**Rhinoplasty**

A Rhinoplasty, or a 'nose job', is one of the five most common cosmetic surgery procedures in the UK, accounting for roughly 10% of all cosmetic procedures in 2019 alone.

As the central feature of the face, the size and shape of the nose is a key determining factor in how we feel about our overall appearance and attractiveness. If, for whatever reason, you are unhappy with it, a rhinoplasty procedure is the most effective solution to change it.

A rhinoplasty procedure reshapes, corrects or reconstructs the nose to achieve more aesthetically pleasing proportions and to enhance ones' physical appearance.

Mr Kassam is an expertly trained Rhinoplasty Surgeon having done a Rhinoplasty Fellowship with the most famous Rhinoplasty surgeon, Dr Tito Marienetti. Via a rhinoplasty procedure, Mr Kassam can make your nose smaller, more prominent, slimmer, or wider, or simply smooth away unwanted lumps or bumps.

What is a Rhinoplasty

The nose develops its final shape only after puberty and this development is complete by the age of 16. This determines the earliest age at which one can reasonably carry out a rhinoplasty.

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Whilst this is most commonly carried out for aesthetic reasons, a nose job can also be performed as a procedure to improve function by correcting breathing issues and help alleviate the symptoms of sleep apnoea and snoring. In these cases, one is likely to also be operating on the septum which is blocking the airway, otherwise known as a septoplasty.

There is also the large group of patients who have suffered injuries to the nose, very often a nasal fracture, playing sport or as a result of physical assault. These are the few patients that medical insurance companies may accept for reimbursement.

Whatever the motivation, our surgical approach is designed to work with a patient's natural features, sculpting the nose to harmonise the face and give a natural-looking result. This requires a delicate balance between the size, shape, contours and definition of the nasal bridge and tip. Nose reshaping requires skill and surgical finesse as millimetres make the difference between a natural-looking result and one that has obvious trademarks of surgery.

Why do people have it

For many people, both male and female, the size and shape of their nose can cause unhappiness and insecurity. A rhinoplasty, or nose job, can help improve the way we feel about our looks, and increase self confidence and overall levels of happiness.

It can also help improve an array of medical issues, such as correct breathing issues or alleviate the symptoms of sleep apnoea. Whether for cosmetic or medical reasons, a rhinoplasty is the most effective and immediate corrective procedure in such instances.

Who is suitable

* Physically and psychologically fit and healthy
* Bothered by the size or shape of their nose, either for cosmetic or medical reasons
* Have realistic expectations of what can be achieved by surgery
* Would like to correct damage or an injury that has occurred to their nose
* Snore loudly, experience sleep apnoea or have breathing difficulties

Types of Rhinoplasty Procedure

The nose is supported by a skeleton. In the upper third, it is a bony skeleton and the lower two-thirds are nostrils, flexible cartilage of the same type as we have in the ear. Dividing the two airways running back from the nostrils, we have another sheet of cartilage, covered with mucosa, called the septum. This is a strut which stops the cartilaginous part of the nose from collapsing.

Most operations on a Caucasian ( white ) nose involve a reduction in size and therefore both the bony and cartilaginous skeleton are reduced, allowing the skin to retract, often without trace of a scar.

**What can be achieved?**

- Size reduction
- Length reduction
- Correcting asymmetry
- Removing a bridge or bump on the nose
- Reshaping the tip or shape of the nose
- Alleviating a deviated septum or improving breathing difficulties
- Making changes to the nostril shape and size

There are five types of rhinoplasty procedures

**Closed Rhinoplasty**

 There are no external scars, as all incisions are done inside the nose. The soft tissues are lifted slightly upward, allowing access to the bone and cartilage. There are several advantages of closed rhinoplasty, including reduced nasal tissue irritation, less detectable scarring, shorter operating times and faster recovery.

**Open Rhinoplasty**

This is a more invasive surgery and it is widely used for patients who need more extensive work. Your surgeon will make incisions in the columella, which is the skin between your nostrils beneath your nose. Following the incisions, the skin is lifted up allowing access inside the nasal cavity for your surgeon to perform reshaping. After the surgery is complete, the columella is sutured and the nose will be secured in place with tape and a splint to keep the nose in place. The splint will keep the nose in place during the healing process and normally will be removed after one week.

