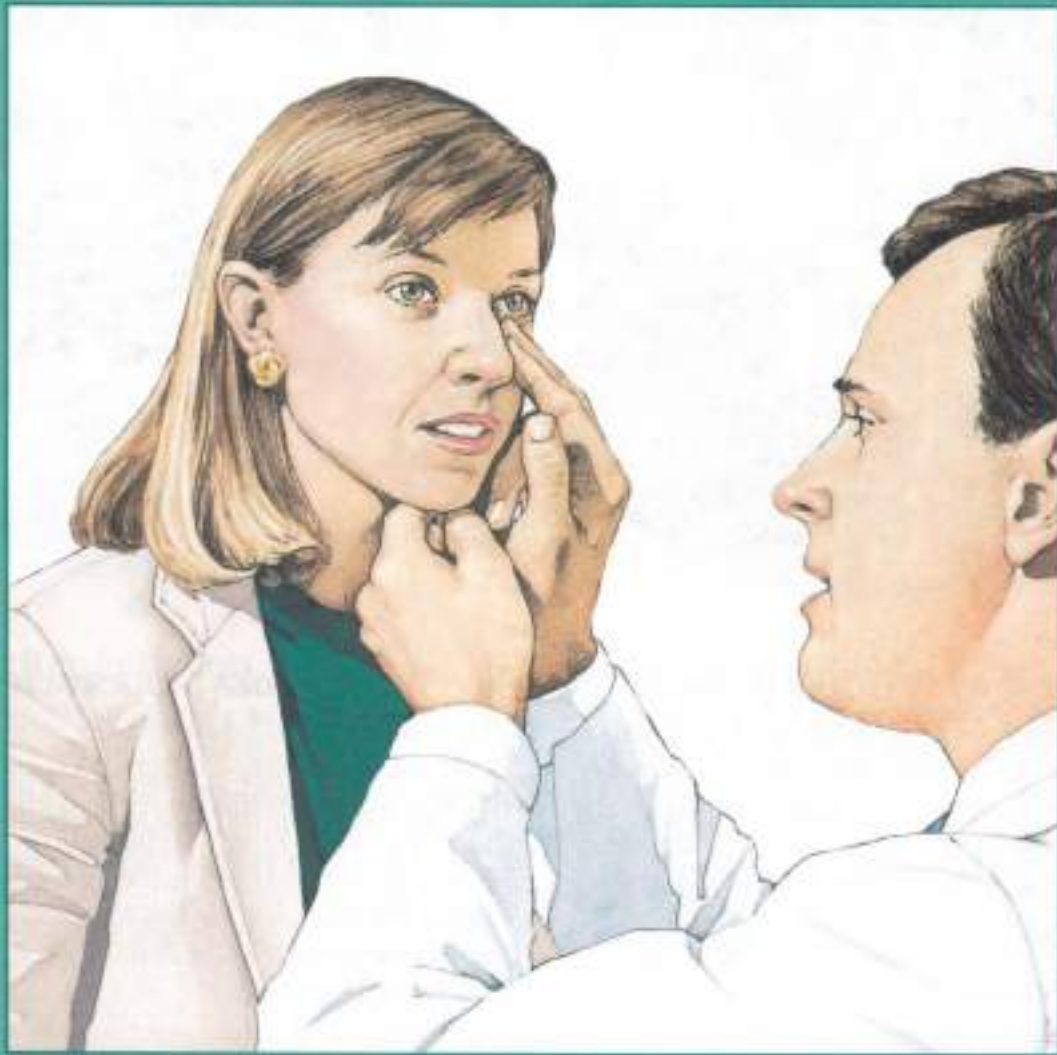


NASAL SURGERY



The Importance of the Nose

Why is such a small part of your body so important? First, your nose is a pathway for the air you breathe. More than that, it warms, cleans, and moistens that air as it enters your body. As the center of your face, your nose also plays a big role in your appearance. If you're not happy with the way your nose works or looks, you may be thinking about nasal surgery. This booklet can help answer many of your questions.



The Way It Works (Function)

When your nose works well, you seldom give it a second thought. But if your nose doesn't work right, you may have trouble breathing, smelling, and tasting. This can lead to headaches, sore throats, and more. These can be signs of a problem that nasal surgery could help correct.

