

PATIENT INFORMATION

Rhinoplasty

Reshaping the nose
Open, closed and septorhinoplasty

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This booklet explains rhinoplasty, from deciding whether it is right for you to your recovery.

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01 Why you have this booklet

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

It explains what the operation involves, the different approaches, and the risks and recovery.

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 rhinoplasty is

Rhinoplasty reshapes the bone and cartilage of the nose. It can reduce a hump, straighten a crooked nose, refine a wide or bulbous tip, or bring the nose into better proportion with the face. A septorhinoplasty also straightens the septum inside the nose to help your breathing.

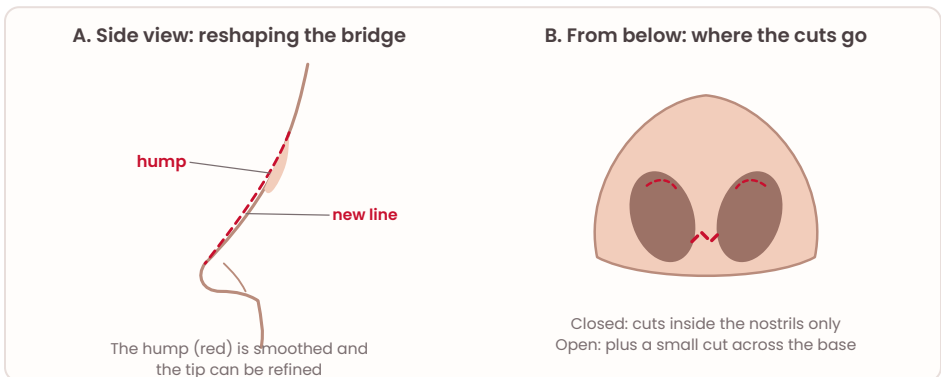


Figure 1. Reshaping the bridge, and where the cuts go in closed and open rhinoplasty. A simplified drawing for guidance only.

Closed rhinoplasty no external scar

All incisions are inside the nostrils. Suits smaller changes.

Open rhinoplasty for more complex changes

A small cut across the strip between the nostrils (columella) gives a direct view, allowing precise reshaping, especially of the tip.

Cartilage grafts for support

Cartilage can be taken from inside your own nose, or occasionally from the ear or rib, to support or shape the nose.

03 Is it right for you?

You're likely to be a good candidate if:

- ✓ your nose has finished growing, usually by the late teens
- ✓ you have specific changes in mind
- ✓ you are in good general health
- ✓ you have realistic expectations, and are making the decision for yourself

What the operation won't do

- **It won't give you someone else's nose.** The result is planned around your own features.
- **You won't see the final result straight away.** Swelling takes up to a year to settle, especially at the tip.

Please tell Mr Kumar if you have, or have had

- breathing problems, allergies or hay fever
- previous nose surgery or injury
- nosebleeds or a bleeding disorder
- you use nasal sprays, or have used cocaine
- blood thinners or supplements

Please tell Mr Kumar if you have, or have had (continued)

- you smoke
- body dysmorphic disorder or significant worry about your appearance

04 Other options

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

- non-surgical rhinoplasty with filler, which can disguise a small hump but doesn't make the nose smaller and carries risks of its own
- septoplasty alone, if your main problem is breathing
- doing nothing for now.

05 What you can expect from the result



- The tip is the last part to settle.
- Around 1 in 10 people have a further, usually smaller, operation to refine the result.

06 Getting ready

Before your operation you'll have a pre-operative assessment, with your medical history, an examination, photographs and sometimes blood tests. You'll also be asked to:

- ✓ **stop smoking, vaping and nicotine replacement** for at least 4–6 weeks before and after surgery
- ✓ **stop aspirin, anti-inflammatory painkillers and supplements** such as fish oil, garlic, ginkgo and vitamin E, usually 1–2 weeks beforehand. Please don't stop any prescribed blood thinner without checking first.
- ✓ **follow the fasting instructions** you are given if you are having a general anaesthetic or sedation

- ✓ **arrange for someone to take you home** and stay with you for the first night
- ✓ **plan 1–2 weeks off work** and avoid contact sport for 3 months

07 Anaesthetic and where it happens

Rhinoplasty is done under general anaesthetic. You may go home the same day or stay one night.

