MR SIVA KUMAR

CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Rhinophyma treatment

CO2 laser sculpting of the nose, with loop cautery on occasion

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The Ü Clinic
Sevenoaks & Oxted

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This booklet explains rhinophyma treatment, the healing process and the risks.

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01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about treating rhinophyma, or you're about to.

It explains what rhinophyma is, how Mr Kumar treats it with a CO2 laser, how the skin heals, and the risks.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What rhinophyma treatment involves

Rhinophyma is a thickening of the skin of the nose that develops in some people with long-standing rosacea, most often men over 50.

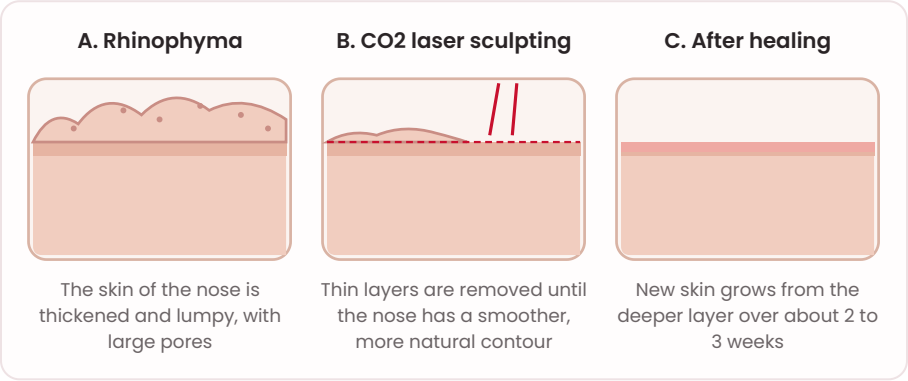


Figure 1. The skin of the nose seen in cross-section. A simplified drawing for guidance only.

The oil glands and the tissue around them overgrow, so the nose becomes enlarged, bumpy and red, with large pores. It isn't caused by drinking alcohol.

CO2 laser sculpting: Mr Kumar's main technique

The laser vaporises the thickened tissue in very thin, controlled layers and seals small blood vessels as it goes, so the nose can be reshaped gradually and precisely. The deepest part of the skin is left in place, and new skin grows from it over the following weeks.

Loop cautery: used on occasion

For very thick or bulky areas, a fine heated wire loop shaves away tissue more quickly while controlling bleeding. The CO2 laser is then often used to smooth and refine the surface.

If any area looks unusual, a small sample is sent to the laboratory first. Treating the underlying rosacea with your GP or dermatologist helps reduce the chance of rhinophyma coming back.

03 Before you decide

You're likely to be a good candidate if:

- rhinophyma affects how your nose looks or, in severe cases, your breathing
- your rosacea is being treated, or you are willing to have it treated
- you can take about two weeks away from work and other commitments while the skin heals
- you can protect the healing skin from the sun for at least six months

What the treatment won't do

- It won't cure rosacea, which may need ongoing treatment.
- It won't remove all redness. IPL can help with redness and thread veins once the skin has healed.
- It can't guarantee the thickening will never come back.

Please tell Mr Kumar if you have, or have had

- you take blood thinners or have a bleeding disorder
- a pacemaker or defibrillator (some equipment used to control bleeding can affect it)
- you get cold sores
- you take, or have recently taken, isotretinoin (Roaccutane)
- a tendency to keloid or thickened scars
- diabetes or a weakened immune system, which can slow healing
- allergies to local anaesthetic, plasters, latex or antibiotics
- you smoke

04 Other options

You don't have to have this treatment. Depending on what bothers you, the alternatives include:

- rosacea treatments from your GP or dermatologist, which can calm early swelling but can't shrink thickening that has already formed
- IPL, to fade redness and thread veins

- doing nothing, as rhinophyma is harmless, although it may slowly get worse

05 Getting ready

Before your treatment, please:

- tell us about any blood thinners such as warfarin, apixaban, rivaroxaban, clopidogrel or aspirin. Don't stop them without advice.
- if you get cold sores, take the antiviral tablets you are given, starting the day before
- stop smoking if you can, as it slows healing
- eat and drink normally if you are having a local anaesthetic, or follow the fasting instructions you are given for sedation or a general anaesthetic
- arrange a lift home, and someone to stay with you for the first night if you have sedation or a general anaesthetic
- plan about two weeks away from work, and avoid sunburn on the nose beforehand

06 Anaesthetic and where it happens

Treatment is usually done under local anaesthetic: injections numb the nose, so you are awake but don't feel pain. For larger treatments, sedation or a general anaesthetic may be used. You go home the same day.

