

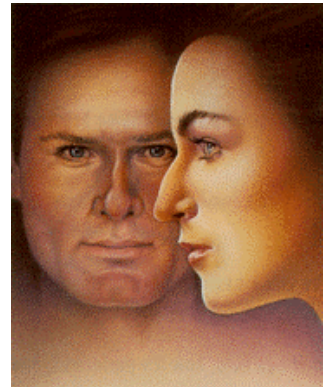
Rhinoplasty

SURGERY OF THE NOSE

If you're considering rhinoplasty...

Rhinoplasty, or surgery to reshape the nose, is one of the most common of all plastic surgery procedures. Rhinoplasty can reduce or increase the size of your nose, change the shape of the tip or the bridge, narrow the span of the nostrils, or change the angle between your nose and your upper lip. It may also correct a birth defect or injury, or help relieve some breathing problems.

If you're considering rhinoplasty, this information will give you a basic understanding of the procedure-when it can help, how it's performed, and what results you can expect. It can't answer all of [your questions](#), since a lot depends on the individual patient and the surgeon. Please ask your surgeon about anything you don't understand.



The best candidates for rhinoplasty

Rhinoplasty can enhance your appearance and your self-confidence, but it won't necessarily change your looks to match your ideal, or cause other people to treat you differently. Before you decide to have surgery, think carefully about your expectations and discuss them with your surgeon.

The best candidates for rhinoplasty are people who are looking for improvement, not perfection, in the way they look. If you're physically healthy, psychologically stable, and realistic in your expectations, you may be a good candidate.

Rhinoplasty can be performed to meet aesthetic goals or for reconstructive purposes-to correct birth defects or breathing problems.

Age may also be a consideration. Many surgeons prefer not to operate on teenagers until after they've completed their growth spurt-around 14 or 15 for girls, a bit later for boys. It's important to consider teenagers' social and emotional adjustment, too, and to make sure it's what they, and not their parents, really want.

All surgery carries some uncertainty and risk

When rhinoplasty is performed by a qualified plastic surgeon, complications are infrequent and usually minor. Nevertheless, there is always a possibility of complications, including infection, nosebleed, or a reaction to the anaesthesia. You can reduce your risks by closely following your surgeon's instructions both before and after surgery.

After surgery, small burst blood vessels may appear as tiny red spots on the skin's surface; these are usually minor but may be permanent. As for scarring, when rhinoplasty is performed from inside the nose, there is no visible scarring at all; when an "open" technique is used, or when the procedure calls for the narrowing of flared nostrils, the small scars on the base of the nose are usually not visible.

In about one case out of ten, a second procedure may be required—for example, to correct a minor deformity. Such cases are unpredictable and happen even to patients of the most skilled surgeons. The corrective surgery is usually minor.

Planning your surgery

Good communication between you and your physician is essential. In your initial consultation, the surgeon will ask what you'd like your nose to look like, evaluate the structure of your nose and face, and discuss the possibilities with you. He or she will also explain the factors that can influence the procedure and the results. These factors include the structure of your nasal bones and cartilage, the shape of your face, the thickness of your skin, your age, and your expectations.

Your surgeon will also explain the techniques and anaesthesia he or she will use, the type of facility where the surgery will be performed, the risks and costs involved, and any options you may have. Most insurance policies don't cover purely cosmetic surgery; however, if the procedure is performed for reconstructive purposes, to correct a breathing problem or a marked deformity, the procedure may be covered. Check with your insurer, and obtain pre-authorization for your surgery.

Be sure to tell your surgeon if you've had any previous nose surgery or an injury to your nose, even if it was many years ago. You should also inform your surgeon if you have any allergies or breathing difficulties; if you're taking any medications, vitamins, or recreational drugs; and if you smoke.

Don't hesitate to ask your doctor any questions you may have, especially those regarding your expectations and concerns about the results.

Preparing for your surgery

Your surgeon will give you specific instructions on how to prepare for surgery, including guidelines on eating and drinking, smoking, taking or avoiding certain vitamins and medications, and washing your face. Carefully following these instructions will help your surgery go more smoothly.

While you're making preparations, be sure to arrange for someone to drive you home after your surgery and to help you out for a few days if needed.

Where your surgery will be performed

Rhinoplasty may be performed in a surgeon's office-based facility, an outpatient surgery centre, or a hospital. It's usually done on an outpatient basis, for cost containment and convenience. Complex procedures may require a short inpatient stay.

