



Information provided is intended to inform clients of expected procedures and outcomes. However, not all patients, procedures or surgeons are the same, and information may not be applicable to all procedures. PIAC reserves the right to vary the way that a procedure is performed or which technique is used.

Rhinoplasty (Nose Surgery)

PRICE (THB)
80,000

Surgical/Procedure Name

Augmentation Rhinoplasty & Alarplasty
Augmentation Rhinoplasty
Alarplasty
Reduction Rhinoplasty

Common Name

Nose Surgery
Nose Job

Introduction

Rhinoplasty, or nose surgery, is the most common of all plastic surgery procedures. Reshaping or improving the appearance of the nose can be done in a number of ways; by reducing the size, by straightening, raising or lowering, by removing bumps, curves or ridges and by contouring the shape of the bridge of the nose in alignment with the tip.

There is no age limit for Rhinoplasty, however the preferred age is mid-teens when the nose is near full development.

Surgical Procedure

There are several techniques used to perform this procedure. An incision may be made under the rim, or within the nose, and the soft tissue separated. The bone and cartilage is then re-sculpted and the skin sealed with fine sutures to minimize scarring. Patients with a deviated septum may have it corrected during surgery to improve breathing problems. Prior to surgery your surgeon may place drops in your nose to eliminate bleeding during surgery and constrict blood vessels.

Hospital Admission

One night admission for Reduction Rhinoplasty. Augmentation Rhinoplasty and Alarplasty are Out Patient procedures.

Duration of Operation

Three to five hours for Reduction Rhinoplasty
Two to three hours for Augmentation Rhinoplasty and Alarplasty

Anaesthesia

Reduction Rhinoplasty is performed under general anaesthesia.
Augmentation Rhinoplasty and Alarplasty are performed under local anaesthesia.



Pre operative Care

Before surgery please inform your surgeon of any allergies, all medical conditions, and any medication that you are taking (both prescription and non - prescription).

2 weeks prior to surgery :

you should avoid taking Aspirin and any medication containing Brufen, vitamin E and other blood thinning products to eliminate the chance of post op bleeding. You should also not smoke for 2 weeks prior to surgery as smoking can affect your reaction to the anaesthetic and slow down the healing process due to vasoconstriction. Patients that suffer from hypertension must inform the surgeon prior to surgery.

6 hours prior to surgery :

Stop eating and drinking to promote absorption of the anaesthetic drugs or sleeping pill (for augmentation rhinoplasty). A sip of water is allowed.

Post Operative Care

Following surgery your surgeon may ask you to wear a splint to support the position of the nasal bones. This usually stays in place for about 2 weeks. Gauze packing inside your nose may also be needed to avoid bleeding. This is usually removed the day after surgery.

There will be lower eyelid swelling in the first 3 days following the surgery. You will be advised to visit the clinic on the

3rd day = to remove any intranasal or external nasal strapping and get cleaning of the face and nasal cavity

7th day = to remove any retained sutures

During the first 3 days following surgery, it is highly encouraged to rest and avoid any activity that will increase heart pumping which causes further bleeding and more swelling. Keep lying in the high head position and in a cool place. Keep applying cold pack over the nose, eye and cheek area. Avoid nasal wound breaking from trying to remove any scab.

During the first 7 days following surgery, you should take all the prescribed medication. Remember it is very important that you complete the full course of antibiotic therapy.

First 2 - 3 weeks after surgery you should not blow your nose and keep implant in place. Don't try to move it out of midline.

Pain to touching, nose and cheek swelling as well as bruising will be noted in the 3 weeks after surgery.

You should contact and inform your doctor immediately if any sign of silicone implant extrusion and infection (redness on the nasal tip, persistent watery discharge, excessive swelling, excessive pain, fever = temperature greater than 37.8 °C severe nasal tip acne) or contracture around the nose (distortion of nasal tip shape) is noted.

Glasses should not sit on the bridge of the nose for the first month. Avoid any strenuous activities that may increase your blood pressure such as running, swimming or bending as this may cause your nose to bleed in the first month. Avoid bumping or rubbing your nose for the next 3 months. You may also notice subconjunctival hemorrhage in the first 2 to 3 months. Be gentle when washing your face and avoid fragrances that may cause you to sneeze. You may be required to remain in Thailand for 2 weeks for your surgeon to monitor your progress. Your surgeon will advise you when you may resume normal activities.

Recovery

Most Rhinoplasty patients recover quickly and are able to move around shortly after surgery. You may not wish to return to work for approximately 2 weeks as you may suffer severe bruising and swelling around the eyes

Result

After 2 weeks your bruising and swelling should have subsided and no one will be able to tell that you have had surgery. The result is a natural appearance with your nose more in proportion to the rest of your face. It may take up to 12 months before you see your final result.

Risks and Complications

Complications with Rhinoplasty are rare. Nevertheless, there is always a possibility of infection, nosebleeds, or a reaction to the anaesthesia. You can reduce your risks by closely following your surgeon's instructions both before and after surgery.

Following surgery, small blood vessels may appear on the skin's surface. These are usually minor, and can be corrected with a laser which eradicates the capillaries.

As for scarring, when Rhinoplasty is performed from inside the nose, there is no visible scarring at all; when an "open" technique is used, or when the procedure calls for the narrowing of flared nostrils, the small scars on the base of the nose are usually not visible.

Tel + 66 (0) 76 249400 Fax + 66 (0) 76 210936

Email piac@phuketinternationalhospital.com

Web www.PhuketInternationalHospital.com

