

GOLD COAST

**Plastic Surgery**

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THE ULTIMATE GUIDE TO  
A RHINOPLASTY

(07) 5598 0988

[www.goldcoastplasticsurgery.com.au](http://www.goldcoastplasticsurgery.com.au)

# WHAT IS INVOLVED A RHINOPLASTY?

Rhinoplasty, also known as nose surgery, is a common procedure to improve the appearance and proportion of the nose by changing the size, shape, or proportions. It can also be performed to correct birth defects, breathing difficulties, or to repair deformities caused by injury.

There are two different techniques, or surgical approaches, used for rhinoplasty. These include open and closed rhinoplasty. Patients considering nose surgery should be aware of the differences.

The **open rhinoplasty** approach, also called external rhinoplasty, uses a few hidden incisions made inside the nostrils and adds a small bridging incision, called a trans-columellar incision, to connect the right and left nostril incisions. With the addition of this tiny visible incision, the nasal skin can be folded upward (much like opening the hood of a car) giving the surgeon more access to the internal structures of the nose. This allows for more precision and ease while sculpting the nose. When properly performed, the open rhinoplasty incision heals remarkably well and becomes nearly invisible.

The **closed rhinoplasty** approach, also called endonasal rhinoplasty, use surgical incisions that are only positioned inside the nostrils, avoiding visible scars. The endonasal approach may reduce swelling, numbness, and recovery time. However, this approach limits surgical access to the internal structure of the nose making it more difficult to perform more complex rhinoplasty manoeuvres and repositioning of the nasal skin. The approach you choose greatly depends on your needs and desired results. In 95% of cases your surgeon will recommend the open approach due to the greater access it provides which allows for greater accuracy with more complex procedures.

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## AM I A GOOD CANDIDATE?

You might be a candidate for a rhinoplasty if you:

- Prominent or crooked nose
- The tip is drooping, upturned, hooked, or enlarged
- You feel unhappy with the shape of your nose such as the size, width, or how it appears from a side on profile.
- Your nose is out of balance with your face
- You've had previous nasal work that you are unhappy with
- It has been impacted from injury or trauma
- You experience difficulty breathing
- Your nostrils are uneven, too large or wide

It is very important to communicate with your surgeon before the operation to make certain you have realistic expectations of the outcome.

## DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.



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## BEFORE SURGERY RECOMMENDATIONS



Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.

Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery or injectables to your nose
- Any bad scarring or poorly healed scars after previous surgeries

## WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you will most likely:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery



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## WHAT TO EXPECT FROM SURGERY?

It's important to your surgeon and the team that your surgical experience is as easy and comfortable as possible for you. Rhinoplasty surgery usually takes around two hours depending on the complexity of the case, and is performed under general anaesthesia. Depending on the desired result, some bone and cartilage may be removed, or tissue may be added during surgery. After your surgeon has rearranged and reshaped the bone and cartilage, the skin and tissue is re-draped over the structure of the nose, and the incisions are closed. To support and protect the structure of your new nose as it heals, a splint is used. Your surgeon does not routinely use nasal packs. After the surgery is completed, you will be taken into a recovery area and closely monitored. You may be able to go home after a few hours unless you and your surgeon decide an overnight stay is best for your recovery.

Pain medication and antibiotics may be prescribed to help alleviate discomfort and reduce the risk of infection.



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# RECOVERY FROM A RHINOPLASTY PROCEDURE

After surgery when you wake you will spend time in a recovery room, where you will be monitored for complications. Generally a rhinoplasty is a day procedure and you will be ready to go home after a few hours following surgery. After surgery you will have a nasal splint on your nose held on by tape. This will be removed in the surgeon's office a week after the procedure. You may have a bolster under your nose which may be removed once the bleeding has stopped. Mild bleeding is to be expected and is normal. Manage this by tilting the head forward. If bleeding persists try sucking on an ice block. You may experience some discomfort with breathing. Swollen nasal tissue may cause the nose to seem blocked for a couple of days until the swelling subsides.

