



## WRITING SAMPLE

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### 5 Things to Know About Rhinoplasty

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Rhinoplasty — commonly referred to as “nose job” surgery — is a commonly performed operation to correct or change the appearance or function of the nose.

If you’re considering rhinoplasty, whether for purely cosmetic reason or to help alleviate breathing problems, here are some important things to know about the procedure.

#### **Cosmetic, functional or both**

Rhinoplasty surgery may be performed to correct health issues, such as a **deviated septum**. When the septum — the bone and cartilage that divide the nasal cavity of the nose in half — is crooked, breathing can be difficult, and other symptoms present. A deviated septum may be genetic or may occur as a result of a traumatic injury. Health insurance will often pay for this type of rhinoplasty.

Surgery may also be performed to alter the cosmetic appearance of the nose. A person may be dissatisfied with the **size or width** of his or her nose, or perhaps doesn’t like the humps or depressions they see in profile. A “bulb” at the tip of the nose is another reason some people consider cosmetic nose surgery, as is nostril size and position.

Sometimes a patient who needs surgery to correct a deviated septum will have some cosmetic sculpting performed at the same time.

#### **Preparing for rhinoplasty**

If you’re considering **rhinoplasty**, you will likely have an extensive meeting with your surgeon, who will thoroughly evaluate your features and your health. He or she will show you computer models of what your nose could look like after surgery.

Your surgeon may encourage you to stop smoking. In addition to the general health reasons for kicking the habit, smoking also compromises blood flow to the skin,

meaning less oxygen is available to aid in wound healing. Your doctor may also tell you to discontinue blood-thinning drugs and vitamins and some herbal preparations.

Some surgeons, however, may recommend homeopathic therapies such as arnica, which can minimize bruising. Others may prescribe steroids to decrease swelling.

Alcohol use, too, may be discouraged by your medical team in the days leading up to your surgery, as alcohol can hinder the healing process.

### **The procedure itself**

Your physician will have recommended either closed or open rhinoplasty.

Closed rhinoplasty involved incisions made only inside the nostril, leaving no external scars. This is recommended for patients who are looking for fairly minor adjustments. Open rhinoplasty, on the other hand, may be called for when more extensive resculpting is necessary. This involves a small incision at the base of the structure that separates the nostrils, and while this will leave a small scar, the surgeon can usually “hide” it so that it is inconspicuous.

An alternative nose-related procedure is a “**tiplasty**,” which involves reshaping the tip of the nose only, and may be done with the open or closed method.

Rhinoplasty is normally performed in an outpatient setting under general anesthesia, although local anesthesia with IV sedation is sometimes appropriate. The surgery normally takes two to three hours.

### **Recovery period**

Post-op instructions generally include keeping your head elevated, using cold compresses and getting plenty of rest. You’ll probably be prescribed pain medication and you’ll want to avoid strenuous activities and boisterous dogs.

You will be able to return to normal activities in 10 to 14 days. The bruising and most of the swelling should clear up within three weeks, but it will likely be months before all the swelling is gone and you can truly assess your new nose. The swelling during this latter period is very slight and probably not noticeable to anyone but you.

### **Risks**

As with any surgical procedure, there are risks, which include bleeding, problems with anesthesia and infection.

Other risks include a change in skin sensation such as pain or numbness, nasal septal perforation and difficulty breathing.

Another risk is a less-than-desirable outcome, appearance-wise. If the doctor failed to understand the look you were hoping for or was unable to sculpt your nose as you had hoped, you may be disappointed in your new nose.

Finding a board certified plastic surgeon with extensive experience in performing the procedure who is able to answer all of your questions and work with you to decide on the best look for your nose is key.

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