



ENT SOUTH WEST
where individuals matter

Rhinoplasty

patient information leaflet

The Consultant has suggested that you be admitted to The Ridgeway Hospital for a Rhinoplasty.

The following information has been compiled to provide you with a better understanding of your procedure/operation, your stay in hospital and your recovery after discharge. It is only a guide as each case is individual. If you have concerns or anxieties after reading this information, do not hesitate to contact your Consultant or a senior member of the nursing staff. Contact numbers can be found at the end of the information leaflet. Please read this leaflet in conjunction with the Coming into Hospital leaflet.

What is a Rhinoplasty?

A Rhinoplasty is an operation to alter the shape and dimension of the nose. This is usually performed internally, therefore there are no visible scars. However, in certain circumstances the surgeon may decide the result may be more aesthetically pleasing if an open Rhinoplasty is performed. If so, there will be a small scar across the skin between the nostrils. The operation takes 40-60 minutes.

Why do I need a Rhinoplasty?

A Rhinoplasty is usually performed if one is unhappy with the current structure of the nose. Such characteristics can be inherited, others caused by trauma or injury to the nose. Having a Rhinoplasty does not influence snoring or sleep patterns.

Are there any alternatives?

If your Surgeon has suggested a Rhinoplasty it can be assumed that there are no alternatives to elective surgery. However, each case is individual so it is important that you discuss your individual case with your Consultant.

What happens prior to admission into The Ridgeway Hospital?

4-14 days prior to your admission date you may be asked to attend the Pre-Admission Screening Clinic. This appointment will last for about 1-1.5 hours. The nurse will take a comprehensive nursing history and perform investigations such as blood samples, urine samples and ECGs (heart tracing). Please bring any medications you are taking to the Pre-Admission Clinic and details of your next of kin. The nurse will also be able to give you some information about your operation so please write down any questions you may have.

If you are taking Aspirin, or any Aspirin based products, before surgery, please inform your Consultant and the pre-admission nurse as it may be necessary to stop taking this medication before surgery. You should also avoid Ibuprofen and Nurophen type drugs for 2 weeks prior to your operation.

How do I prepare for a Rhinoplasty?

Following a Rhinoplasty, some patients report a mucous discharge, therefore, some gentleman may prefer to shave their moustache prior to admission to The Ridgeway Hospital. A Rhinoplasty cannot be performed if you have a cough, cold or sore throat, therefore please contact The Ridgeway Hospital if you suffer with any of these ailments in the week prior to the operation.

What type of anaesthetic can I expect?

A Rhinoplasty is performed under a general anaesthetic. A general anaesthetic is usually given by injection into the back of the hand. The patient is anaesthetised (asleep) until the operation is finished. Some patients report a sore throat following this method of anaesthetic which may be due to a tube being passed down the throat to maintain the airway whilst the patient is anaesthetised.

Starvation

You will have been requested to follow a period of starvation prior to your anaesthetic and specific times will have been given to you alongside your admission details. A diagram follows to help ensure that you follow the correct instructions regarding starvation.

Admission time	Last food	Last fluid
Admitted for morning surgery	12 midnight	05.00
Admitted for afternoon surgery	07.30	10.30

The Anaesthetist requests that the fluids taken between your last food intake and fluid intake be still water only and that you do not chew 'gum' or suck boiled sweets on the day of surgery.

What happens when I come into hospital?

If you have not been invited to attend the Pre-Admission Clinic a member of the nursing team will ask you some information about yourself, which will assist in the planning of your care for the time you are in hospital and the period of recovery after you go home. They will also give you a detailed explanation of everything that will happen before, during and after the operation.

Your temperature, pulse and blood pressure will be taken to check that they are within acceptable limits before your operation. You may also be asked to provide a specimen of urine if you have not been pre-admitted.

If you are wearing nail polish you will be asked to remove this from fingers and toes prior to surgery. Those patients wearing dentures (false teeth) will be asked to remove them just before going to Theatre.

You may be given some nose drops to dry up any secretions. A member of the nursing team will be able to inform you of the preparations necessary for you to undergo surgery.

The Consultant will visit you before the operation to ask you to sign a consent form. Your Consultant Anaesthetist will see you to discuss any worries you may have about the anaesthetic. He/she will ask for details about your general health and about any anaesthetics you have had in the past. Some Anaesthetists ask for cream to be applied to the back of both hands to numb the skin as a small needle is inserted in a vein in the anaesthetic room. Please ask if you would like this.

A plastic bracelet with your name and hospital number will be placed on the wrist. You will be asked to put on a hospital gown and paper pants. Prior to leaving the Ward, a pre-operative checklist will be completed to ensure you have been correctly prepared for the operation.

Patients usually walk to Theatre, however if this is difficult you can be pushed in the bed.

What happens when I wake up after a Rhinoplasty?

Initially you will be monitored in the 'recovery' area attached to Theatre and once your condition is satisfactory we will transfer you to the Ward where you will be monitored for a period of time.

