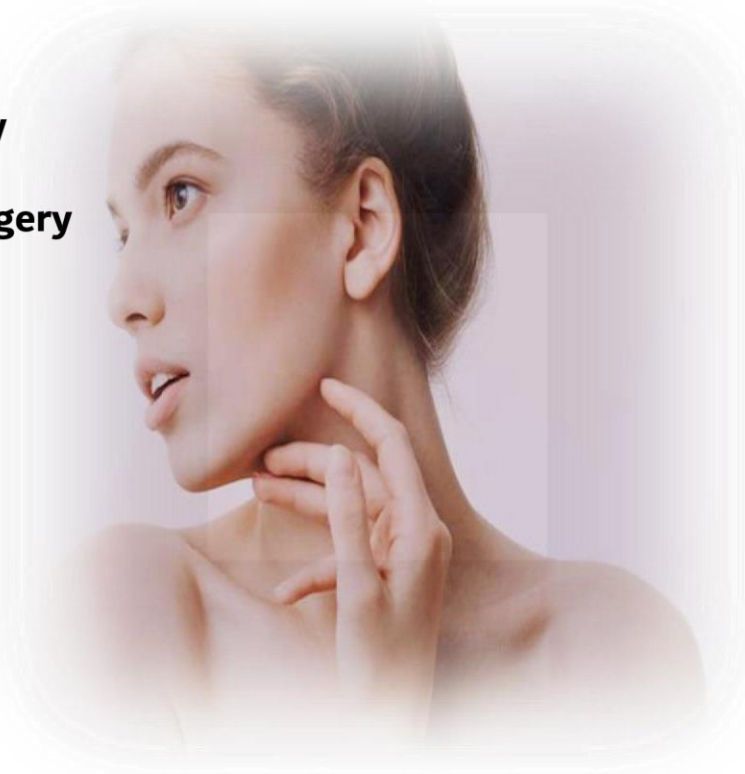


## **Dr. Ashraf Abolfotooh Khalil**

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# **Rhinoplasty**

**Breast and Body Plastic and Reconstructive Surgery Clinic**

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## What is Rhinoplasty?

Rhinoplasty, also referred to as a "nose job" or "nose reshaping", is a surgery that changes the shape of the nose. It enhances facial harmony and the proportions of your nose. It can also correct impaired breathing caused by structural defects in the nose.

Check the illustrative video [here](#)<sup>1</sup>.

## Before the Surgery... Preparation and Expectations

A detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- Examine your facial features and the inside and outside of your nose and hence determine the required interventions and expected results.
- Photographs of your nose from different angles.
- A 3D simulation can be done for you to get an idea of the expected results.
- An overview of the surgical intervention, expected risk, recovery stages as well as expected results.
- Determining where your procedure will be performed and the date of operation.

## Important Instructions

- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements, 1 week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, 1-3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

### Cited in :

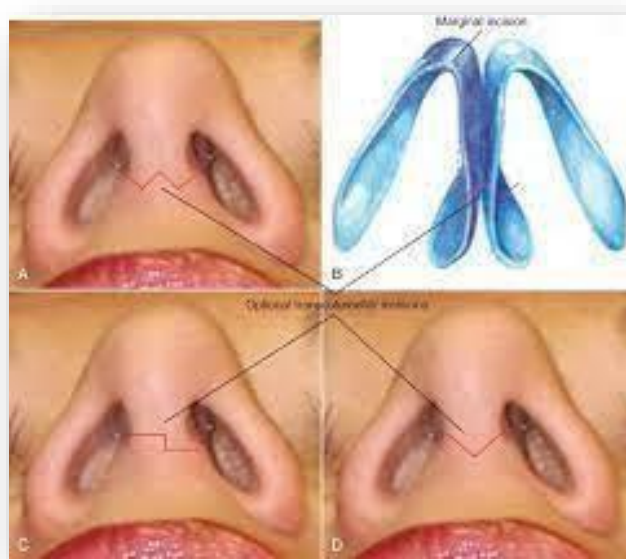
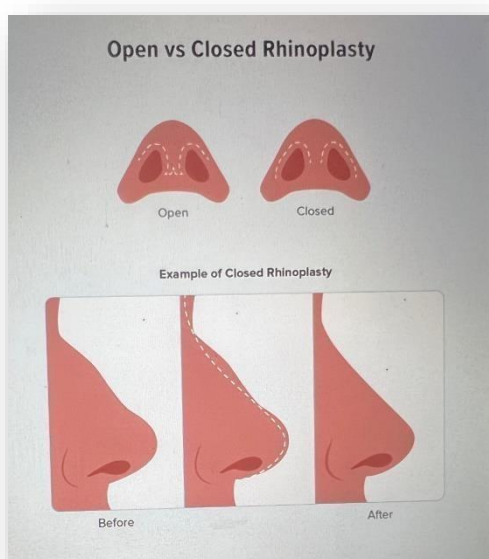
- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>

