

# A patient guide to understanding Rhinoplasty



Thinking of nasal surgery?  
A short guide to assist you in  
making your decisions.



The nose is a pivotal part of a person's appearance, and especially the facial profile. If your nose appears too large, crooked or lumpy it can detract from the rest of your overall picture. This can be due to your genetics (thanks Mum & Dad!), or a knock as a child or during sports. Additionally, a nose that does not breathe well can be a source of discomfort for both the patient and their partner.

A nose not only needs to look in proportion to your face and ethnic features, but it needs to function efficiently as well.

Rhinoplasty (nose reshaping) and septoplasty (reshaping the internal structure of the nose) are operations commonly performed by Specialist Plastic Surgeons. Common procedures are reducing the hump of a nose or reducing the projection of a nasal tip, refining a nasal tip, altering nostril shape and increasing the air flow of the nose.

Dr Gavin Sandercoe's approach of ensuring a functional structure with a beautiful outward appearance is aimed at providing you with a nose that not only looks great, but breathes well too.

## **What is involved in a rhinoplasty?**

Depending on your functional and cosmetic requirements, the nasal bones and cartilages are reshaped. The inner structural components of the nose involved in breathing and humidifying the air can also be reshaped to assist breathing.

## **What are my options? What are closed and open rhinoplasties?**

The closed rhinoplasty technique is performed through incisions only on the inside of the nostrils. It is a good method of addressing smaller deformities.

In an open rhinoplasty, there is a small incision across the underside of the nose that allows the nasal skin to be lifted off the nasal cartilages and bones. This exposure allows precise manipulation of all structures of the nose under direct vision.

The more complex your surgery, the more likely it is that Dr Gavin Sandercoe will recommend that it is performed via the 'open' approach. The incision scar is usually very difficult to see once healing has been completed.

## **When should I get my rhinoplasty?**

Although there is no minimum age for nasal surgery, facial development is not complete until about age 16 to 17. Operations on your nose prior to the age of about 18 may not have permanent results due to the effect of facial growth.

You should allow about a week or two to recover from rhinoplasty surgery, and should plan it at least three months prior to any important or major events.

## Your consultation

You should expect to spend about an hour with Dr Gavin Sandercoe. During this time he will take a thorough history and examination. Measurements and digital photographs are taken to assist with planning and explaining any limitations. You should expect to discuss the surgical techniques that are available to treat each of your concerns.

Dr Gavin Sandercoe will discuss what you wish to achieve from your procedure and the risks involved. Clinical photographs of other patients are used to help discuss your expectations. You are provided with a take home information package to review before your second consultation.

## When to re-start activities

- Rhinoplasty surgery is always performed in an accredited hospital. Dr Gavin Sandercoe suggests that you spend the first night in hospital, but going home on the night of the surgery is possible in most circumstances.
- You are likely to have an external splint on your nose for the first week or so, and may have internal splints if your septum or inner parts of your nose have been operated upon
- Any sutures are removed at about a week
- It is best to arrange a week or two off work to allow the swelling to settle
- It is worth taking a few weeks off heavy exercise to allow the tissues time to fully heal

## Rhinoplasty risks

All procedures carry some risk. Generally speaking, patients undergoing elective surgery have very minimal risk, but it is a doctor's duty to inform patients of all their material risks. Our consent package details these risks and Dr Sandercoe will discuss these with you during your first consultation.

## Will my private health insurance cover some costs?

Rhinoplasty and septoplasty surgery is covered by Medicare (and therefore health funds, if you have an appropriate level of cover) under certain circumstances. Many patients meet these criteria, but some health funds require pre-approval by Medicare. Private health insurance is usually a good financial tactic when planning your rhinoplasty.

## Questions?

We wish to keep our patients as informed as possible. The best way of making sure that all your questions get answered is to have a pad with you and jot down your questions and bring them to your consultations. We encourage you to also bring your partner or friend with you. Please keep us aware of your problems and any suggestions to improve our patient care.

A more in depth discussion of nasal surgery can be found at [www.drgavinsandercoe.com.au](http://www.drgavinsandercoe.com.au).



Located opposite Norwest Private Hospital in the Norwest Business Park, Norwest Plastic & Cosmetic Surgery is only 15 minutes from Parramatta and 45 minutes from the Sydney CBD.

The location has easy access to the M2, linking the M7, M4 & M5 motorways.



Suite 108, Level 1, 10 Norbrik Drive  
Bella Vista NSW 2153  
p. 1300 112 358 f. 02 8824 3877  
e. [info@drgavinsandercoe.com.au](mailto:info@drgavinsandercoe.com.au)  
w. [www.drgavinsandercoe.com.au](http://www.drgavinsandercoe.com.au)