08 The operation

The operation takes about 2–3 hours. The skin is lifted from the framework of the nose, and the bone and cartilage are reshaped. If the bones are narrowed, they are carefully repositioned. A splint is put on the outside of the nose, and sometimes soft splints or packing inside.

09 Straight afterwards

Your nose will feel blocked and you will breathe through your mouth for a few days. There will be bruising around the eyes and some oozing of blood. Keep your head raised and avoid blowing your nose.

10 Recovery

When	What to expect
Days 1–3	Blocked nose, swelling and bruising around the eyes.
Day 7	External splint and any stitches removed.
Weeks 1–2	Return to desk work. Don't blow your nose hard.
Weeks 4–6	Return to exercise. Avoid glasses resting on the nose until advised.
3 months	Return to contact sport if agreed.
12 months	Final shape.

11 Risks and complications

Most people recover without any serious problems. But like any procedure 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

more than 1 in 100

UNCOMMON

1 in 100 to 1 in 1,000

RARE

1 in 1,000 to 1 in 10,000

VERY RARE

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 procedure. 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.

- A blocked nose for 1–2 weeks.
- Bruising around the eyes.
- Numbness of the tip and front teeth, which recovers.
- Swelling, which takes months to settle.

Other complications

- **Need for further surgery (revision)** ABOUT 1 IN 10

Small irregularities or asymmetry can remain once the swelling has settled, and some people choose a further operation.

- **Nosebleed** UNCOMMON

Usually settles with pressure; occasionally needs packing.

- **Breathing problems** UNCOMMON

The nose may feel more blocked; further treatment can help.

- **Infection** UNCOMMON

Usually treated with antibiotics.

- **Hole in the septum (septal perforation)** UNCOMMON

Can cause crusting or whistling. It may need treatment.

- **Visible scar** UNCOMMON

After an open approach, the small scar under the nose usually becomes very hard to see.

Rare but serious complications

Please read this section carefully.

- **Loss of sense of smell** RARE

Usually temporary.

- **Leak of brain fluid or injury to the eye** VERY RARE

Extremely rare, and needs urgent treatment.

- **Blood clots in the leg or lung** RARE

Deep vein thrombosis or pulmonary embolism. A clot in the lung can be life-threatening. Walking early, drinking plenty and any stockings or injections you are given reduce the risk.

Complications of the anaesthetic

Modern anaesthesia is very safe. Feeling sick, a sore throat or feeling drowsy are common for a short time afterwards. Serious problems, such as a severe allergic reaction, are very rare. Your anaesthetist will meet you before the operation and explain the risks for you personally.

12 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

13 Photographs and records

Photographs are taken before and after your procedure 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.

14 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

We recommend waiting at least two weeks between your consultation and your operation. This follows good practice for cosmetic surgery, and gives you time to think things over and ask more questions. You can change your mind at any point before surgery, even on the day, and you don't need to give a reason.

15 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.

16 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.

17 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**.

Call 999 or go to your nearest A&E immediately if you have

- heavy bleeding from the nose that doesn't stop with 20 minutes of pressure
- chest pain or shortness of breath
- severe headache with a high temperature, or clear fluid running from the nose

Contact us promptly if you have

- increasing pain or swelling
- redness, discharge or a temperature
- a bulge or swelling inside the nose

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

18 What happens next

Before your procedure, 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, your weight 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.

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.

Telephone	020 3026 9695
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Email	info@theuclinic.com
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Rhinoplasty information leaflet. Version 1.0, October 2026. This booklet is for general information and does not replace a consultation with Mr Kumar.