After the operation, you can expect:

- Pain or discomfort
- Numbness
- Swelling and bruising to the face and around the eyes
- Your face may feel sunken in
- Possible bruising around the eyes

Majority of swelling usually occurs in the first 24 to 72 hours and might distort your facial features or stiffen your facial movements. Keeping your head elevated during rest is extremely helpful in reducing the initial post-operative swelling. You can expect the majority of the bruising and swelling to subside after about 6-8 weeks. You may also experience numbness, which usually resolves itself within several months. Medication will be prescribed to help control the pain as needed.

Straining, bending, and lifting should be avoided during the early post-operative period to reduce exposing your incisions to excessive pressure or motion. This includes heavy work, aerobics, running or weight lifting, and sex for at least 3-4 weeks. Walking and mild stretching are fine. Additionally, do not wear clothing that needs to be placed over your head.

Generally, scars from the incisions are hidden under the nose and are concealed underneath. Scars will remain pink for a few months and will fade over the next 6 months. It may take up to a full year for the final result to appear due to swelling, scarring and bruising.



## WHAT RISKS MAY BE INVOLVED?

Each year thousands of people who undergo successful rhinoplasty surgery, experience no major problems, and are pleased with the results. Significant complications from a rhinoplasty are infrequent. However, make sure you understand what surgery involves, including possible risks, complications and follow-up care.

Rhinoplasty surgery poses various risks, including:

- Scarring
- An accumulation of blood under the skin (hematoma).
- Facial nerve damage which can result in temporary or permanent numbness and weakness of the facial muscles.
- Risks of anaesthesia including allergic reaction, which may (rarely) be fatal surgical risks such as bleeding.
- Blood clots that may cause potentially fatal cardiovascular complications such as heart attack, deep vein thrombosis or stroke.
- Temporary or permanent areas of numbness.
- Infection in the cartilage, which can cause scar tissue to form inflamed, itchy scars.
- Asymmetry (unevenness) of the nose or nostrils
- Further surgery to treat complications.

It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure. You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your rhinoplasty surgery. If you have any concerns about the risks involved with the rhinoplasty surgery, please consult your surgeon

## IMPORTANT REMINDER

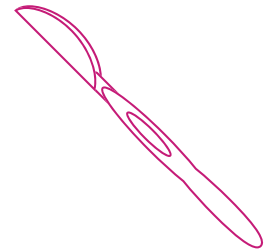
It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.

# COMMON QUESTIONS



## IS A RHINOPLASTY PROCEDURE COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

If it is considered medically necessary, Medicare may cover part of the costs associated to the surgery less the doctors fee. How much Medicare covers will depend on the nature of the surgery you require.



To find out if your procedure falls under the category of medically necessary you will need to contact Medicare. You will also need to provide details to your health fund to see if they will cover you and to what extent.

## IS A RHINOPLASTY PROCEDURE PAINFUL?

You will experience discomfort. You will be given a pain reliever, for mild discomfort, but remember to avoid anti-inflammatory medication such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.

## WHEN CAN I RETURN TO WORK?

The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 1-2 weeks after the initial surgery.

## HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive following your procedure. When you can react without pain and are no longer taking any pain medication you may recommence driving.

## WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability as smoking decreases the oxygen that is carried throughout your blood to help your skin heal from a surgical incision.



## WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. Post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

## WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots in your calves.

## WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 3-4 weeks. It is recommended that strenuous exercise is restricted for 6 weeks as it may increase swelling, bleeding or duration to the body's natural healing process. These activities include weight lifting, push-ups and running.

## HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with pillows propping your head up with your upper body raised on 1 to 2 pillows for as long as swelling persists. Keeping your head elevated at least 45 degrees during rest is extremely helpful in reducing the initial post-operative swelling. Using a travel neck pillow to keep your head still as you sleep will help reduce swelling.

## WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 3-4 weeks of surgery due to infection as your wounds are not completely healed.

## HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

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## OUR SURGEON DR. MARK DOYLE

Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

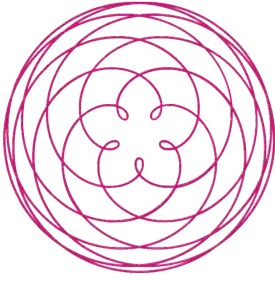


Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.



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## YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



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