



Aura

ADVANCED SKIN CARE
& PLASTIC SURGERY

RHINOPLASTY

NOSE SURGERY

What is an Rhinoplasty?

Also known as a “nose job”, rhinoplasty is the surgical procedure performed to enhance the shape and profile of the nose.

It involves reshaping the cartilage and bones of the nose in order to produce a more attractive and proportionate nose that ideally creates harmony and balance with the rest of the face.

Fortunately or unfortunately, the nose is the most prominent feature of the face and can easily distract attention from the rest of the face and other physical or non-physical features of an individual.

Good candidates for a Rhinoplasty include those who:

- Are in overall good health
- Do not smoke
- Have a disproportionately large nose
- Have a flat nose
- Have a short nose
- Have a really narrow nose
- Have a wide nose
- Have a crooked nose
- Have a large hump on their nose
- Have trouble breathing through their nose
- Are unhappy with the shape of their nose for any reason

Who is a Good Candidate for Rhinoplasty?

Many people are not happy with the nose they were born with. Whether it is too large, too flat, too pointy, crooked or otherwise misshapen, a rhinoplasty can effectively correct it.

HOW IS A RHINOPLASTY DONE?

Before the Procedure

Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

In addition to their certification, choose a surgeon with experience doing the procedure you are interested in. Don't be afraid to ask how many procedures they perform per year or month and take that into account when choosing a surgeon.

During your Pre-op Visits

During your pre-op visits you'll also discuss your expectations, any medical conditions and medications you take. Pictures will likely be taken to document your nose before and after as well as outline the expected results of the procedure. Blood work may also be required to detect any pre-existing conditions in case special considerations need to be taken. Pre-op instructions will likely include when to stop eating and drinking before the procedure, and when to arrive for your procedure.

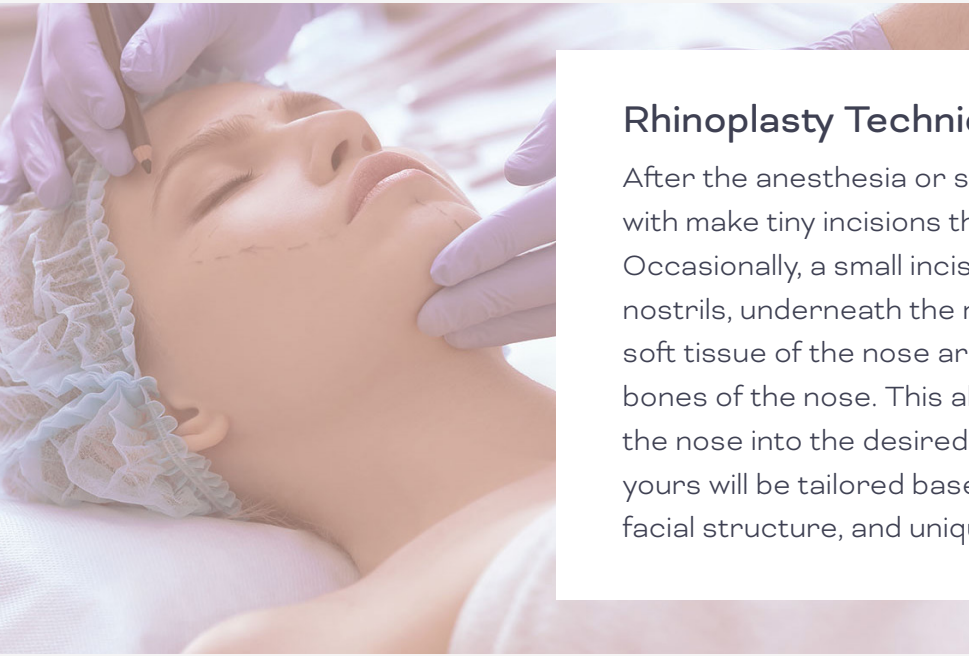
The Procedure

Where & how long will the surgery take?

Rhinoplasty surgeries are performed at an outpatient surgical center or hospital under general anesthesia or IV sedation. The average timeframe for a rhinoplasty is two to four hours. Duration may be longer if combined with other procedures.

During your surgeon visit

During your visit with the surgeon, you will discuss your issues and concerns. A good surgeon will carefully listen to your wishes and help you know if a rhinoplasty is the right procedure for you.



