

Nasal Surgery (RHINOPLASTY/SEPTOPLASTY)

DISCLAIMER:

Please read the following points:

- ❑ The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- ❑ All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- ❑ All patient photos and literature on this website are firstly consented to and signed by the patient themselves

Nasal Surgery

(RHINOPLASTY/SEPTOPLASTY)

Surgery of the nose (rhinoplasty) is very popular in men and women of all ages.

This procedure is performed to correct the shape of the outside of the nose, to remove bumps from the bridge of the nose or to lift a drooping tip. External nasal deformities can cause great emotional distress to patients and surgery may be just the answer.

There are various areas of the nose that can be changed such as the nostrils, the tip of the nose or the bony structure.

You should discuss the alterations you would like to see made with Mr. Mutimer.

Nasal surgery should however only be performed when the nose is fully grown, usually at the age of fifteen.

The procedure of septoplasty is usually performed when a patient suffers from breathing problems due to the nasal septum being crooked as a result of injury or a birth defect.



Rhinoplasty can recontour the nasal profile, change the angle between the nose and upper lip, and reshape the nasal tip



The goal of rhinoplasty is a natural-looking nose that "fits" with the rest of the face.

WHAT TO EXPECT AT YOUR CONSULTATION

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to help you make the necessary arrangements for an appointment for you to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.

Strictest care is taken to ensure your privacy.

Easy parking is available at the rear entrance.

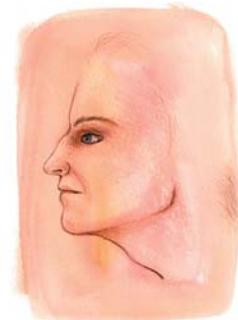
There are several points that Mr Mutimer will consider regarding your nasal surgery, such as:

- Any previous nasal injuries
- Breathing, allergies or sinus problems
- Previous nasal operations
- Any serious illnesses, operations or medications that you are presently taking
- Your nasal bone structure and its shape and size

You should inform Mr. Mutimer if you have or are taking any nasal sprays. Sometimes surgery of the chin is performed with nasal surgery to improve appearances.

You should expect to be with Mr. Mutimer for at least 30 minutes.

Alterations can be made to decrease the nasal bridge and reduce the size of the nose



The results of rhinoplasty enhance the balance between the nose and other facial features

Nasal Surgery

(RHINOPLASTY/SEPTOPLASTY)

DOES MY HOSPITAL INSURANCE COVER THE COST OF THE SURGERY?

There is an MBS item number attached to nasal surgery when it is not for cosmetic reasons. This means you will be covered for your hospital bed and theatre fee. If you have an excess or overnight bed fee attached to your hospital insurance you may incur extra costs.

It is a good idea to check your coverage with your health fund.

The patient care-coordinator will thoroughly explain the fees to you and print a detailed account summary. If you have any questions please do not hesitate to contact the office.

WHERE ARE THE INCISIONS PLACED?

Incisions vary depending on the type of nasal surgery Mr. Mutimer has suggested.

The majority of incisions will be made within the nose so that they are not visible. The procedure "open rhinoplasty" requires a very small, inconspicuous incision made at the columella.

HOW WILL MR MUTIMER RESHAPE MY NOSE?

Mr. Mutimer can perform various types of alterations to your nose.

Changes can be made to the septal bone if it is crooked. This is performed by re-breaking the nasal bone and straightening it, allowing the patient to breathe easier. Some patients have a hump on the bridge of their nose, which can be chiseled down making it less visible.

Small wedges of skin, as shown, are removed to narrow the base of the nose or reduce the width of the nostrils



Incisions are placed inside the nose to provide access to the cartilage and bone that form the nasal framework.

Depending on the surgical technique used, a splint may be placed on the bridge of the nose for the purpose of holding the tissues in place until they have stabilised.

The nasal cartilage can be altered to allow a thinner bridge and narrower appearance. If the nose is bent it can be straightened and changes can also be made to lift a drooping tip. Cartilage can also be inserted to build up areas to produce a better looking nasal structure.

Mr. Mutimer may recommend Computer Imaging to assist in making these decisions. Imaging can be obtained from Metamorphics, Suite 16 South Yarra Corporate Centre, 209 Toorak Road, South Yarra. Phone (03) 9826 8277.

