

DR DAVID A. ROSS FRACS(PLAST.)  
PLASTIC AND COSMETIC SURGEON  
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**03 9596 8888**



## Rhinoplasty by Dr David Ross Plastic Surgeon

Rhinoplasty is a surgical procedure to reshape the nose to make it more attractive. It is also undertaken to correct nasal deformity that may be the result of a birth anomaly or a traumatic incident. Finally rhinoplasty surgery can be undertaken to correct a deviated nasal septum or other airway obstruction causing difficulty in breathing. Reshaping of the nose is commonly undertaken to reduce the overall size of the nose but it can also be used to correct areas of prominence like a nasal hump or drooping tip. It can also be used to narrow the nose or the nasal skeleton can be augmented to give improved definition to the dorsum or improved nasal tip definition.

Recently there have been significant advances in rhinoplasty techniques allowing vastly more precise and predictable surgical results. Also now the recovery from the procedure is smoother and more comfortable than was previously the case, due to improved anaesthesia and postoperative analgesia. Many of these procedures can now be undertaken as day surgery cases when previously a number of days in hospital were required following surgery.

Rhinoplasty can be one of the most difficult cosmetic surgery procedures, especially in the situation of previous nasal trauma or previous rhinoplasty surgery with an unfavourable result. It is important that a suitable rapport is gained between surgeon and patient so that the aesthetic objectives of the procedure can be clearly defined and determined to be surgically achievable. Dr Ross usually recommends that patients presenting for consultation regarding rhinoplasty bring photos of themselves to highlight their aesthetic concerns, as well as photographs of noses they find attractive so that the aesthetic goals of the procedure can be clearly defined. It is important that both the surgeon and patient have a clear understanding of the desired outcome from the rhinoplasty procedure. Often the use computer imaging techniques can be useful to allow the patient to gain a clear image of their facial appearance with different nasal shapes achievable with rhinoplasty surgery.

Newer rhinoplasty techniques allow for surgery to be performed either closed, where there are no visible sutures or open, where the nasal skeleton is fully exposed to allow more precise surgical procedures to be undertaken. The open rhinoplasty technique does leave a small scar on the columella of the nose but this heals to be virtually inconspicuous by 3 months. Open rhinoplasty techniques are usually reserved for patients with more complex nasal deformities, such as those who have nasal deformity as a result of trauma or congenital deformity such in the cleft lip and palate patient. Patients who require more complex nasal dorsum augmentation or tip refining surgery are also usually undertaken with an open approach.

Rhinoplasty surgery is undertaken under general anaesthesia and is usually performed as a day surgery procedure. The procedure usually takes between 1-3 hours depending on the complexity of the deformity. Following the procedure the nose will be protected by a splint. This is to protect the modifications made to the nasal skeleton and also to prevent swelling of the nasal skin. Dr Ross likes to keep the protective splint in place for 10-14 days following the surgical procedure to avoid prolonged nasal swelling that can occur after rhinoplasty surgery. If the procedure has addressed any concerns regarding airway patency then a nasal pack may be used to prevent nasal haemorrhage in the immediate postoperative period. This can be removed usually 24 hours following surgery. In the early postoperative period it is not usual to experience some swelling around the eyes but this will usually settle after 2-3 days. Most patients are given a nasal decongestant and a nasal lubricant to assist in healing the mucosal wounds involving the lining of the nose. At the time of removal of the nasal splint the change in nasal contour should be quite evident and significant internal healing occurred. Most patients can usually return to their work commitment by two weeks following their surgical procedure. In subsequent weeks following surgery Dr Ross recommends gentle massage of the nose to decrease the nasal swelling. It can be up to six months following surgery before the final result becomes apparent. If you have any queries about any of the information provided here or would like to find out more about rhinoplasty surgery please contact our office to schedule an appointment with Dr Ross.

**Bayside Plastic Surgery**

**159 Church Street**

**Brighton VIC Australia**

**Ph: 03 9596 8888**

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