

Rhinoplasty/ Septorhinoplasty

Patient information leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Southport Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

This is what people cause a “nose job”.

- It involves surgery to the bones and cartilage of the nose.
- The upper third of the nose is made up of the nasal bones.
- The lower two thirds of the nose is a cartilage skeleton.
- This surgery involves altering the shape and appearance of both.

Reasons for the procedure

This surgery may be performed to correct the deformity of the nose or to relieve symptoms of a blocked nose. It may be performed to get rid of the “hump” or correct an “off centre” nose. This type of surgery can correct collapse of part of the nose.

Nature of the procedure

The surgery will be explained at the time you are placed on the waiting list. Every patient will have pre-operative photographs taken. This ensures an accurate record of the nose before the operation.

The middle wall or “septum” of the nose is straightened. Any hump or deformity of the nose is reduced. Cuts in the nasal bones called “Osteotomies” allow them to be moved. The nose can then be repositioned and straightened.

Most of the surgery occurs inside the nose. In moving the nasal bones there may be one tiny cut on the side of the nose and cheek, on each side. These nearly always heal very well and are very difficult to see.

Contact Numbers

If you have any concerns or queries regarding your surgery or follow up: please contact the ward that you had your surgery on:

St Helens Sanderson Suite 01744 646 098

Whiston Ward 4B 0151 430 1637

Southport 01704 705 227

Ormskirk 01695 656 885

In the event of an emergency, please attend your nearest Accident and Emergency Department

If your packs need to be removed, please attend the ward on.

Your Consultant is : _____

Your follow up appointment for splint removal (if applicable) will be in:

Your outpatient appointment will be in:

Follow up appointments will usually be sent out in the post.

Benefits of the procedure

- To improve the appearance of your nose and to make you breathe better.

Risks of the procedure

- The surgery is very safe and problems are very unlikely to occur.
- The septum and the nasal bones may move as scar formation occurs.
- The nose may then become blocked and “drift” out of position.
- Very rarely, the septum may not heal, resulting in a hole or “septal perforation”.
- Infection.

Discomfort of the procedure

- Nasal packing on either side till the next day.
- Bruising around the nose.
- Splint or plaster over the nose.
- Occasionally pain.
- Oozing of blood stained secretions.

After Discharge

- You will generally wake up with a pack inside the nose. Usually removed the next day.
- You'll have a dressing on your nose after the operation, and a splint held over your nose with tape for 7 days. You may have difficulties breathing through your nose for about a week.
- You may need to take up to 2 weeks off work to recover from nose surgery.
- It might be several months before you see the full effect of the operation, and up to 6 months for the swelling to completely go.
- After about a week: stitches can be removed (unless you had dissolvable stitches). The splint may also be able to come off in clinic in about a weeks time.
- At 3 weeks: bruises, swelling and redness may have faded. You may be able to swim.
- At 4 to 6 weeks: you should be able to resume strenuous exercise.
- You can eat and drink as normal, but drink warm, (instead of hot fluids), for the next 24 hours.
- Do not place any objects up your nose, (including fingers).
- Take mild pain-killers if needed. (For example, tablets you would take for a headache).

- Take any prescribed medications as instructed, this may include nasal sprays and ointment.

You may be advised to:

- Prop your head up with pillows for a couple of days when resting to reduce the swelling.
- Avoid hot baths and getting the splint wet.
- Avoid blowing your nose or removing any crusts until your appointment to have the splint removed.
- Sneeze through your mouth to avoid pressure on your nose.
- Avoid lifting heavy weights or doing strenuous exercise as this increases the swelling and risk of bleeding.
- You may get some blood coloured watery fluid from your nose for the first two weeks or so – this is normal. Please utilise the nasal drip pads/gauze given to you on discharge.
- If your nose starts to bleed, lean forward and carefully pinch your nostrils closed, directly below the bony part of your nose. Do this for about 10 minutes. Spit out any blood that runs down your throat, instead of swallowing it.

If the bleeding continues or if you develop severe pain or blockage go to your nearest accident and emergency department.