The Way It Looks (Appearance)

There is no "ideal" nose. Noses come in all sizes and shapes. But you may not like the way your nose fits with the rest of your face. Maybe you think your nose is too large or too crooked. Maybe it's too wide or has too many bumps for you. If so, nasal surgery may be able to help.

This booklet is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.
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Nasal Surgery May Help

You may have been born with a nose that doesn't work well or that doesn't look the way you'd like it to. Or perhaps an injury caused your problem. In either case, nasal surgery may be able to help. Your doctor wants you to understand what nasal surgery can do.



Better Function

If you've tried pills and sprays and still have trouble breathing, the structure of your nose may be the problem. If it is, you may want to think about nasal surgery. Nasal surgery may help you breathe more freely by clearing blockages inside the nose.

Better Appearance

When you're not happy with the way you look, your self-confidence can suffer. If you want a change, you may choose nasal surgery to reshape your nose. You and your doctor will decide what changes can be made so that you're happier with your appearance.

Learn About Nasal Surgery

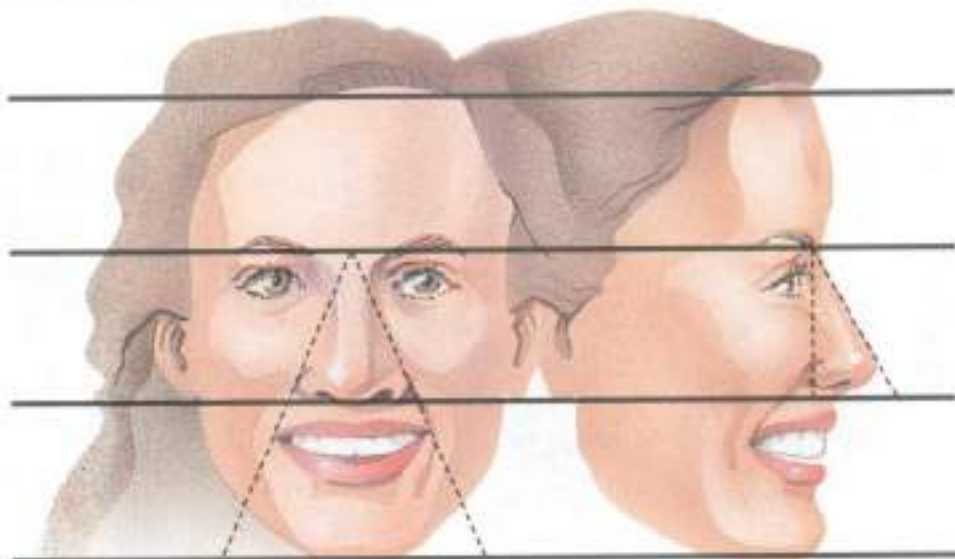
Know Your Nose	4	Surgery to Improve Function	10
Your Medical Evaluation	6	Surgery to Improve Appearance . . .	12
Your Treatment Plan	7	Your Recovery	14
Preparing for Surgery	8		

Know Your Nose

Why does your nose look the way it does? And what goes on inside a nose to let a person breathe easily? The answers to these questions can help you better understand what nasal surgery does.

The Outside View

One way to tell if a nose fits well with a face (aesthetics) is to divide the face into equal thirds. The nose should fit within the middle third. Then, thinking of the nose as a triangle can help you see the best size and shape for the nose:



From the Front

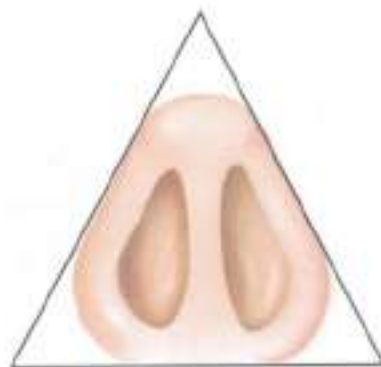
Imagine a triangle starting at the top of your nose and extending to the outer corners of your mouth. Does your nose fit inside that triangle? The nose itself should also be shaped like a triangle and balance with the length and width of your face.