RISKS, COMPLICATIONS AND SIDE EFFECTS OF NASAL SURGERY

Though uncommon, there are risks and complications associated with this kind of surgery. Mr. Mutimer will discuss them with you in detail at your consultation.

They include:

- ❑ Post operative bleeding and infections. Sometimes a haematoma can arise following nasal surgery, which requires readmission and removal in theatre.
- ❑ Some infections may occur after surgery and usually subside after a course of antibiotics.
- ❑ Numbness of the skin may occur but will subside in time. If this does occur, you should inform Mr. Mutimer.
- ❑ Removal of the nasal pack is unpleasant, but fortunately it is a relatively quick process.

It is important to sleep on your back with your head raised to minimize possible complications. Rest is an essential part of the healing process.

PRE-OPERATIVE PREPARATION

- ❑ Mr. Mutimer may ask you to obtain an x-ray, CT scans or computer imaging of your nose prior to surgery.
- ❑ Smoking should be ceased 2 weeks prior to surgery (including Nicotine patches)
- ❑ Any blood thinning tablets (i.e. aspirin/disprin) or vitamins should be ceased 2 weeks prior to surgery.
- ❑ Arnica tablets are taken to help with bruising and swelling. They should be taken 3 days prior to surgery (5 tablets a day, excluding the day of surgery) and continue to be taken until finished.

Nasal Surgery

(RHINOPLASTY/SEPTOPLASTY)

- ❑ Fasting is required for 7 hours prior to surgery including water, chewing gum and lollies.

The length of your stay will depend upon the type of surgery you are having.

WHAT TO EXPECT ON THE DAY OF SURGERY.

The patient care co-ordinator will have given you an admission time which will be approximately 30-60 minutes prior to surgery. You will have fasted for 7 hours prior to this. Any x-rays, CT scans or computer imaging should be brought with you to the hospital. Remember to take your hospital insurance details with you.

If you are staying as an inpatient you should bring all toiletries, nightwear and comfortable clothing (i.e. a tracksuit or a top that is buttoned or zipped at the front rather than a top that you have to pull over your head.)

You will also need a carer to take you to and from the day facility centre and to stay with you for 24 hours after the procedure. You will be given a general or local anaesthetic and sedation (depending on your type of surgery) and it is important to inform Mr. Mutimer prior to surgery of any previous complications/reactions to anaesthetics, or of any anxiety or nervous conditions.

All anaesthetists that work with Mr. Mutimer have high expertise in plastic surgery.

You will have a nasal pack inserted into your nose, which is removed 24 hours after your procedure. You may also have a splint applied to the nasal bridge or sutures, which are removed 7 days post operatively. You will be monitored closely by the wound care manager.

WHAT SHOULD I EXPECT AFTER MY SURGERY?

The recovery period varies from patient to patient and it is important not to expect too much too soon. You will experience some blockage in the nose, causing slight discomfort. It is important not to blow your nose too hard as this can cause damage.

You may experience some minor bleeding but this should subside in time.

Bruising around the eyes may occur and usually takes approximately one week to subside.

It is important not to take aspirin or disprin as pain relief, as this may cause bleeding. It is expected that swelling may last a number of weeks. The nasal bones are soft and it is very important to protect the nose, avoiding any activity where injury may occur.

WHEN CAN I RESUME MY NORMAL ACTIVITIES?

Bending, lifting and straining should be avoided for the first few days post operatively. You should be able to return to work within 10-14 days.

Exercise should also be avoided for at least three weeks after surgery. You should keep out of direct sunlight and apply sunblock to the nose regularly. (Available for purchase at the office).

It is important not to wear glasses for a number of week's post operatively, as this can affect the healing process, by causing indentation. You should consult Mr. Mutimer if this affects you.

Mr. Mutimer is open to discussion about any follow-up surgery, which you feel may be required if you are dissatisfied with the result.

Please note that follow-up surgery cannot take place immediately. Mr. Mutimer will advise you accordingly.

MAINTAINING A PATIENT/DOCTOR RELATIONSHIP

Mr. Mutimer is a very approachable doctor who understands your needs in relation to your Nasal surgery. Please feel free to approach him with any questions or concerns you would like addressed.

You will return to the consulting rooms for follow up care, where your progress will be monitored.

Post-operative photographs will be taken at a later date.

It is important for you to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital.

If you have any questions or concerns do not hesitate to contact the office to speak with him.

The post-operative period is an extremely important time and there are trained staff available to help you. You can contact them on 9592 0522.