

Rhinoplasty

A rhinoplasty is a surgical procedure that can improve both the form and the function of the nose. Many people seek a rhinoplasty because they have always been dissatisfied with either the size or shape of the nose and some require treatment after injury, trauma or disease.

It is possible to adjust the size of your nose, even out any bumps or lumps, alter the tip or bridge, change the shape of the nostrils or the angle of the nose, by tackling the bone, cartilage or soft tissues of the nose.

During your consultation, Mr Ahmad will perform a thorough medical examination to check the function of your nose, as many external deformities can be a sign of compromised nasal passages and blockages and these will be tackled in the same procedure.

Your nose is such a dominant feature of the face, it is also important to ensure that you have realistic expectations of what can be achieved.

Mr Ahmad's specialist surgical areas are cleft lip, palate and rhinoplasty procedures and he performs many of these procedures every year. He also teaches and lectures on the technique; for example on the faculty of the course on cosmetic surgery at the Royal Society of Medicine.

What to expect during a rhinoplasty procedure?

A rhinoplasty is performed under general anaesthetic and usually requires an overnight stay. The procedure can either be performed as open or closed. During a closed rhinoplasty, Mr Ahmad will make incisions inside the nostrils to avoid any external scars. However, more complicated procedures will require an open rhinoplasty, where Mr Ahmad will make a small incision in between the nostrils so he can access the nose more fully.

Cartilage is either removed or repositioned and any alterations made to the bone, before the skin is redraped over the new structure and the incisions are closed. If necessary, the nose may require splints or packing.

What is recovery like after nose surgery?

You should be able to resume normal activities after a week or two. There will be some swelling and bruising that can extend to under the eyes that can take a while to settle. Mr Ahmad will explain all potential side effects during the consultation.

Very occasionally, when the cartilage or bone heals, there may be a slight irregularity that will only become apparent when the swelling finally subsides. In those cases, a repeat procedure may be needed to correct any irregularities, but for the most part patients are very satisfied with the more aesthetically-pleasing appearance of their nose.