From the Side

Imagine a triangle with one side extending along the bridge of the nose and another extending out from the base of the nose. Does your nose fit within this triangle? The tilt of the tip should also balance with the forehead and chin.

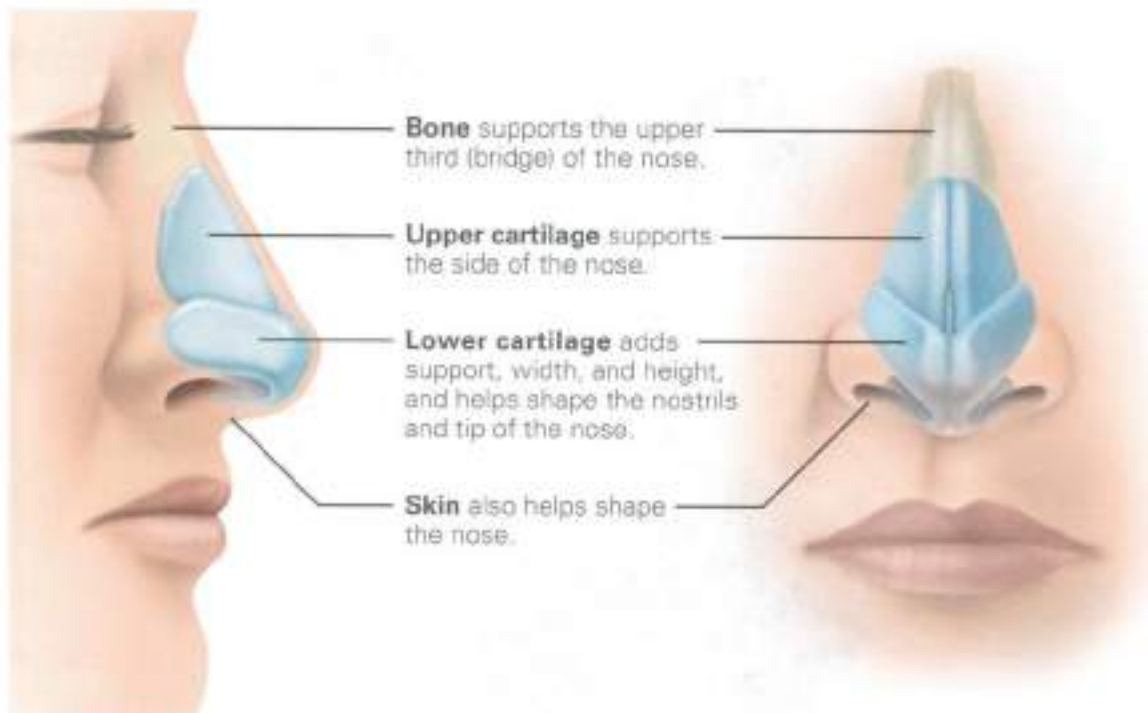
From Beneath

The nostrils and tip of the nose should also form a triangle.



The Inside View

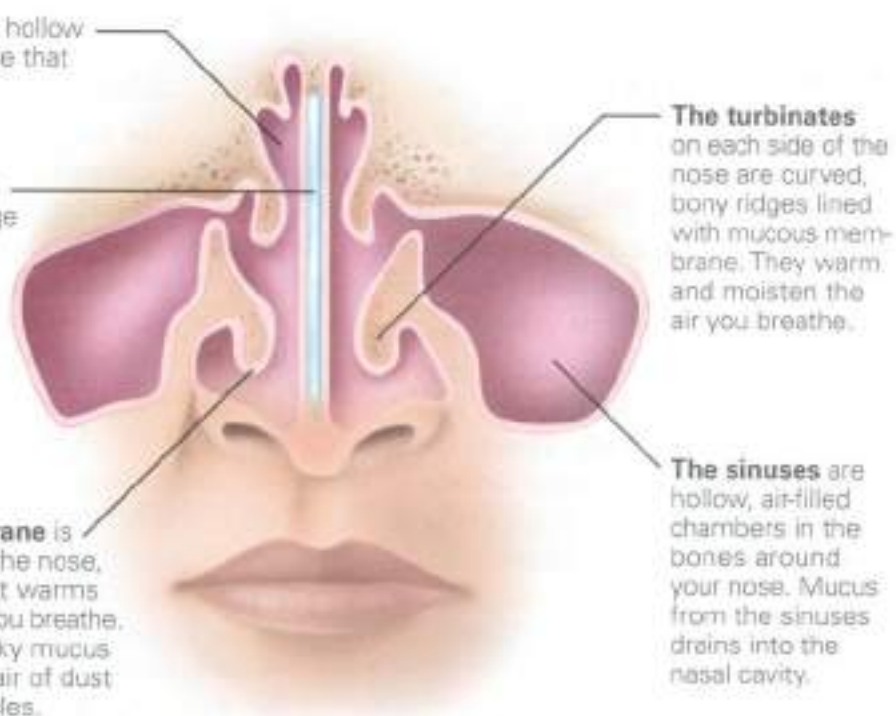
There is a lot happening under the surface of the nose. The bone and cartilage under the skin give the nose most of its size and shape. Other structures inside and behind the nose help you breathe.



