

Nose Reshaping

(Rhinoplasty)

the essence of real beauty



WHAT IS IT?

Rhinoplasty is a procedure which reshapes the nose by reducing or increasing its size, removing a hump, changing the shape of the top or bridge, narrowing the span of the nostrils, or changing the angle between nose and lip.

WHY IS IT POPULAR AND WHAT ARE THE BENEFITS?

The nose is one of the defining characteristics of the face, and a disproportion or irregularity can often cause self-consciousness. Sometimes irregularities are inherited (the “family nose”) and sometimes the result of a sporting injury or accident. As well as being unsightly, nasal deformity may also create physical repercussions such as breathing difficulties and sinus infections.

Rhinoplasty can therefore not only dramatically improve the look of your nose and the overall symmetry of your face, but also its function.

WHAT DOES THE PROCEDURE INVOLVE?

The procedure is usually performed under general anaesthetic though it can be performed under heavy or “twilight” sedation which reduces recovery time. Generally the surgeon will work from the inside of the nose: the skin and external area is not touched so there are no visible scars. In open rhinoplasty a tiny scar is made outside. The actual technique used will depend on the type of reshaping to be done, and your surgeon will discuss this with you at your consultation.

WHAT ARE THE RISKS AND LIKELY AFTER-EFFECTS?

Cosmetic Surgery, like any other surgery, involves a “trauma” to the human body and there are risks associated with any procedure. Each person’s body is different, and your general health, level of fitness, age and genetic profile will all have an effect on the speed of healing and also on the risk of side-effects.

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Smoking, in particular, is discouraged because it increases the risk both of infection, wound breakdown and thrombosis (blood clots).

After rhinoplasty it is normal for all patients to experience some discomfort, swelling, numbness and bruising. In a few cases there may also be a little oozing for a day or two after the operation. You can dab this away gently with a clean handkerchief or gauze square. The nose will feel “bunged up” for 1-2 weeks. The most important fact that one needs to understand is that after rhinoplasty,

the combination of the process of skin redraping, internal scar formation and the complete resolution of puffiness does not allow the complete settlement of shape for 9-18 months in some patients.

WHAT WILL HAPPEN AFTER THE OPERATION?

Post-Op

Your surgeon will see you when you have come round from the anaesthetic to check that all is well, and you will usually be discharged the same day. You’ll be given medication and post-operative instructions along with appropriate telephone numbers in case you need to contact us at any time. Cold compresses should be applied regularly for the first couple of days to reduce swelling.

Week 1-2

You will be fully mobile but may still experience some minor discomfort which you can control with prescribed painkillers. Bruising and swelling around the eyes will diminish and is usually almost gone after two weeks, and, importantly, you will look “normal” to other people.

During this time you will also receive a post-operative check with our nurse.

It’s worth anticipating your own reaction to the first sight of yourself and your new nose. To start with you will look rather strange in the mirror and not quite “you”. Remember that it takes a few days for your mind’s eye to adjust itself to your new appearance and to recognise it as “you”. You should not worry about any minor problems of shape immediately after the operation: it takes around 12 months for your nose to settle and for swelling to subside completely.

Week 8-10

Your surgeon will see you again, usually 8-10 weeks after the procedure for a full post-operative consultation.

FULL POST OPERATIVE COVER

We're confident that you will be delighted with the results. For that reason, we guarantee that we will provide post-operative cover for a full three years after your procedure. It's our way of ensuring that you have peace of mind and confidence in Linia.

PERIOD OF REFLECTION

Cosmetic surgery is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making a decision to proceed. Linia recommends that, following consultation with your surgeon, you allow a period of at least fourteen days before making a decision.

HOW TO MAKE SUGGESTIONS OR TO COMPLAIN

In the unlikely event that you are unhappy with any aspect of your treatment please contact your Patient Support Officer who will, in the vast majority of cases, be able to resolve the difficulty. If you make a written complaint we will give a written acknowledgement within 2 working days of receipt of your letter.

A full response will be made within 20 working days of receipt of the complaint, or where the investigation is still in progress, a letter explaining the reason for the delay will be sent to the complainant and a full response made within 5 days of a conclusion being reached. A copy of the Company Complaints Policy is available from the Patient Support Manager. We encourage you to provide us with any comments or suggestions you may have about the clinic. A patient satisfaction form is provided after the surgery to help you to do this. Meanwhile feel free to speak to the manager or write to us with any comments.

If you are still unhappy you may wish to have your complaint reviewed by the Care Quality Commission, who is the independent regulator established to promote improvements in healthcare, through assessment of performance of those who provide services. Please write to:

CARE QUALITY COMMISSION
National Correspondence
Citygate
Gallow Gate
Newcastle Upon Tyne
NE1 4PA

READMISSION POLICY

Linia reserves the right to charge an appropriate fee if you want further surgery because your aesthetic desire has changed.

(For up to 3 years after your operation)

If, after your operation, you and your surgeon agree that further surgery (as part of the original procedure) is necessary to assist you in achieving the results originally anticipated, Linia will provide all surgical and hospital services, and

nursing care free of charge. If however, your surgeon decides that the results of a surgical procedure are acceptable within the normal limits of surgery, then further surgery at no cost may not be possible. This facility is available to all full-fee paying Linia patients.

Surgery after 3 Years

Even after 3 years, Linia wants to be able to help you on the most reasonable basis possible. While it is not possible to provide surgery completely free of cost, we will assess separately the circumstances of each patient in determining the basis on which further surgery may be provided.

Please Note

Linia cannot commit to providing continuing surgery at special rates where the results of the service originally provided have been affected by changes in lifestyle (such as weight changes), illness or the natural ageing process.

Where the original surgeon is not available Linia reserves the right to review the basis upon which any additional surgery is provided.

This policy may be affected if the patient moves away from the area in which they lived when the original surgery was provided.

General matters pertaining to cosmetic surgery.

1. Expectations and limitations:

Cosmetic surgery may satisfy many needs and often provides inner confidence. It may enhance your quality of life significantly. It is however, not the answer to all of life's problems. It is vital to understand the limitation of such surgery. The purpose of cosmetic surgery is to improve one's appearance. But do not expect miracles. Most patients understand these limitations and have a realistic view of what may be achieved. Wrong expectations and over expectations may lead to disappointment. Being realistic brings satisfaction.

2. General risks of Surgery and Anaesthesia

such as blood clots, chest complications, pain and discomfort, infection, swelling, bruising, bleeding and haematoma, seroma, problems in the healing process, numbness, sensitivity etc.

3. Subjective Nature of Cosmetic Surgery:

It has been emphasised that, the final assessment of the result is a matter of subjective opinion. Hence, while a probable expected result has been advised, this is in no way a guarantee of a good result.

4. Scars: All surgery involves creating some scars. Although these are placed in locations to hide, any scar, in theory, can become prominent. It normally takes 12-24 months for scars to fade away completely.

5. Time lag for final results: Every operation is followed by a period of healing, before tissues return to normal and the final result is apparent.

6. Numbness: Loss of sensitivity is a consequence of all surgery and it takes time for normal sensation to return.

7. Revisions and Refinements: Every operation may sometimes need more refinement to achieve a satisfactory end result.

8. General Asymmetry: Every human body is asymmetrical between left and right sides. This normal difference will persist after the surgery.



LINIA
Cosmetic Surgery

0845 230 1700

www.liniacosmeticsurgery.com
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