



Dr. J. Ben Hengy & Dr. Andrew Mendians

RHINOPLASTY/SEPTORHINOPLASTY

A Rhinoplasty is a procedure performed to the external portion of the nose. Often times this includes reduction of a large bony hump to the nasal dorsum, changes to the shape of the tip of the nose and reducing the size of the external nose. This surgery is generally performed following trauma but can be performed electively should a patient request a change in the size or shape of the external nose. Often times the surgery will also include surgery on the septum (Septorhinoplasty). The septum is the structure that separates the two nostrils and if deviated can cause airway obstruction.

Both the Rhinoplasty and Septorhinoplasty procedures are done under general anesthetic as an outpatient procedure at the hospital. The risks of the surgery include bleeding, infection, persistent external nasal deformity, numbness to the nasal dorsum, significant bruising, and swelling after the surgery and need for further procedures.

The procedure does involve application of an external nasal splint that must be kept dry for the first week after surgery. Once the nasal bones have been fractured, as they are quite delicate, they can still be inadvertently moved after the surgery. Therefore, the patient should avoid any direct trauma or excessive touching of the nose for 3 weeks after the surgery. The bruising to the external nose and the area around the cheek and eye region generally will clear in approximately 7 to 10 days. The patient will be requested to apply an icepack to the upper cheek region for the first 24 hours afterward. It is important that the patient avoid blowing the nose during the first week after surgery. The patient will be sent home after surgery on pain medication and an antibiotic.

POSTOPERATIVE INSTRUCTIONS

Activity: Activity level should be quite limited for the first 10 days after the surgery. This includes no lifting greater than 10 lbs. The Patient is to avoid any contact sports and/or any activities that could involve trauma to the external nose. Contact sports should be eliminated for the first 3 weeks after surgery.

Wound Care: In addition to the external nasal splint the patient will also have a nasal mustached dressing that will be changed periodically as needed and will often times require being applied for the first 2 days after surgery. It is normal to change the mustache dressing after the surgery every 1/2 hour for the first several hours after the surgery until the drainage begins to lighten. The patient will be sent home from the hospital after surgery with a nasal saline irrigation instructions and told when to begin irrigating the nose.

Medications: Medications given after surgery include an antibiotic and a pain medication. These should be taken as directed. The pain medication will be taken until the pain and discomfort begins to clear. Once the pain is mild, the patient may switch to Extra Strength Tylenol if they are not allergic. Patient is not to take any blood thinning medications such as aspirin or Motrin for the first week after the surgery.

Additional Instructions: Should any signs or symptoms of infections occur, including increased fever, severe headache, vision changes, persistent bleeding from the nose, increased swelling of the face or nose region and/or pus-like drainage from the nose or from any incision site within the nose or external nose, the physician should be contacted immediately. The patient will have several visits after the surgery for cleaning and debridement of the crusting inside the nose, which is quite common. Please note the patient will have tan colored sutures in the nose and across the mid portion of the nose that will persist anywhere from 6 to 8 weeks. It is during this time that the nose will still be healing, and it is normal to expect some swelling during this period. It takes approximately 6 to 12 months for the final outcome of a Rhinoplasty, particularly if there is extensive work done to the tip or top of the nose. Please be aware that the patient should not be smoking and should not use any aspirin or Motrin products for at least seven days after the surgery unless otherwise instructed.

Should you have any questions, please feel free to contact our Manistee office at (231.398.9536 or our Ludington office at

231.398.9536 • 1806 E. Parkdale Avenue, Suite 3 • Manistee, MI 49660

231.843.6557 • 5 Atkinson Drive, Suite 305 • Ludington, MI 49431



Dr. J. Ben Hengy & Dr. Andrew Mendians

231.843.6557. After hours the physician on call can be contacted by calling 231.843.2591.

231.398.9536 • 1806 E. Parkdale Avenue, Suite 3 • Manistee, MI 49660

231.843.6557 • 5 Atkinson Drive, Suite 305 • Ludington, MI 49431

www.lakeshorefacialcosmetic.com