The nasal cavity is a hollow space behind the nose that air flows through.

The septum is a thin "wall" made of cartilage and bone. It divides the inside of the nose into two chambers.

The mucous membrane is thin tissue that lines the nose, sinuses, and throat. It warms and moistens the air you breathe. It also makes the sticky mucus that helps clean that air of dust and other small particles.



Your Medical Evaluation

If you're not happy with the way your nose functions or how it looks, you'll want to talk with a doctor who specializes in nasal surgery. A history and exam of your nose will help the doctor determine whether nasal surgery is right for you.



Your Nasal History

Your doctor will want to learn about any problems you have with your nose. You may be asked about breathing problems, infections, or past surgeries or injuries. You may also be asked about any medications you take.

If you're interested in aesthetic surgery, tell your doctor how you'd like your nose to look. Don't be shy. Talking openly with your doctor is key to knowing what to expect and getting the results you want.

Your Exam

Your doctor may look inside your nose for problems such as a deviated septum or enlarged turbinates. Your doctor may also give you medicine to shrink the mucous membranes. Diagnostic tools may be used to learn more about the structure of your nose. These include a nasal endoscope or a CT (computed tomography) scan.

For an aesthetic problem, your doctor will study how your nose fits with the rest of your face. He or she will look at the way bone, cartilage, and skin shape your nose. Your skin type will also be assessed because it can affect the way your nose can be reshaped.

Your Treatment Plan

Your doctor will suggest treatment based on your nasal history and exam. If surgery is recommended, it may be done to improve the function of your nose (functional surgery), the appearance of your nose (aesthetic surgery), or both.

Function

Swelling or structural problems can block breathing spaces inside your nose. Your doctor will discuss your diagnosis with you. Surgery may be suggested to help you breathe more freely.

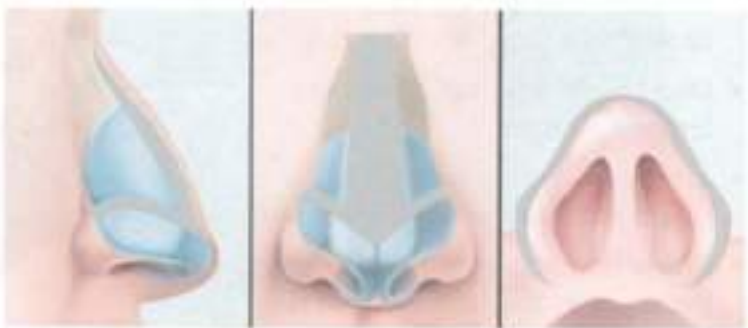


A deviated septum may block air coming through one or both nostrils. Surgery may clear the blockage.

Enlarged turbinates can block air passages and prevent sinuses from draining. Surgery can often help.

Aesthetics

Photos will be taken. Digital imaging (special computer photos of you) may also be used. These help you and your doctor decide how your nose might be reshaped to improve your appearance.



The top edge and tip of this nose will be reduced.

The base and bridge of this nose will be narrowed.

The tip and base of this nose will be reduced.

Both Surgeries

Aesthetic surgery sometimes changes the way air flows through the nose. If your doctor believes this will be a problem for you, you may also need functional surgery. It can be done before, during, or after aesthetic surgery.