Types of anaesthesia

Rhinoplasty can be performed under local or general anaesthesia, depending on the extent of the procedure and on what you and your surgeon prefer.

With local anaesthesia, you'll usually be lightly sedated, and your nose and the surrounding area will be numbed; you'll be awake during the surgery, but relaxed and insensitive to pain. With general anaesthesia, you'll sleep through the operation.

The surgery

Rhinoplasty usually takes an hour or two, though complicated procedures may take longer. During surgery the skin of the nose is separated from its supporting framework of bone and cartilage, which is then sculpted to the desired shape. The nature of the sculpting will depend on your problem and your surgeon's preferred technique. Finally, the skin is re-draped over the new framework.

Many plastic surgeons perform rhinoplasty from within the nose, making their incision inside the nostrils. Others prefer an "open" procedure, especially in more complicated cases; they make a small incision across the columella, the vertical strip of tissue separating the nostrils.

When the surgery is complete, a splint will be applied to help your nose maintain its new shape. Nasal packs or soft plastic splints also may be placed in your nostrils to stabilize the septum, the dividing wall between the air passages.



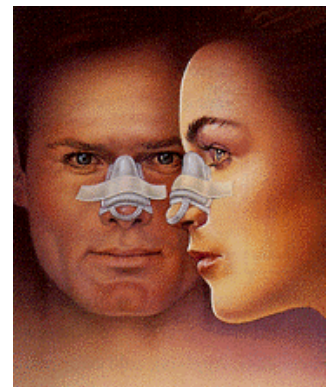
After your surgery

After surgery-particularly during the first twenty-four hours-your face will feel puffy, your nose may ache, and you may have a dull headache. You can control any discomfort with the pain medication prescribed by your surgeon. Plan on staying in bed with your head elevated (except for going to the bathroom) for the first day.

You'll notice that the swelling and bruising around your eyes will increase at first, reaching a peak after two or three days. Applying cold compresses will reduce this swelling and make you feel a bit better. In any case, you'll feel a lot better than you look. Most of the swelling and bruising should disappear within two weeks or so. (Some subtle swelling-unnoticeable to anyone but you and your surgeon-will remain for several months.)

A little bleeding is common during the first few days following surgery, and you may continue to feel some stuffiness for several weeks. Your surgeon will probably ask you not to blow your nose for a week or so, while the tissues heal.

If you have nasal packing, it will be removed after a few days and you'll feel much more comfortable. The end of one or, occasionally, two weeks, all dressings should remove splints, and stitches.



Getting back to normal

Most rhinoplasty patients are up and about within two days, and able to return to school or sedentary work a week or so following surgery. It will be several weeks, however, before you're entirely up to speed.

Your surgeon will give you more specific guidelines for gradually resuming your normal activities. They're likely to include these suggestions: Avoid strenuous activity (jogging, swimming, bending, sexual relations-any activity that increases your blood pressure) for two to three weeks. Avoid hitting or rubbing your nose, or getting it sunburned, for eight weeks. Be gentle when washing your face and hair or using cosmetics.

You can wear contact lenses as soon as you feel like it, but glasses are another story. Once the splint is off, they'll have to be taped to your forehead or propped on your cheeks for another six to seven weeks, until your nose is completely healed.

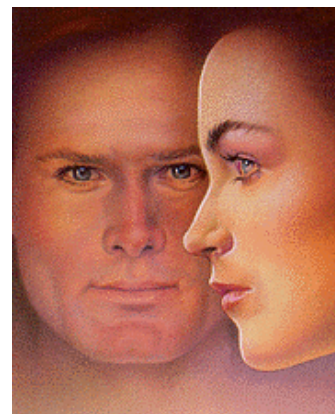
Your surgeon will schedule frequent follow-up visits in the months after surgery, to check on the progress of your healing. If you have any unusual symptoms between visits, or any questions about what you can and can't do, don't hesitate to call your doctor.

Your new look

In the days following surgery, when your face is bruised and swollen, it's easy to forget that you will be looking better. In fact, many patients feel depressed for a while after plastic surgery-it's quite normal and understandable.

Rest assured that this stage will pass. Day by day, your nose will begin to look better and your spirits will improve. Within a week or two, you'll no longer look as if you've just had surgery.

Still, healing is a slow and gradual process. Some subtle swelling may be present for months, especially in the tip. The final results of rhinoplasty may not be apparent for a year or more.



