of the nose, several options exist to make changes that bring balance to the face:

1. Breaking and resetting the nasal bones
2. Altering the cartilages
3. Straightening or harvesting cartilage from the nasal septum
4. Endoscopic sinus surgery

Complications

Complications are uncommon but possible. The most common complications after nasal surgery include but are not limited to:

1. Disturbances in nasal breathing
 - a. Use nasal saline spray several times daily to help loosen crusting and dissolve sutures. This practice should continue for several months after surgery.
 - b. Keep head of bed elevated and sleep on your back for at least the first week after surgery- a recliner works well
2. Bleeding, infection, pain and asymmetry
 - a. Drip pads help collect any drainage, drainage is normal after surgery for 3-4 days. If there is running bright red blood, apply ice packs to the side of your nose for 10 minutes. If the bleeding continues for over an hour please call the office
 - b. Pain medication should be taken as needed
 - c. Do not sleep on your side for 2 weeks after surgery if your bones were NOT broken
 - d. Do not sleep on your side for 4 months if your bones WERE broken
 - e. Asymmetry during healing is normal
3. Swelling
 - a. Swelling is usually mild and will resolve **SLOWLY over 18 months-2 years**
4. Internal or external scarring may occur, and may cause problems with breathing
5. It is possible for patients to feel there is not enough, or too much, change in the appearance of the nose, possibly requiring revision surgery
6. Irregularities or bumps are possible

7. A hole in the middle partition of the nose, or septal perforation, may occur if a septoplasty is done with the rhinoplasty, especially if this is a revision (second or third operation)
8. If implants were placed, they can become infected or extrude

Pre and Post-Operative Rhinoplasty Instructions

BEFORE RHINOPLASTY SURGERY: Rhinoplasty Indianapolis

At your preoperative appointment our nurse will provide all the instructions for you to follow before and after rhinoplasty surgery.. Upon arrival for your rhinoplasty surgery, you will talk with a nurse (who will start an IV), discuss anesthesia (local anesthesia with IV sedation keeps you asleep and comfortable) and meet with your plastic surgeon before going to the operating room. Rhinoplasty takes about two hours depending on the structure and amount of change you are seeking. Revision rhinoplasty generally takes longer, especially if you need grafts as we previously discussed. Also, if you are having a combination of plastic surgery procedures your surgery will take longer. Recovery time from the anesthetic takes about an hour and you will be discharged after you recover.

PREOPERATIVE RHINOPLASTY SURGERY INSTRUCTIONS

Please notify the office immediately if you become sick in the weeks prior to your surgery. You cannot have surgery if you are sick. Please avoid any aspirin, aspirin-containing products, or ibuprofen (Advil, Aleve, etc.) for one week prior to and two weeks following your rhinoplasty surgery. See our "Medication List" for products to avoid prior to and immediately following rhinoplasty surgery. If you are on any medications that affect bleeding (such as coumadin or warfarin) please notify the office immediately.

Please notify us of all routine medications and significant health history. We ask that you remain on your daily medications unless instructed otherwise. At the preoperative rhinoplasty appointment, our nurse will tell you which daily medications to take with just a sip of water on the morning of surgery.

At your preoperative rhinoplasty appointment you will be given prescriptions for use following surgery including an oral antibiotic, swelling and pain medications. You will be instructed to take Vitamin C (ascorbic acid), which helps promote healing, two weeks before and after rhinoplasty surgery. Please take Arnica, a natural herb that significantly decreases bruising, as instructed before and after surgery. We will also ask you to obtain an antibiotic ointment and saline spray for use following rhinoplasty surgery. Please obtain these prescription medications and items before your surgery so you will have them ready for use when you return home after your surgery has been completed.

You may not eat or drink after midnight the evening before the rhinoplasty procedure.

This includes all food, liquids, water, candy, mints or gum. You may brush your teeth, and take your valium with a tiny sip of water. Your rhinoplasty procedure will be cancelled if you do not follow these instructions.

Do not bring valuables (cash, credit cards, watches, jewelry, any oral devices, etc.) to the Winslow Wellness Center on the day of rhinoplasty surgery. Remove all makeup and nail polish before arriving for your procedure.

Someone will need to drive you home after your surgery and stay with you that evening.

AFTER RHINOPLASTY SURGERY

After rhinoplasty surgery your nose will be packed with soft dissolvable nasal packing. There may be soft silastic splints along each side of your septum (divider of the inside of the nose). Splints reinforce the newly shaped cartilage. You may notice that tears run down your cheeks. This is due to swelling and will subside during the first week following rhinoplasty surgery.

The nasal packing will prevent breathing through your nose so you will have to breathe through your mouth. Your mouth will become very dry. Please drink as much fluid as you can which will help you from becoming dehydrated. Drinks at the bedside along with a humidifier (cool or warm) may help.

Following nasal surgery, mucous membranes can produce extra mucous. Draining of red-tinged mucous through your packs onto your drip pad is normal. Many people ask, "How much drainage is too much?" If you are completely saturating the drip pad with bright red blood every five minutes by the clock for an hour, notify us at the telephone numbers provided below. This is uncommon and can routinely be treated over the telephone or with a visit to our office.