Preparing for Surgery

Nasal surgery may be done at your doctor's office, an outpatient surgery center, or a hospital. Where yours is done depends on the type of surgery you have and on your insurance. Your doctor will tell you how to prepare for surgery. You'll also discuss what type of anesthesia you'll receive and when you can expect to return home.

Before Surgery

Here are a few things you can do to prepare for surgery:

- Tell your doctor about any medicines you're taking. Ask if you should take any the morning of surgery.
- Don't take any medicines containing aspirin or ibuprofen during the 2 weeks before surgery.
- Don't smoke.
- Don't drink or eat after midnight the night before surgery.
- Be certain you don't have a cold or sunburn the day of surgery.
- Don't wear makeup or contact lenses to surgery.
- Arrange to have someone drive you home after surgery if needed.
- Know that you may have to spend the night in the hospital, but this is rare.



Ask your doctor if you should take any medicines the day of surgery.



Don't eat or drink after midnight the night before surgery.

Risks and Complications

As with any surgery, nasal surgery has some risks. These include a slight risk of bleeding and infection. Your doctor will discuss any other risks and complications with you before your surgery.



Anesthesia

You will be given local anesthesia, monitored anesthesia care (MAC), or general anesthesia to keep you pain-free during surgery.



Local Anesthesia

With local anesthesia, you are awake during surgery. Your nose and the area around it will be numbed. You may be given medicine to make you drowsy. Expect to hear tapping, grinding, or scraping sounds during the surgery.

Sometimes, an anesthesiologist gives you medicine through an **IV** (intravenous) line to keep you drowsy or lightly asleep during surgery. This is known as **MAC** (monitored anesthesia care). You can still expect to hear some sounds during surgery.

General Anesthesia

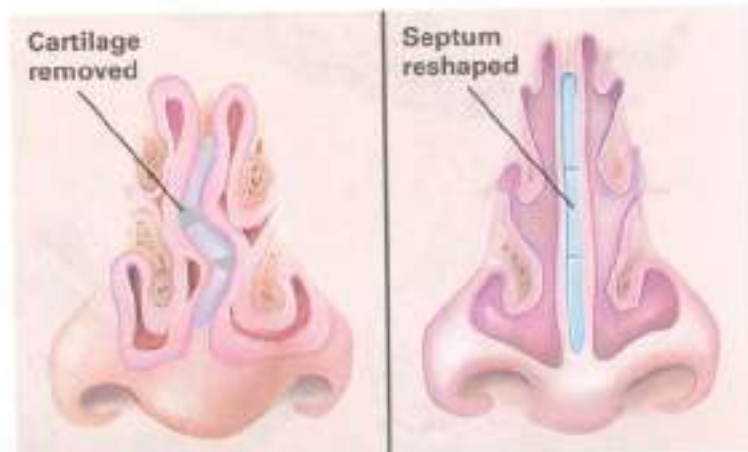
With general anesthesia, an anesthesiologist gives you medicine throughout surgery that keeps you fully "asleep." This medicine is given through an IV in your arm. A tube will be placed down your throat to help you breathe during surgery.

Surgery to Improve Function

Two types of functional surgery are often used to remove blockages and to enlarge breathing space in the nose. A **septoplasty** repairs a crooked (**deviated**) septum that is blocking the air flow through one or both sides of the nose. **Turbinate surgery** repairs blockages caused by enlarged turbinates. If needed, these surgeries can be done at the same time.

Septoplasty

This surgery repairs a blockage inside the nose caused by a deviated septum. To do this, incisions are made inside the nose. Then cartilage and sometimes bone from the septum are trimmed, reshaped, moved, or removed.



During surgery, cartilage and bone may be removed to reshape the deviated septum.

After surgery, there is more breathing space. Enough cartilage and bone remain to give the nose support.

Turbinate Surgery

This surgery repairs a blockage caused by enlarged turbinates. Incisions are made inside the nose under the lower turbinate. A laser may be used to do this. Excess bone may be removed to reduce turbinate size. Sometimes, excess mucous membrane is also removed.



During surgery, bone or mucous membrane may be removed from enlarged turbinates.

