



# Rhinoplasty

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## What is a Rhinoplasty?

A rhinoplasty, or a 'nose job', is one of the five most common cosmetic surgery procedures in the UK, accounting for roughly 10% of all cosmetic procedures in 2018 alone.

A rhinoplasty procedure reshapes, corrects or reconstructs the nose to achieve more aesthetically pleasing proportions and help balance and enhance ones' physical appearance.

As the central feature of the face, the size and shape of the nose is a key determining factor in how we feel about our overall appearance and attractiveness. If, for whatever reason, you are unhappy with your nose, a rhinoplasty procedure is the most effective permanent solution to change it. Our surgeons are leading experts in their field, and via a rhinoplasty procedure, can make your nose smaller, more prominent, slimmer, or wider, or simply smooth away unwanted lumps or bumps.

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## Why do people have it?

For both men and women the prominence, shape or proportion of their nose can cause feelings of insecurity and unhappiness. A rhinoplasty can help improve the way we feel about our looks, and increase self confidence and overall levels of happiness as a result.

Rhinoplasty can also provide a solution for an array of underlying medical issues, such as correct breathing issues or alleviate the symptoms of sleep apnoea.

Whether for cosmetic or medical reasons, rhinoplasty is the most effective and immediate corrective procedure in such instances.

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## Who is suitable?

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- Over the age of 18
- Physically and psychologically fit and healthy
- Bothered by the size or shape of their nose, either for cosmetic or medical reasons
- Have realistic expectations of what can be achieved by surgery

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## What to expect?



### PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what you hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given the existing structure of your nose. Dependent on which consultant you see, a visualisation of what outcome you can expect will be made via Crysalix 4D imaging technology used at the Clinic to help you visualise this.

After that, several key measurements will be made of your nose, and standard clinical photography will be taken.

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.



### PHASE 2: PRE - PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure.

Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission

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## What to expect?



### PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself is straightforward and takes place under general anaesthetic over the course of between one and three hours. A rhinoplasty can be 'open' or 'closed', dependent on where the incision is placed. Your surgeon will choose an incision site that minimises this scale and visibility of this site.

Following the procedure, you will recover in our ambulatory recovery rooms for between one and three hours depending on the complexity of the surgery. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.



### PHASE 4: POST PROCEDURE & RECOVERY

Once home you will have access to our dedicated oncall nursing team 24 hours a day, 7 days a week. Our team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

A rhinoplasty is one of the least painful procedures, although it is completely normal to feel that your nose is blocked up due to the swelling that you will experience following the procedure. This should subside after 7 – 10 days, after which you should expect some residual bruising. We advise total rest for several days after treatment, recommend at least one week off work to allow adequately for this process. We also recommend avoiding UV light for 2 -4 weeks to aid the scarring process.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed, and your cast is removed. At this juncture we also recommend you meet with one of our experienced on-site aestheticians to discuss ongoing treatment to support the healing and scarring process.

You should see your results clearly at the 6 week mark, although on occasion it can take a little longer. We ask that you come in to see your surgeon after 6 weeks for a post procedure for a final check up.

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## What are the risks?

Complications are unlikely. That said, as with all surgery, some complications are possible, these include:

- Bleeding or haematoma
- Infection
- Sensation change
- Swelling
- Scarring

Your surgeon will discuss each of these risks comprehensively at your consultation.

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## Why come to the Cadogan Clinic for your rhinoplasty?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We are home to a team of high profile, published rhinoplasty specialists
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal and scar quickly and efficiently

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## At a glance facts



### SURGERY TIME

1 to 3 hours



### HOSPITAL STAY

2 to 3 hours following procedure



### TIME OFF WORK

2 weeks



### FULL RECOVERY

6 – 8 weeks