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<sup>1</sup> <https://bit.ly/2rgcHL2>

## During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Local or general anesthesia is applied according to your situation and required intervention.
- **Procedure Steps:** Rhinoplasty may be done inside your nose or through a small external cut (incision) at the base of your nose, between your nostrils. We will likely readjust the bone and cartilage underneath your skin. If the wall between the two sides of the nose (septum) is bent or crooked (deviated), the surgeon can also correct it to improve breathing. After these changes are made, the nose's skin and tissue are placed back and the incisions in your nose are stitched.
- The surgery lasts for 2-4 hours depending on the surgical details and patient's situation.



## After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Internal dressing is placed and it is removed after 1-2 days. During this time, you breathe from your mouth.
- A splint is also taped to your nose for protection and support. It is removed after one week.
- Stitches are removed in one week after the surgery.

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Zahraa Al Maadi Street, 11742

- You need to rest in bed with your head raised higher than your chest, preferably for 1 week, to reduce bleeding and swelling.
- Your nose may be congested because of swelling or from the splints placed inside your nose during surgery.
- Slight bleeding and drainage of mucus and old blood are common for a few days after the surgery or after removing the dressing.

### Post-Procedure Precautions

- Avoid resting eyeglasses or sunglasses on your nose for at least four weeks after the surgery
- Use sunscreen when you're outside, especially on your nose. Too much sun may cause permanent irregular discoloration in your nose's skin.
- Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
- Do not blow your nose. Alternative medication (Physiomer nasal spray) will be prescribed to clean the nose.
- Nasal massage is recommended, as early as 3 days postoperative, for better results and faster recovery. You can do it yourself at home or ask our clinic for support. Check massage video [here](#)<sup>2</sup>. Nasal taping might also be needed and as recommended by our medical team. Check taping video [here](#)<sup>3</sup>.
- Stop smoking. Smoking slows the healing process after surgery and may make you more likely to get an infection.
- Eat high-fiber foods, such as fruits and vegetables, to avoid constipation. Constipation can cause you to strain, putting pressure on the surgery site.
- Limit your dietary salt intake to help faster swelling recovery.

### Recovery and Results

- Your nose changes gradually and improves with time and in line with the disappearance of the swelling. However, the "final result" can be noticed within a period of 6-12 months after the operation when most of the swelling is gone.
- It is recommended to rest completely in the first week after the operation. Light exertion is allowed in the following two weeks to a month. It is usually expected to return to normal activities in a month after the surgery.

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<sup>2</sup> <https://youtu.be/rqQuV-7s8sA> <sup>3</sup>

<https://youtu.be/bS1vjfCtu>

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- Most of the time, results of the rhinoplasty are satisfying and sufficient. But in case the changes aren't enough and a need for a follow-up surgery is concluded, you must wait at least a year because your nose can go through further changes during this time.

## Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

## Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of rhinoplasty are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Generally, the risk associated with rhinoplasty is minimal and rarely occurs. However, as with any major surgery, rhinoplasty carries risks such as:

- Bleeding / infection / adverse reaction to the anaesthesia.
- Difficulty breathing through your nose.
- The possibility of an uneven-looking nose.
- Pain, discoloration or swelling.
- Bruises or scars, which are uncommon. In the case of some minor bruising, it usually lasts for a week.
- Need for additional surgery.

## Medication

<b>R/Tavanic 500mg</b>	One tablet daily for 5 days
<b>R/Novaldol 1gm</b>	One tablet every 8 hours - till pain is gone
<b>R/Ketolac SR</b>	One tablet every 12 hours - after meals – till pain is gone
<b>R/Panadol 500mg</b>	Two tablets every 8 hours
<b>R/Neurontin 300mg</b>	One tablet before bedtime for 5 days
<b>R/Alphintern</b>	Two tablets every 8 hours – half an hour before meals - for 2-3 weeks
<b>R/Controloc 40mg</b>	One tablet 30 minutes before breakfast for 10 days
<b>R/Physiomer Nasal Spray</b>	Two times per day