After surgery, there is more breathing space. Enough turbinate bone and mucous membrane remain for the turbinates to do their job.



After Surgery

At the end of surgery, gauze bandages or other material (packing) or a plastic splint will be placed inside your nose. This reduces bleeding and promotes healing. You may also have dressings (bandages) on the outside of your nose.

You will be taken to a recovery area or to your room. You should have little or no swelling or bruising of the eyelids. It is normal to have some mucus and blood drain from your nose. Until packing is removed, you may have to breathe through your mouth. Expect some throat dryness and irritation. If you had a septoplasty, be careful not to bump your nose.

Your doctor will prescribe pain medicine as needed. Don't take medicine containing aspirin or ibuprofen. These can cause increased bleeding.

Surgery to Improve Appearance

Any surgery to improve the way you look is called **aesthetic, plastic, or cosmetic surgery**. Aesthetic surgery for the nose is called **rhinoplasty** or **nasal reconstruction**. In most of these surgeries, bone and cartilage in the nose are trimmed and moved.

A Typical Aesthetic Problem

What is done during your surgery depends on the type of changes to be made. The nasal bones and the upper and lower cartilages may need to be trimmed. Or, they may need to be moved to give your nose the shape you want. Most incisions are made inside the nose so the scars will not be seen.

Before Surgery



Shaded areas
are removed

During surgery, bone and cartilage are trimmed to reduce the profile of the nose.

After Surgery



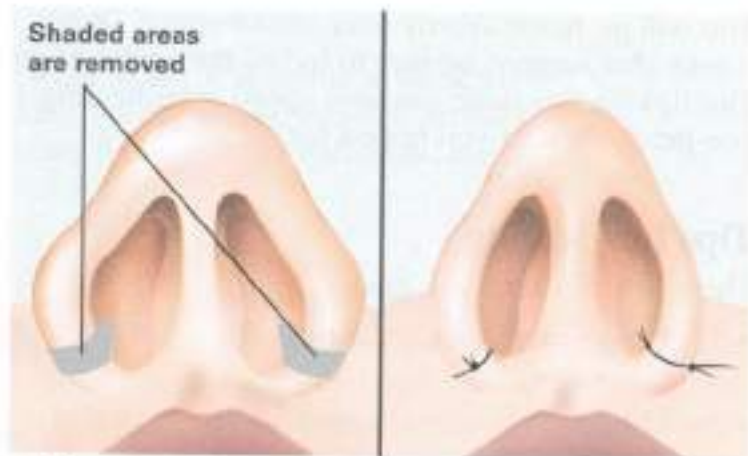
Shaded areas
are removed

During surgery, bone and cartilage are trimmed to narrow a wide nose.



A Wide Base Problem

You may want the base of your nose to be narrowed. To do this, tissue needs to be removed from around the nostrils.



Incisions are made on the outside of the nose and some tissue is removed.

The tissue is then stitched (sutured) together. The scars will be hidden by the folds of the nostrils.

After Surgery

At the end of aesthetic surgery, gauze or other material (packing) may be placed inside your nose. This holds the new shape of your nose, prevents bleeding, and promotes healing. You will also have a dressing (bandages) and a splint on the outside of your nose. These also help the nose keep its new shape as it heals.

After surgery, you will be taken to a recovery area or to your room. Expect mucus and some blood to drain through the dressing. The area around your eyes may swell and bruise. If you have packing, you may have to breathe through your mouth until it is removed. This may cause throat dryness and irritation. While healing, be careful not to move your dressing or touch your nose.

Your doctor can prescribe pain medicine, if needed. Don't take medicine containing aspirin or ibuprofen. These can cause increased bleeding.



Your Recovery

You will go home shortly after your surgery. During the first weeks after surgery, be sure to follow the advice of your doctor. The tips on this page can also speed your healing and help you get the results you hoped for.

Tips for Healing

These tips can help you heal:

- Don't take medicines containing aspirin or ibuprofen.
- Avoid bumping your nose and touching the splint or packing.
- Avoid bending or lifting.
- Sneeze or cough with your mouth open to reduce pressure inside your nose.
- Keep from blowing your nose until you're told it's OK to do so.
- Keep eyeglasses from resting on your nose by taping them above the nose.
- Protect your nose from the sun.
- After packing is removed, start saltwater rinses if prescribed.
- Keep your follow-up appointments with your doctor.



