

Mr Stephen Tudge MBBS, MS, FRACS
Otolaryngology, Head and Neck Surgery

Information Regarding Rhinoplasty

Reasons for having the operation

Nasal obstruction
Cosmetic problems
Snoring

Results

Overall results are very good for improving the nasal airway and the external appearance of the nose (95%). The final outcome depends to a large degree on the severity of the initial problem. I have to work with the tissues available to give improvement, rather than rebuild a new nose. A natural appearance is always what is aimed for.

Nature of the operation

You will be admitted to hospital on the day of surgery
The operation is done under general anaesthetic
The operation normally takes about 2 hours, and is done through the nostrils. There are usually no external cuts. Sometimes a small cut is made between the nostril, this will be discussed with you pre-operatively if it is necessary. You may have a dressing placed in the nose, which is removed the following day.
You will have a splint placed over the nose, which is removed in 1-2 weeks. I expect that you will be able to go home either on the day of surgery or the next day.

Side-effects and Risks

Bruising. It is usual to get some bruising around the nose and eyes, which lasts 2-3 weeks.

Swelling. Most swelling settles in the first 2 weeks, however there is some swelling of the tissues for up to 12 months. Sun burn will make this worse, and precautions should be taken over this time



Pain. You should not experience more than moderate discomfort after this operation.

Bleeding. It is normal to get blood stained secretions for the first 2 weeks. Heavy bleeding is uncommon and you should proceed directly to the emergency department if this occurs.

Infection. There is a small risk of infection, which needs prompt treatment. Any increasing pain or fever should be reported to me as soon as possible.

Second Operation. Approximately 5-10% of patients will require a second procedure to correct a persisting problem. This will not usually be as extensive as the initial operation.

Post-operative Information

Crusting

It is usual to get scabbing and crusting in the nose for the first 2 weeks. You will be given some saline spray/solution to use to help clear the nose. Nose blowing should be avoided in the first 2 weeks

Bleeding

It is recommended that strenuous activity be avoided for the first 2 weeks. Showers should be warm, not hot. Do not travel more than 1 hour away from health care facilities in this time.

If some bleeding does occur, sit up and suck on some ice.

If bleeding is persistent (longer than 5-10 minutes) or severe you should contact me on my pager and go straight to hospital.

Pain

Any increase in pain should be reported to me promptly. Simple analgaesics such as paracetamol should be adequate.

Check-up



Malvern Hill Consulting

1039 Malvern Rd, Toorak VIC 3142
Phone: 03 9188 3690
www.malvernhillconsulting.com.au

An appointment should be made to see me in my office 1 week following surgery.

Clinical Photographs

I routinely take pre and post operative photos for my records.

Time off Work / School

7-14 days is usually required, depending on the type of work. A work certificate will be provided at your post operative visit as required.