Open rhinoplasty is excellent for patients with issues such as genetic or structural deformities, trauma to the nose requiring grafting and unsatisfactory results from a previous nose job.

**Septo-Rhinoplasty**

A septo-rhinoplasty is commonly done to improve the way you breathe through your nose. This is often done for patients who suffer from a deviated septum. The septum is the cartilage and bone inside your nose that divides the nostrils. Your surgeon will make an incision in the mucosa (the lining inside your nose), and lift it off the bone and cartilage in order to remove any parts that are bent, putting them into a straight position allowing for clear breathing. This procedure will improve the way you breathe, and the appearance of your nose can be adjusted as well.

**Rhino-tip Surgery**

Rhino-tip surgery is done to change the shape of the nose by modifying the structure of the underlying cartilage. Most alterations are done from inside the nose so as to minimize any scarring. Your surgeon can create the perfect tip for your nose structure.

Some common cases that patients come in for are:

- Big tip - this is a rounded appearance at the tip of the nose, possibly due to thick skin.
- Crooked tip - one nostril may appear larger than the other, or the nose might be slanted to one side causing an asymmetrical look.
- Flared nostrils - when the nostrils are larger and spread farther apart creating an upturned or flat nose appearance.
- Hooked tip - this is when the nose juts out and is overly long, particularly noticeable on the profile of the patient.

**Non-Surgical Rhinoplasty**

This is another very common form of rhinoplasty. It is non-surgical and non-invasive and involves an injectable filler being used to correct very minor imperfections. This is a popular choice for clients who need minimal changes to the shape of their nose. Keep in mind that over time the filler will begin to dissolve and you may need further treatments.

**Risks**

There are risks associated with nose reshaping as with any other surgical procedure that involves a general anaesthetic. Any specific risks will be discussed by your surgeon who will explain the nose surgery process in detail and answer your specific concerns.

Some possible risks can include:

 Anesthesia risks, as with any surgery there are risks with using anesthesia.
 Infection
 Poor wound healing or scarring
 Change in skin sensation; possible numbness or pain
 Nasal septal perforation (a hole in the nasal septum). However keep in mind that this is very rare. Additional surgical treatment may be necessary to repair the septum but it may be impossible to correct this complication
 Difficulty breathing
 Unsatisfactory nasal appearance
 Skin discoloration and swelling
 Possibility of revisional surgery

The best way to avoid risks with surgery is to follow the proper aftercare instructions given to you by your surgeon. Many of these risks are rare.

As always with cosmetic surgery, it is essential that the surgeon, not only understands exactly what you are looking for, and can deliver it, but psychologically it is necessary to be as certain as one can be that this desired result actually satisfies the patient.

**Recovery**

We usually recommend our rhinoplasty patients to take at least one week off work, as you will be wearing a splint for up to ten days. There is no reason however, why you should not be working from home. There may be some bleeding from the nostrils overnight or for longer if the septum or turbinate's have required treatment. You are likely to have some swelling and bruising below the eyes, if the nasal bones have been fractured. This is completely normal and will subside within the ten days. We also tell patients to avoid strenuous exercise for at least two weeks following the operation.

The bleeding usually stops by the next morning and be replaced by a clear ooze which tends to coagulate around the nostrils and internal sutures. Just keep this clear on the outside with tap water. The inside is unimportant. The nurse will deal with this when you come back at a week. The internal sutures dissolve on their own, but she will remove any skin sutures at the same time.

There is often bruising around the eyes. It is not painful. It appears quickly after surgery but settles equally quickly. The last remnants under the eyes go by 10 days.

Most patients, where the bones are fractured, will have a plastic splint over the nose, which is removed in 7 to 10 days. However, the nose is not how it will finally end up. It will be swollen and without definition. The tip, in particular, may at this stage appear unchanged. The actual final shape will take 6 to 12 months to settle. You will get some idea when this is, when the skin feels normal and all stiffness has gone. You need to be patient.

You are not ill after surgery, just a little bruised with a splint. You should not exercise for a couple of weeks, but you can do most other things if you don’t mind people seeing you. It is the same splint for a broken nose, and this would be the obvious white lie to explain it