

# Nose Surgery (Septorhinoplasty)

## What Is Septorhinoplasty?

Septorhinoplasty, commonly referred to as nose surgery, is a surgical procedure that combines nasal septum correction (septoplasty) with aesthetic changes to the external appearance of the nose (rhinoplasty). This comprehensive procedure aims to improve both nasal function and appearance. Septorhinoplasty is performed to address issues such as a deviated septum, nasal congestion, breathing difficulties, and to enhance the aesthetic balance and harmony of the nose.

## What Are The Surgical Approaches?

Septorhinoplasty involves surgical approaches to both the internal and external structures of the nose:

1. **Septoplasty:** This aspect of the surgery focuses on correcting a deviated nasal septum. The septum is the partition that divides the nostrils. A deviated septum can lead to breathing difficulties and nasal congestion.
2. **Rhinoplasty:** The rhinoplasty component involves altering the external appearance of the nose. This can include reshaping the nasal bridge, refining the tip, narrowing the nostrils, or addressing asymmetry.

## What Does It Involve?

Septorhinoplasty is usually performed as an outpatient procedure under general anaesthesia. The surgeon begins by addressing the septoplasty, making incisions inside the nostrils to access and correct the deviated septum. Once the septum is straightened, the surgeon proceeds to the rhinoplasty aspect, often making incisions hidden inside the nose or across the columella (the tissue between the nostrils). The surgeon then reshapes the nasal structures to achieve the desired aesthetic outcome.

## How To Prepare?

Preparation for septorhinoplasty involves discussing your medical history, current medications, and allergies with your healthcare provider. You may be advised to stop smoking and avoid certain medications that could affect the surgery or recovery process.

How long does it take? The duration of septorhinoplasty varies based on the complexity of the case and the specific changes being made. On average, the surgery typically takes around 2 to 4 hours.

## What Happens After?

After the surgery, you will be monitored as you awaken from anaesthesia. You might experience some temporary discomfort, swelling, or bruising around the nose and eyes. Pain relief medication and specific aftercare instructions will be provided.

Recovery times vary based on the extent of the surgery. Nasal packing or splints might be placed to support healing and maintain the new shape of the nose. Most patients can return home the same day of the surgery. Avoiding activities that could disrupt healing, such as strenuous exercise, is important during the recovery

period.

Full recovery might take several weeks to a few months, depending on the individual. As swelling subsides and tissues heal, you'll notice gradual improvements in both nasal function and appearance. Attend follow-up appointments to monitor your progress and address any concerns that may arise during your recovery.