Rhinoplasty Technique

After the anesthesia or sedation has taken effect, your surgeon will make tiny incisions that will be hidden inside the nose. Occasionally, a small incision may be made in the skin between the nostrils, underneath the nose (a.k.a. the columella). The skin and soft tissue of the nose are then elevated from the cartilage and bones of the nose. This allows the surgeon to sculpt and shape the nose into the desired results. Each rhinoplasty is different and yours will be tailored based upon your specific goals, anatomy, facial structure, and unique features.

After the Procedure

Once the procedure has been completed, you'll be held in the recovery room until you wake up from anesthesia or sedation.

Unless you are staying in a special post-op suite or the hospital, you will need to arrange for someone to drive you to and from surgery and stay with you the first few nights to help you recover.

WHAT IS RECOVERY FROM A RHINOPLASTY LIKE?

After the Surgery is Complete

Some nasal congestion and pressure are common for a few days after rhinoplasty. Swelling of the nose is also present but will typically improve within the first four to six weeks along with any associated bruising.

As you Recover over time

Post-procedure instructions include plenty of rest, fluids and keeping the head elevated which often means sleeping in a recliner or significantly propped up in bed.

Plan to have someone else around to help with some daily activities for a few days, especially if you have young kids or animals to take care of. Exercise and other types of physical activities may not be allowed for a few weeks. Your surgeon will give you specific instructions on when you can return to certain activities.

WHAT ARE THE RESULTS & BENEFITS OF A RHINOPLASTY?

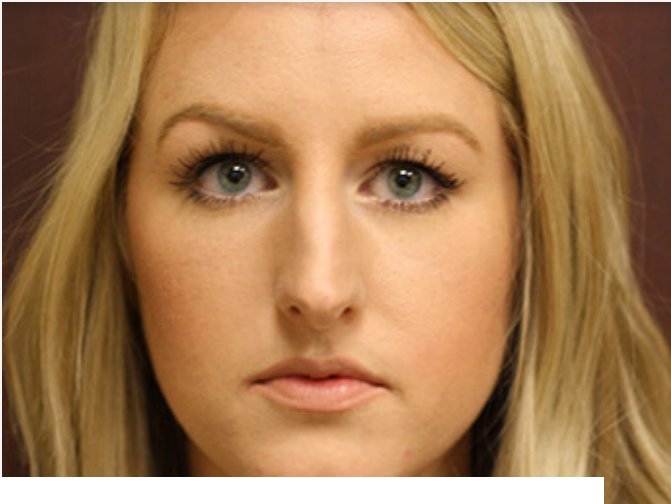
Results & Benefits

After the bandages come off

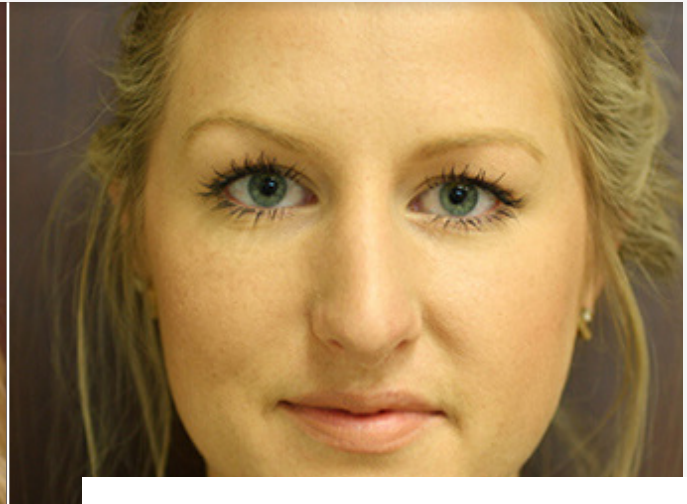
Although swelling will be present for the a few weeks or so after the procedure, the final results from a rhinoplasty are noticeable once the bandages are removed.

Rhinoplasty Benefits

- More Symmetrical & balanced facial profile
- Well proportioned nose
- Aesthetically pleasing & attractive nose
- Improved breathing
- Improved self-confidence



BEFORE



AFTER

WHAT RISKS COME WITH A RHINOPLASTY?

Risks are present with any type of procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you.

Your surgeon will go over risks that may be more specific to you but in general here are some risks associated with rhinoplasty procedures:



Rhinoplasty Risks

- Infection
- Bleeding
- Blood Clots
- Skin discoloration from scarring or bruising
- Undesirable scarring depending on what technique is used
- Chronic Pain
- Adverse reactions to anesthesia or sedation medication

LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there rhinoplasty before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at www.qualitycheck.org
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>