07 The procedure

Your eyes are protected with shields or goggles throughout. Mr Kumar then uses the CO2 laser to remove the thickened tissue layer by layer, checking the shape of the nose as he goes. Occasionally, very bulky areas are first reduced with loop cautery.

Treatment takes 45 to 90 minutes, depending on how much tissue needs removing. Afterwards the nose is covered with ointment and a light dressing.

08 Recovery

- **Days 1–7:** the nose is raw and weeps, like a graze. Keep it moist with ointment and clean it gently as shown. Don't pick any crusts.
- **Weeks 2–3:** new skin forms over the treated area, and most people go back to work.
- **Weeks 3–6:** return to normal activities. The new skin is pink and sensitive, so protect it from the sun.
- **2–6 months:** redness gradually fades and the final shape settles.

The nose is sore for a few days, and simple painkillers are usually enough. Sleeping with an extra pillow for the first few nights helps reduce swelling. Once the skin has healed, use a high-factor sunscreen every day.

09 Risks and complications

Most people recover without any serious problems. But like any treatment it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your treatment. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Soreness, oozing and crusting for the first week.
- Swelling for a week or two.
- Pink or red skin that fades over two to six months.

Other complications

- **Prolonged redness** COMMON
  Redness can last longer than six months, especially if the rosacea is active. IPL can help.
- **Lighter patches of skin** COMMON
  The treated skin can heal paler than the skin around it. This can be permanent.
- **Enlarged pores** COMMON
  Some pores can remain visible once the skin has healed.
- **Scarring or uneven texture** UNCOMMON
  More likely if treatment has to go deep. Most scars soften with time.
- **Notching of the nostril rim** UNCOMMON
  If the edges of the nostrils are treated, the rim can heal with a small notch.
- **Infection** UNCOMMON
  Treated with antibiotics.
- **Bleeding** UNCOMMON
  Usually minor, and stops with gentle pressure.
- **Cold sore flare** UNCOMMON
  Laser treatment can trigger cold sores in people who get them. Antiviral tablets reduce this risk.
- **Rhinophyma coming back** UNCOMMON
  It can return slowly over years. Keeping rosacea under control helps.

Complications of the anaesthetic

Local anaesthetic is very safe. It stings briefly as it goes in. Rarely it causes light-headedness, and very rarely an allergic reaction. If you have a general anaesthetic or sedation, your anaesthetist will discuss the risks with you separately.

10 Further treatment

Most people need only one treatment. Occasionally a small touch-up helps to refine the result, for example if an area heals unevenly. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further treatment isn't automatically included in your original fee; the clinic team can explain our policy.

11 Photographs and records

Photographs are taken before and after your treatment and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

12 Costs and insurance

Some insurers cover rhinophyma treatment, particularly if your breathing is affected, so please check your cover before your treatment. Insurers need Mr Kumar's full name, Siva Kumar Veeramani, and his GMC number, 6114710. If you are paying for yourself, you'll receive a written quote first. Self-pay consultations cost £250 and follow-ups £150.

13 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

14 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

15 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on 020 3026 9695 or info@theuclinic.com.

Contact us promptly if you have

- redness that is spreading, warmth, yellow discharge or a temperature
- bleeding that doesn't stop with 20 minutes of firm pressure
- pain that is getting worse rather than better
- painful blisters or sores on or around the nose, which can be a cold sore flare

Out of hours, your emergency contact number will be given by the treating hospital or clinic. In an emergency, call 999.

16 What happens next

Before your treatment, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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Rhinophyma treatment information leaflet. Version 2.0, November 2026. This booklet is for general information and does not replace a consultation with Mr Kumar.