In the meantime, you might experience some unexpected reactions from family and friends. They may say they don't see a major difference in your nose. Or they may act resentful, especially if you've changed something they view as a family or ethnic trait. If that happens, try to keep in mind why you decided to have this surgery in the first place. If you've met your goals, then your surgery is a success

RISKS of RHINOPLASTY SURGERY

With any type of activity there is inherent risk. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with your plastic surgeon to make sure you understand the risks, potential complications and consequences of rhinoplasty.

Bleeding- It is possible, though unusual, that you may have problems with bleeding during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to stop the bleeding, or require a blood transfusion. Do not take any aspirin or anti-inflammatory medications

for ten days before surgery, as this contributes to a greater risk of bleeding. Non-prescription “herbs” and dietary supplements can increase the risk of surgical bleeding. Hypertension (high blood pressure) that is not under good medical control may cause bleeding during or after surgery. Accumulations of blood under the skin may delay healing and cause scarring.

Infection- Infection is quite unusual after surgery. Should an infection occur, additional treatment including antibiotics may be necessary.

Scarring- Although good wound healing after a surgical procedure is expected, abnormal scar may occur both within the skin and the deeper tissues. Scars may be unattractive and of different colour than the surrounding skin. There is the possibility of visible marks from sutures. Additional treatments including surgery may be needed to treat scarring.

Damage to deeper structures- Deeper structures such as nerves, tear ducts, blood vessels and muscles may be damaged during the course of surgery. The potential for this to occur varies with the type of rhinoplasty procedure performed. Injury to deeper structures may be temporary or permanent.

Unsatisfactory result- There is the possibility of an unsatisfactory result from the rhinoplasty surgery. The surgery may result in unacceptable visible or tactile deformities, loss of function, or structural malposition after rhinoplasty surgery. You may be disappointed that the results of rhinoplasty surgery do not meet your expectations. Additional surgery may be necessary should the result of rhinoplasty be unsatisfactory.

Numbness- There is the potential for permanent numbness within the nasal skin after rhinoplasty. The occurrence of this is not predictable. Diminished (or loss of skin sensation) in the nasal area may not totally resolve after rhinoplasty.

Asymmetry- The human face is normally asymmetrical. There can be a variation from one side to the other in the results obtained from a rhinoplasty procedure.

Chronic pain- Chronic pain may occur very infrequently after rhinoplasty.

Skin disorders/skin cancer- Rhinoplasty is a surgical procedure to reshape of both internal and external structure of the nose. Skin disorders and skin cancer may occur independently of a rhinoplasty.

Allergic reactions- In rare cases, local allergies to tape, suture material, or topical preparations has been reported. Systemic reactions, which are more serious, may occur to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

Delayed healing- Wound disruption or delayed wound healing is possible. Some areas of the face may not heal normally and may take a long time to heal. Areas of skin may die. This may require frequent dressing changes or further surgery to remove the non-healed tissue.

Long term effects- Subsequent alterations in nasal appearance may occur as the result of aging, sun exposure, or other circumstances not related to rhinoplasty surgery. Future surgery or other treatments may be necessary to maintain the results of a rhinoplasty operation.

Nasal septal perforation- There is the possibility that surgery will cause a hole in the nasal septum to develop. The occurrence of this is rare. However, if it occurs, additional surgical treatment may be necessary to repair the hole in the nasal septum. In some cases, it may be impossible to correct this complication.

Nasal airway alterations- Changes may occur after a rhinoplasty or septoplasty operation that may interfere with normal passage of air through the nose.

Surgical anaesthesia- Both local and general anaesthesia involves risk. There is the possibility of complications, injury, and even death from all forms of surgical anaesthesia or sedation.

Substance abuse disorders- Individuals with substance abuse problems that involve the inhalation of vasoconstrictive drugs such as cocaine are at risk for major complications including poor healing and nasal septal perforation.

HEALTH INSURANCE

Most health insurance companies exclude coverage for cosmetic surgical operations or any complications that might occur from cosmetic surgery. If the procedure corrects a breathing problem or marked deformity after a nasal fracture, a portion may be covered. Many insurance plans exclude coverage for secondary or revisionary surgery. Please carefully review your health insurance subscriber-information pamphlet.

