

NASAL SURGERY

A rhinoplasty (nasal surgery) can dramatically change the appearance of the face and function of the nose. Improvements to the front facial views as well as the profile are noticed. Nasal surgery can refine a bulbous tip, narrow a wide nose, straighten a crooked nose, and remove an unwanted bump. Attention is also paid to the nose/chin connection. For some, adding a chin implant will help balance facial proportions. Obstructive airway problems such as a deviated septum or bone spurs can be corrected at the same time, if needed.

Surgery on the nose is best delayed until a person is in their late teen years when the nose has likely finished its growing phase. This leads to a more predictable, desirable result.

Nasal surgery can be performed as an open (small external scar) or closed procedure. The majority of surgeries done at the Cosmetic Surgery Center are with the closed technique allowing incisions to hide inside the nose.

General anesthesia is not needed. A combination of local anesthesia, oral and intravenous sedation will keep you comfortable and unaware. After surgery you can expect minimal pain, controlled with oral medication, and some stuffiness similar to a mild cold. An external dressing is in place for the first week and there is seldom a need for nasal packing.

You may return to work at 7 to 10 days. Light walking, stationary bicycle and treadmill are allowed after a few days. Aerobic exercising may be gradually resumed after 3 weeks.

Although the majority of the swelling subsides within the first 2 months, final results will take about a year to be fully realized.