

Rhinoplasty Guide



THE VENKAT CENTER
FOR SKIN ENT PLASTIC SURGERY

What is Rhinoplasty?

Rhinoplasty or nose job is the name of the surgery used to aesthetically improve the features of the nose. Rhinoplasty is regarded as one of the more difficult cosmetic surgeries. It is important that the operating surgeon be well trained. With good planning and technique, pleasing results can be attained in nearly all cases.

Who is a candidate for rhinoplasty?

Good candidates are usually young adults above 18 (though good results can be attained in older age groups). It is best if the candidate has a clear idea of what they are looking for with realistic expectations and positive goals.

COSMETIC RHINOPLASTY

These are patients who have no functional problems and are looking to improve the look of their nose. This can involve any of the following:

- Reduce or increase the height of the nose
- Narrow or broaden the dorsum
- Make tip sharper, more prominent
- Correct hanging tip
- Narrow base of nose
- Reduce nostril size

FUNCTIONAL RHINOPLASTY

This kind of nose surgery involves patients who have issues with their breathing. This can involve several reasons

- Repairing damage caused by an injury- an old fracture
- Deviated nasal septum
- Hypertrophied turbinates
- Septal spurs

These patients need to be evaluated properly and often need a CT scan previously to properly diagnose all problems

SECONDARY RHINOPLASTY

Often patients have had a rhinoplasty previously with another surgeon. And aren't happy with the result or have been left with functional problems. These are challenging cases which need specialised treatment.

Consultation for rhinoplasty surgery

During your rhinoplasty consultation, your nose will be evaluated by Dr. Aniketh both cosmetically and functionally and compared to established ideals. You will also be asked about your goals and expectations. Other aspects of your face will also be evaluated for overall facial harmony. Numerous measurements and values are taken to provide a complete evaluation of your face.

Functional examination

Your nasal cavity will be evaluated to rule out any breathing issues such as deviated septum. If indicated, a CT scan may be performed to evaluate further. It is important to keep in mind that form cannot take priority over function. It is important to have a nose that breathes at the end of the day. This cannot be compromised for an unrealistic cosmetic correction. Dr. Aniketh will guide you to take the best decision in this regard.

Simulation

Finally, a customized plan will be made to suit your nose. This will be simulated on your photographs on a computer (although it is important to remember this is a simulation only). The simulation provides an idea of what the goals of the surgery are. It is a blueprint. It cannot be guaranteed that the final results will match the simulation as this depends on many factors including your healing capacity.

Other factors

Often the nose is not the only unbalanced factor in the face. The chin might be retruded or face tissue might be sagging. Dr. Aniketh will advise and guide you on these issues as well, which can be addressed during the surgery itself.

The final plan

Once the plan is agreed on by both Dr. Aniketh and you, the next step towards nose surgery is taken

Points to note before rhinoplasty procedure

- Your general physical examination and some routine lab tests are done to evaluate your fitness for surgery.
- It is important you stop smoking for 2 weeks prior to surgery.
- The operation is performed under general anesthesia however, the majority of the patients can be discharged a few hours following surgery feeling quite comfortable and generally free of pain.

What happens during rhinoplasty surgery?

- During the procedure, Dr. Aniketh will make incisions in the nostrils.
- Depending on your requirement, this can be done by open method (with an incision across columella) or closed method (without this incision).
- The nasal structure is then exposed.

- Various manipulations are made as needed on the bone, cartilage and soft tissue. The overall plan is to bring balance to the nose. This is done by both sutures as well as grafts
- If there is excess cartilage causing humps, it is removed.
- If there isn't enough cartilage causing depression, it is added.
- If the cartilage is bent or out of shape it is sutured properly.
- The bones are too wide, they are narrowed.
- Any other medical issues such as deviated septum, the septal spur will also be corrected at the same time.
- If the nostrils are wide, they are narrowed.
- For damaged noses or secondary cases, it may be necessary to harvest cartilage from other parts of the body such as ear or chest. This is usually needed only in extreme cases.
- Once the reshaping process is complete, the skin will be put back in place and the incisions sealed. A splint is then applied.

How much time off work?

You will have nasal splints and gauze for a week after rhinoplasty surgery during which you can work from home. There can be swelling and bruising for up to 2 weeks after which you can go outside freely.

Precautions after rhinoplasty surgery?

- Sleep with head-end elevated.
 - Avoid facial massage.
 - Avoid smoking for 3 months.
 - Splint removal at 7 days.
 - Continue taping at daytime till 10 days. Then at night time for 3 weeks.
 - Steam inhalation three times a day for 2 weeks.
 - Keep suture line clean.
 - Don't blow your nose for two weeks. Sneeze with open mouth.
 - Avoid lifting heavy objects for 4 weeks.
 - Avoid the gym, straining for 4 weeks.
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- Eat soft food for 2 weeks after surgery.
 - Some mild bleeding might be seen. It is normal.
 - There can be some bruising and swelling. It will reduce.
 - Your nose may feel numb. It will recover.
 - Your breathing might feel different. You will get accustomed to it.
 - The result will continue to improve as the skin redrapes and swelling reduces. Full result will be seen at 6-12 months.
 - Use sunscreen over the nose and face while going outdoors for 3 months after the surgery.
 - Avoid any nasal trauma, even minor one while the nose is recovering.

SUMMARY

1	Anesthesia	General
2	Surgery time	2-3 hours
3	Admission time	Day care/ over night
4	Back to work in	Work from home in 2 days. Going out after 8 days
5	Full result in	6-9 months
6	Cost	Rs 70000 to 1.8 lakh. (1000 to 3000 USD)



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What's UNIQUE about The Venkat Center Bangalore

Dr. Aniketh will guide you through every step of the procedure. During the consultation, your nose will be evaluated by Dr. Aniketh both cosmetically and functionally and compared to established ideals.

Dr. Aniketh is a highly trained and experienced cosmetic surgeon having worked with experts in nose plastic surgery all over the globe- Istanbul, USA, Belgium. He has been trained in both non-surgical & surgical rhinoplasty.

In addition, the Venkat Center also has Dr. Deeksha Rao, an ENT surgeon trained in rhinology who can address all functional aspects in the nose

Hence both cosmetic as well as functional treatment can be ensured at the Venkat Center Bangalore

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