Following your rhinoplasty procedure the nurses will ask you to meet the discharge criteria: to drink liquids, walk with a steady gait, void, manage your discomfort, and to have your nasal drainage under control. The nurses will teach you how to change the drip pad under your nose, which you will need for about 24-48 hours. Due to swelling, you will not be able to breathe well through your nose for one week after rhinoplasty surgery.

POSTOPERATIVE RHINOPLASTY SURGERY INSTRUCTIONS

Activity

Sleep with head of the bed elevated or use two to three pillows. Sleep on your back, not your side. Sneeze with your mouth open and **do not blow your nose** or sniff for seven days after your rhinoplasty procedure. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap. One week off work is recommended following rhinoplasty. Avoid long steamy showers for one week postoperatively or the cast may become loose. Ensure that care is taken to keep the cast **dry** while bathing is important.

Do not wear glasses or contacts until approved by Dr. Winslow.

Diet

Advance diet from liquids to soft food to your regular diet as tolerated. In the immediate

rhinoplasty postoperative period, avoid extremely hot liquids or foods if you experience temporary numbness on the roof of the mouth.

Wound care

Keep ice-water soaked pads on eyes until bedtime, changing pads every 20-30 minutes. Pads should be soaking wet - do not wring out completely. It is the weight of the water as well as the temperature that helps minimize bruising. A small bag of frozen peas or corn may also be used on top of the eye pads. Make sure the bag is not placed directly on the skin or on top of the nose. Use a washcloth or towel between the bag and your skin.

You will have a gauze drip pad placed beneath your nose. Change this as needed for the first 24 hours following rhinoplasty surgery. It is not uncommon to change this every 15 minutes for the first several hours following rhinoplasty. If you completely saturate the pad with bright red blood every five minutes for one hour by the clock, please call your surgeon at the numbers provided. Ice packs to the forehead and/or back of the neck may help decrease bleeding. Do not place ice packs directly on your skin, or on your nose. Do not swallow any drainage from your nose as it may make you nauseated. Cough it up and spit it out.

The cast must remain on your nose for one week after rhinoplasty surgery. It must be kept dry or it could become loose. Notify your facial plastic surgeon immediately if the cast falls off.

Medications

Most patients complain of pressure from swelling and congestion more than pain. Use pain medication (most commonly hydrocodone) as directed/as needed. Your pain medicine contains Tylenol. Do not take additional Tylenol or acetaminophen while taking pain medicine. Do not drive or drink alcohol while taking pain medication. Side effects of pain medications can include nausea and constipation. Taking pain medication with food can minimize nausea. Over-the-counter laxatives are indicated if constipation persists.

We recommend taking pain medication about one hour before coming to the office for splint removal, if a splint is used.

Start your antibiotic (usually Z-Pack) the morning following the rhinoplasty procedure. During your rhinoplasty surgery you received antibiotics through your IV. Take antibiotics as directed until gone. It is not uncommon to have a low-grade fever for 24 hours following surgery.

Start the prescription for swelling medication (most commonly methyl prednisolone) the morning after your rhinoplasty surgery. At your preoperative appointment, our nurse will provide specific directions for use of this medication following your plastic surgery.

Begin using the ointment (most commonly Vaseline/aquaphor) two times a day (morning and evening) at the base of the nose.. Ointment is applied after the morning and evening saline rinses.

Salt water rinse and ointment

Following your surgery, start your saltwater mists in the evening. Salt water rinsing is very important for your postoperative rhinoplasty healing. The salt water moisturizes, cleanses and facilitates healing.

Purchase Nasal Saline Mister at any drug store. Place the tip of the mister gently near the opening of the nose and spray your nose. Please rinse your nose with salt water five to six times per day until your one week visit. You may then decrease your rinsing to three times per day.

Please Remember!

Nasal congestion, facial fullness, headache and disrupted sleep are very normal postoperative symptoms for rhinoplasty and will decrease as the healing process occurs. It is not uncommon to have numbness on the roof of the mouth (palate) behind the front teeth. Therefore avoid extremely hot liquids or food in the immediate rhinoplasty postoperative period.

Final Result

Following rhinoplasty, it takes time for the swelling of the mucus membranes to subside and for the skin to adhere to the new framework. Most patients return to work one to two weeks following rhinoplasty surgery, depending on temporary bruising and swelling. At that time, swelling is still apparent to you but not to many of your coworkers and closest friends.

Final results following rhinoplasty are not apparent for 18 months to 2 years following surgery. After three months, the changes are ever so subtle, although still important. Being perfectionists about our work, you may tell us you are pleased long before the one year anniversary. However, we request that you follow-up with us at that time for postoperative rhinoplasty photographs and so that we can enjoy your final result.

Please notify the office 317-814-1104 and ask for our nurse for any concerns. For an after hours emergency, please call my cell phone 317-752-8626. Remember, we are all here to help in any way we can. During office hours ALWAYS call the office so that we may assist you in a timely manner.