Don't take medicines containing aspirin or ibuprofen.



When to Call Your Doctor

Call your doctor if you notice any of the following:

- Sudden increase in pain, swelling, or bruising
- Fever
- Heavy bleeding
- Yellow or greenish drainage from the nose
- Unrelieved headache
- Decreased or double vision
- Stiff neck or very tired feeling



Follow-up Visits

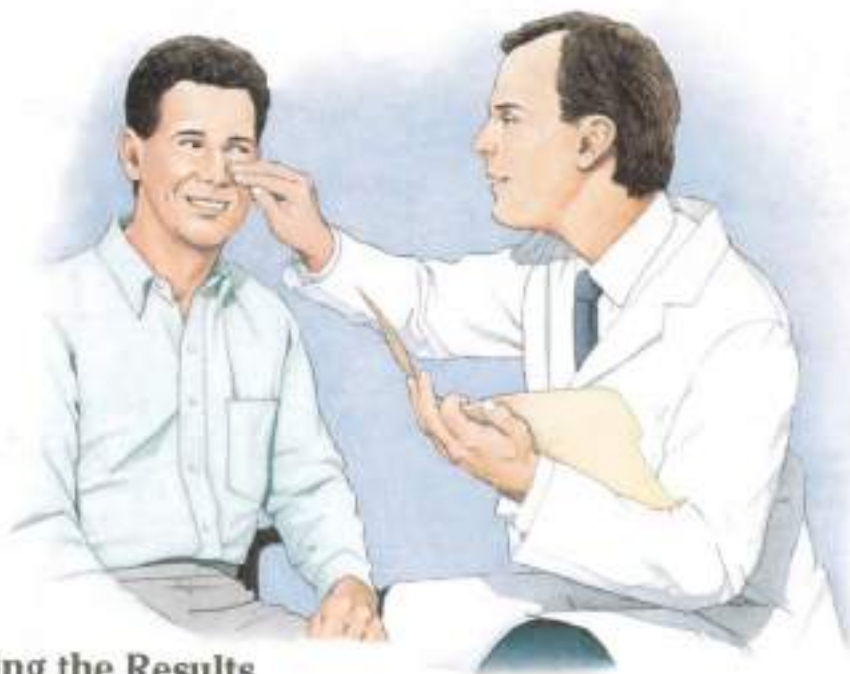
Your doctor will most likely want to see you within a week to check your healing. Any packing, splint, or dressings will probably be removed at that time. You may feel slight discomfort and bleed a little when this is done.

Functional Surgery

After the splint or packing is removed, you will most likely breathe better than you did before surgery. You may have minor numbness, pain, and swelling, and a little stiffness under the tip of the nose. In a few days, the inside of your nose may swell and briefly block your breathing. Or, a scab or crust may block breathing for a short time. Leave the scab alone. Your doctor can remove it.

Aesthetic Surgery

After your dressings are removed, expect some numbness, stiffness, swelling, and nasal congestion. Remember that your tissues have not yet fully healed. The bruising around your eyes and nose will most likely go away within 3 weeks. So will most of the swelling. If you are told to do compression exercises to help your nose hold its shape, do so only as directed.



Assessing the Results

During later follow-up visits, your doctor will assess your healing and the results of your surgery. Remember that with aesthetic surgery, it may take 12 to 18 months for your nose to reach its final shape. In most cases, any thick or uneven areas will go away with time. Talk with your doctor about any problems or concerns you may have. In some cases, a second surgery may be needed.

Enjoy Your Improved Nose

Nasal surgery to improve the function or look of your nose can bring welcome changes. When your nose works well, you can breathe, smell, taste, and sleep with ease. When you are happy with the way your nose looks, you may feel better and more confident.



Your Next Appointment:

Date: _____

Time: _____

Consultant:

Edward Falces, MD, Plastic Surgery

With contributions by:

Donald C. Battaglia, MD, Otolaryngology

Brent Senner, MD, Otolaryngology

L.M. Washaw, Jr., MD, Otolaryngology

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