



DR. JAN KLEYNHANS

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PLASTIC & RECONSTRUCTIVE SURGEON
PLASTIESE & REKONSTRUKTIEWE CHIRURG

RHINOPLASTY

Cosmetic rhinoplasty or “nose job” aims to alter the shape and size of the nose and improve nasal appearance in order to restore balance and harmony to one’s face. As the nose is the central feature of one’s face, nasal shape and size is an important determinant of overall facial appearance. Some patients are concerned about the size, shape or a perceived deformity of their nose. Breathing problems are sometimes associated with nasal deformity.

Harmonious facial proportions depend on a pleasing relationship between all facial elements. In some patients other aspects of the face (chin/cheeks) needs to be adjusted simultaneously in order to achieve an optimal result.

WHICH OPERATION IS BEST FOR ME?

When consulting with Dr Kleynhans, the concerns you have with your nose will be discussed and analyzed, where after an operation plan will be proposed to surgically correct and improve the specific aspects of your nose that you are concerned with. The operation will be discussed in detail including the anaesthetic, theatre options, recovery and cost. A realistic expectation of what can be done and a clear idea of the expected outcome of the operation reduces the possibility of unhappiness with the result.

BEFORE THE OPERATION

Medications that thin the blood should be avoided for two weeks before the operation (Arnica, Asprin, high dose Vitamins or Garlic containing compounds.) Photographs are taken routinely for medical record purposes.

THE OPERATION

Rhinoplasty operations adjust the nasal skeleton by removing or adding to the bone and cartilage of the nose. This is done through incisions inside the nose, lifting the skin off the nose from within, thus leaving no external scars. If the nostrils are reduced minor scars are left in the nostril/cheek groove. Occasionally an open rhinoplasty is required to expose the nasal skeleton completely and deal with particularly complex pathology.

Most rhinoplasty operations involve the nasal airways and care is taken not to compromise breathing whilst improving the shape. Some patients require a septumplasty or adjustment to the division between the nasal passages. In other cases cartilage from the ear shell or ribs is inserted in order to support, enlarge or enhance the nose.

Most rhinoplasties are done under general anaesthetic and patients often stay in hospital overnight.

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AFTER THE OPERATION

The nose is blocked with nasal packs after surgery which are removed within 4 to 24 hours. Tape and a plastic splint is usually applied to the nasal bridge for a week. Splints inside the nose remain for a week if a septumplasty is done.

Expect swelling and bruising around the eyes for 1 - 2 weeks after surgery which varies from patient to patient. The nasal passages are swollen as well and the nose might feel blocked for the initial few postop weeks. The skin of nose is swollen for 6 weeks afterwards and the nasal skin usually feels numb for 3 – 4 months. Most patients look quite presentable and return to social activity and work within 1- 2 weeks after the operation.

COMPLICATIONS

Rhinoplasty operations may be complicated by excessive bleeding, severe swelling and bruising, infection, prolonged numbness and obstruction of nasal passages. Occasionally the outcome is not as expected and irregularities, asymmetry or deviation of the nose result which may require further surgery to correct. Mood changes may occur during the recovery phase of the operation.

Most patients are pleased with the outcome of their nose operation and few regret their decision to have the shape and size of their nose adjusted.

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