You will have some surgical packing in the nose to help control any bleeding which will normally be removed the day after surgery. Inside the nose there may be some special plastic

splints, secured by black 'strings' taped on the top of the nose, the purpose of these is to help the cartilage heal in the correct position. You will have a plaster of paris (POP) covering the front of the nose which will be secured with elastoplast on your forehead.

Patients are encouraged to sit up in bed, well supported with pillows, to help reduce swelling, bruising and discomfort. It is quite normal to feel sleepy for the rest of the day and it is advisable to ask a nurse to accompany you to the bathroom to ensure you don't feel dizzy when you get out of bed.

Some patients swallow some blood throughout the operation which irritates the lining of the stomach and can cause some sickness and/or nausea. Please discuss with the nurses any medicines you may have to alleviate this.

Diet and fluids can be introduced on the day of surgery, on the advice of the nurses.

Will I experience any pain?

Most patients report a headache after a Rhinoplasty, this can be alleviated by injection or tablet form medication. It is quite common to get swollen puffy eyes. This can be relieved by a cold compress, although please ensure you do not get the plaster of paris wet or soggy.

Do not be concerned if you require regular pain medication for 1-2 weeks on going home. Use Paracetamol or Paracetamol and Codeine combined medicines, rather than anti-inflammatories such as Ibuprofen, Nurofen and Aspirin as these have a tendency to cause bleeding.

What happens the day after a Rhinoplasty?

You may eat and drink as normal, and mobilise freely.

The nurses will remove the packing from inside the nose and it is quite common to bleed a little from the nose after the packs have been removed. The nurses will put an ice-pack on the nape of the neck to help reduce the blood loss and may advise you to stay in bed for a short period.

Following a Rhinoplasty you will be in hospital for 1-2 days, most patients go home the day after surgery.

What can I do when I get home?

Most patients feel tired, lethargic and insecure when they get home, getting frustrated as they cannot do the things that they want to do – this is normal and largely related to the after effects of the anaesthetic. It is normal to experience both good and bad days. You may suffer from flu like symptoms, lack of concentration and enthusiasm. Even the smallest task can be exhausting whilst the body is trying to recover from surgery. It is essential that you listen to what your body is trying to tell you – i.e. rest if you feel tired. Some people can feel slightly depressed, tearful and very emotional. These symptoms are normal and will usually resolve within a short time.

You will be given an appointment to come to the Outpatient Department to have your splints removed a week after surgery.

Following removal, you may blow your nose gently. The plaster of paris will be removed 2 weeks after surgery and you will be sent an appointment to attend the Outpatient Department. The Consultant will usually see you at this appointment.

Please ensure that the strings for the splints are secured loosely on your nose with tape at all times until removed.

You may have nasal discharge for up to 4-7 days, but nasal bolsters and tissues should be used, rather than blowing your nose.

Do not take Aspirin, drugs containing Aspirin, Ibuprofen or non steroidal anti-inflammatory drugs for four weeks following surgery, as these may cause bleeding.

At this stage the discomfort is minimal, but should you experience any pain, a mild painkiller, such as Paracetamol, is usually adequate.

For the next few days, refrain from hot baths and showers, also hot food and drinks, as these may also cause bleeding.

Keep away from crowded and smoky atmospheres and people with coughs and colds for about ten days to avoid infection.

When can I resume driving?

Extensive research indicates that the decision to recommence driving relies on the patient assessing when they are fit enough to drive. Before recommending the activity of driving it is advisable to contact your car insurance company to inform them of your recent surgery, ensuring you are still legally insured to drive. Remember that your movement and strength must be able to cope with an emergency stop as well as normal driving. Also power of concentration does not return to normal immediately.

Beginning with short distances would be advisable and gradually increase the distance over a period of time.

As a guide, driving can be recommenced approximately 72 hours after surgery.

When can I go back to work?

The time at which you return to work depends on both the type of operation you have had and what your job is. Most people aim to go back to work after 2 weeks following a Rhinoplasty. If you require a sick certificate to send to your employer, you can self-certificate for your first working week. Longer periods of sickness do require a certificate so please ensure you ask a member of the nursing team about this before you leave The Ridgeway Hospital.

When can I resume contact sports (football, rugby etc)?

It is advisable to refrain from contact sports for 2-3 months as the nose will still be vulnerable at this time.

Will I need to see the Consultant again?

You will be invited to attend the Outpatient Department for an appointment with your Consultant about 8-12 weeks after surgery.

If at any time you should start bleeding from your nose, apply an ice pack to the nape of your neck and forehead, ensuring you do not get the plaster of paris wet. Ask your partner, parent or friend to call for advice.

It is essential to remember that the information provided in this leaflet is a guide only. Should you experience any complications or have any concerns relating to your procedure/operation, then do not hesitate to contact The Ridgeway Hospital Helpline:

DAY CARE UNIT PATIENTS

01793 814848 Ext 320

(Monday to Friday, 0800 to 1900 hours)

INPATIENTS AND OUT OF HOURS

01793 814848 Ext 283

The Ridgeway Hospital staff wish you a comfortable and trouble-free recovery.

