

## Rhinoplasty

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© September 2019  
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The main principle of a serious aesthetic surgery is the preservation or reconstruction of the natural proportions without changing the individual radiance of a person.

We are happy to advise you.

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# Rhino- plasty

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## Overview

The nose is at the centre of the face and thus also the personality of each person. Those who are unhappy with their own nose often suffer for years. A successful operative correction therefore leads to a great psychological relief and strengthening of the self-esteem of all those affected.

The surgical procedures have been technically developed and advanced for many decades and are safe and promising in the hands of a careful and experienced surgeon.



## What actually happens during the surgery?

In a nose correction, the cartilage and bone-structure of the nose are prepared with surgical precision and changed in shape and size according to your personal preferences. If there are additional functional problems with nasal breathing, these are treated in the same procedure.

## What results can be achieved?

In a plastic nose correction, the shape and size are refined according to your preferences and brought into harmonious proportions to the other facial features. Nasal humps and oversized nostrils can be effectively reduced, a broad nose narrowed and a crooked nose straightened. Previous injuries or operations must be carefully considered when planning the desired nose correction, otherwise they may cause problems in nose shaping or nasal breathing function. The desired result can in most cases be achieved with modern plastic surgery methods. Small irregularities in the area of bone or cartilage corrections, which may remain during the healing phase, sometimes require post-operative correction.

## Type of anaesthesia and hospital stay

Most nose operations are performed under general anaesthesia. However, some minor corrections are also possible under local anaesthesia and general sedation. The operation lasts 1 - 2 hours. Usually a hospital stay of one night is sufficient.

## How do I prepare for the surgery?

You should not take any painkillers (e.g. Aspirin) for 14 days before the operation, as these delay blood clotting. You should also avoid alcohol and sleeping pills to a large extent. Further preparations are not necessary.

## How's the surgery done?

The cartilage and bone framework are temporarily exposed by detachment of the skin and mucous membranes so that the desired changes in shape can be made. Using instruments specially developed for rhinoplasty, the excess bone and cartilage can then be removed from a hump nose and the nose narrowed, a nose that is too long can be shortened or the tip of the nose reshaped. In the case of a crooked nose, which is often the result of an injury, all malpositions of the bone and cartilage framework must first be loosened and then brought into a correct position.

Once all forming measures have been carried out, the nourishing mucous membranes are precisely reattached and stitched with fine, self-dissolving sutures. In addition, the inner nasal passages are splinted with soft tamponades. The nasal skin is reattached with fine plaster strips and a plastic splint specially shaped for your nose is fitted.



## What happens after the surgery?

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Immediately after the operation, clearly visible swelling and bruising, especially in the cheek and lower lid area is to be expected. But only minimal pain. Both will disappear within a few days. The inner splint of the nasal passages with the soft tamponades is removed painlessly after 1 - 3 days, the outer plastic splint must be worn consistently for the first week in order to support the new shape of the nose. During the initial post-surgery period, you should sleep with your head elevated.

## What complications can arise?

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Every operation can lead to complications. However, a correctly performed rhinoplasty does not pose a major health risk. Serious complications such as purulent wound infections, secondary bleeding or lacrimal duct injuries are extremely rare. More frequent are changes in shape caused by uneven scarring of the bone and cartilage framework. If such irregularities do not completely disappear even after several weeks, a further minor intervention may be necessary.

## What aftercare is required?

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Be prepared to be significantly limited in the first week after the operation due to swelling. Usually, an external splint is applied in the first week, which is replaced by a bandage in the second week. If necessary, the stitches on the bridge of the nose are removed after one week. The inner sutures dissolve by themselves. A caring nasal ointment helps the mucous membranes to regenerate more quickly.

## What needs to be considered after the surgery?

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Since the new nose shape is stable enough through internal healing only 3 - 4 weeks after the operation, you should refrain from sporting activities during this time. Normally you will feel minimally affected and your mobility back to normal within one week after the operation.