

Rhinoplasty or Surgical Nose Reshaping

Surgical procedure to reshape and improve the contour of the nose

What is Nose Reshaping?

Rhinoplasty (also known as a nose job) is a way of surgically changing the shape of the nose for cosmetic reasons to even out lumps and bumps or smoothing the contour so that the nose appears more symmetrical or more in proportion with your facial features. The procedure can also be done to address functional issues such as improving breathing.

Why have Nose Reshaping?

For people who are self-conscious about the shape of their nose, a Rhinoplasty can transform the contour of the nose, evening out bumps or reduce the overall size of the nose. A rhinoplasty can also be performed to address functional issues such as improving breathing.

What areas of the nose does a Rhinoplasty address?

There are various ways that nose shape can cause cosmetic concerns, these include a hump on the bridge of the nose, a bulbous or droopy tip, asymmetry, flared nostrils, a small (underprojecting) or large (overprojecting) nose and a low columella amongst others.

There can also be associated breathing problems. The main purpose of Rhinoplasty is about getting the proportions of the face right, for example a small chin makes a nose look larger and vice versa. In some cases, chin alterations may be beneficial.

What happens in Nose Reshaping?

Most procedures such as hump reduction, tip reshaping or repositioning and septum procedures are performed using an 'open rhinoplasty' approach with incisions inside the nostrils and across the columella (the tissue that links the nasal tip to the nasal base). This approach allows for better reshaping of the nose than a 'closed rhinoplasty' which uses incisions within the nostrils only. Since the scar from an open rhinoplasty is on the underside of your nose, it is not visible to most people.

After a dorsal hump removal, the side walls of the bony bridge are also broken (this is known as infrafracture) to narrow the nasal dorsum or the entire nose. The septal nasal cartilage below is also reduced in height and the side cartilages (or upper lateral cartilages) can be fixed to improve airflow.

The nasal tip can be reshaped by using a combination of techniques such as trimming the cartilage (also called a cephalic trim) and with dissolving sutures to define the tip (called intradomal sutures) and to narrow it (called interdomal sutures).

Quick glance guide to Rhinoplasty Surgery

Duration: 2.5 Hours

Hospital stay: No

Treats: Lumpy, uneven or unattractive nose shape

Anaesthesia: Local Anaesthetic for Tip or Nostrils; General Anaesthetic for Septum or Bone surgery

Recovery: Light activities 2 weeks, Driving 1 – 2 weeks, Physical work & sports 6 weeks

Where do you get additional cartilage from if needed?

Cartilage grafts are sometimes used for structural support or augmentation to increase size in specific areas. Cartilage can be taken from the septum, ears or ribs.

What are the benefits of using a Piezotome tool?

Piezotome is a new technology that uses ultrasonic energy to reshape the nose in order to avoid a hammer and chisel technique which can inadvertently damage soft tissue resulting in less bruising and swelling.

How long is recovery from Rhinoplasty?

The suture at the nasal base runs below the skin and is dissolvable so doesn't require removal. It usually takes four months to fully dissolve. The outside of the nose is usually splinted for one week with a padded aluminium splint while dissolvable splints are used inside the nostrils.

What will the scars look like?

With an open rhinoplasty most of the scarring is hidden within the nostrils with a small chevron or "V"-shaped scar across the nasal base. For nostril corrections, the scars are placed in the alar creases on the outer edges of the nose.

Is surgical Rhinoplasty my only option?

Depending on what areas of the nose you're looking to address, you may be suitable for a Non-surgical Nose Correction. This procedure would not be permanent but could be a good option to 'test drive' alterations to your nose before committing to surgery.

Why choose Bella Vou for Nose Reshaping?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards. The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

FAQs

Who is the best candidate for a Rhinoplasty?

The ideal candidate for a rhinoplasty is someone who doesn't like the way their nose looks and feels self-conscious about one or more aspects of it. Often the nose can appear too large and out of keeping with other facial features, it may droop or have a prominent bump on the bridge. Others seek to address issues around breathing to correct an injury.

Is there an ideal age for a Rhinoplasty?

Ideally Rhinoplasty patients are aged between 20 and 40 years old, this is the time when your facial skin is still mostly elastic and is able to accommodate surgical procedures without complications.

There is no predetermined cut-off age for having rhinoplasty though. A fit and healthy elderly patient could still have a rhinoplasty with minimal to no complications.

Is Rhinoplasty painful?

You won't feel any pain during the procedure as you will be under a Local or General Anaesthetic, depending on what you're having done. You may experience slight bleeding and drainage of mucus and old blood for a few days after your surgery which might cause some discomfort or mild pain. You may experience swelling, bruising, headaches and slight pain for up to 4-weeks after your surgery.

Your Rhinoplasty Journey at Bella Vou

Step 1: Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have, the results you want to achieve, and whether a Rhinoplasty surgery can help you reach those goals.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says: *'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

Step 2: Meet your Surgeon

You will be offered a further appointment with your consultant before progressing to surgery to discuss the Rhinoplasty procedure in more detail, as well as details of preparation and recovery.

Step3: Preparation for Rhinoplasty Surgery

The staff at Bella Vou will advise you on any pre-operative preparations to reduce your risk of infection and help your recovery.

You may be asked to stop taking aspirin or anti-inflammatory medication, which can increase the risk of bleeding. It's important to stop smoking cigarettes and e-cigarettes, which can impede the healing process.

You will be advised about the time to start fasting, should you require a general anaesthetic for your surgery.

On the day of your surgery, you'll be welcomed to Bella Vou and checked into one of our beautifully appointed recovery suites before being escorted to the state-of-the-art operating theatre.

Step 4: What happens during Rhinoplasty Surgery?

The detail of what will take place during your rhinoplasty surgery will vary depending on which part(s) of the nose you're looking to address. The Consultant Plastic Surgeon will go through your specific surgical requirements in great detail during your consultation.

Step 5: How long is recovery from Rhinoplasty Surgery?

The suture at the nasal base runs below the skin and is dissolvable so doesn't require removal. It usually takes four months to fully dissolve. The outside of the nose is usually splinted for one week with a padded aluminium splint while dissolvable splints are used inside the nostrils.

Bella Vou staff will closely monitor your recovery. A week after surgery, the wound care specialist and nurse will check your scar. Your surgeon will check it again around six weeks after surgery.