ADDITIONAL NECESSARY SURGERY

There are many variable conditions in addition to risk and potential surgical complications that may influence the long term result from rhinoplasty surgery. Even though risks and complications occur infrequently. The risks cited are particularly associated with rhinoplasty surgery. Other complications and risks can occur but are even more uncommon. Should complications occur, additional surgery or other treatments may be necessary. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied, as to the results that may be obtained. Infrequently, it is necessary to perform additional surgery to improve your results.

FINANCIAL RESPONSIBILITIES

The cost of surgery involves several charges for the services provided. Depending on whether the cost of surgery is covered by an insurance plan, you will be responsible for necessary co-payments, deductibles, and charges not covered. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day surgery charges involved with revisionary surgery would also be your responsibility.

DISCLAIMER

Informed-consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s). The informed-consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances.

However, informed consent documents should not be considered all inclusive in defining other methods of care and risks encountered. Your plastic surgeon may provide you with additional or different information, which is based on all the facts in your particular case and the state of medical knowledge.

Informed-consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual

case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

It is important that you read the above information carefully and have all of your questions answered before signing the consent.

CONSENT FOR RHINOPLASTY SURGERY

1. I _____ (please print name) hereby authorize Dr. CHRIS SNIJMAN and such assistants as may be selected to perform on me, the operation known as **RHINOPLASTY SURGERY**, or commonly called cosmetic surgery to the nose. This may also include a procedure on the nasal septum for changing its size, configuration or alignment in order to alter the breathing pattern.

2. The nature and effects of the operation, the risks and complications involved, as well as alternative methods of treatment have been fully explained to me by the Doctor and I understand them:

The following points, among others, have been specifically made clear:

- a. There will be swelling for an indetermined period. Much of the swelling will normally disappear in a few days but the remainder may require several weeks, or even months to disappear completely
- b. There will be discoloration (black and blue marks) on and about the face, principally around the eyes, for several days. In some cases the discoloration persists for considerably longer periods
- c. Infrequently a permanent perforation may result from operation on the septum
- d. Because of the nature of the procedure, it is stressed that no exact en-result can be predicted. No exact end-result has been promised
- e. I am aware that the procedure is subject to the same postoperative complications as with other surgical procedures, however, should this occur, additional costs may be incurred should complications develop from the surgery, which will be for my expense
- f. Because of the nature of the procedure, an exact end-result cannot be predicted and I have not been given any guarantee of specific results

3. I authorize the Doctor to perform any other procedure that he may deem desirable in attempting to improve the condition stated in Paragraph or any unhealthy or unforeseen condition that may be encountered during the procedure

4. recognize that during the course of the operation and medical treatment or anaesthesia, unforeseen conditions may necessitate different procedures than those above. I therefore authorize the above physician and assistants or designees to perform such other procedures that are in the exercise of his or her professional judgment necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my physician at the time the procedure is begun.

5. I consent to the administration of such anaesthetics considered necessary or advisable to undergo the operation and I understand that all forms of anaesthesia involve risk and the possibility of complications, injury, and sometimes death.

6. ***I understand that the practice of medicine and surgery is not an exact science and that reputable practitioners cannot guarantee results. I acknowledge that no guarantee has been given by any employee of Dr Snijman's staff, including Dr Snijman or any of the staff employed by Dr Snijman or by the Carstenhof Clinic or Morningside Medi Clinic as to the results that may be obtained whilst undergoing elective surgery, which have been explained to me by Dr Snijman. Further, I understand that payment is made for services provided, and not as a guarantee of success of the procedure. If any litigation may arise as result of the surgery it can only be done in South African under South African Law***

7. I understand that the two sides of the human body are not the same and can never be made the same
8. I consent to the disposal of any tissue, medical devices or body parts which may be removed.

I CERTIFY THAT I HAVE RECEIVED, IN SUBSTANTIAL DETAIL AND LITERATURE THE EXPLANATION OF THE PROCEDURE TO BE UNDERAKEN AND HAVE BEEN ADVISED OF OTHER ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT AND CONSENT TO THE RHINOPLASTYU PROCEDURE

(SIGNED) Patient or Person Authorized to Sign for Patient

Date: _____

Witness: _____ Date: _____

PRE-OPERATIVE INSTRUCTIONS

- 1. DO NOT TAKE ANY ASPRIN OR ASPIRIN-CONTAINING PRODUCTS eg: DISPRIN, BUFFERIN FOR 5 DAYS BEFORE YOUR SURGERY as Aspirin interferes with normal blood clotting. If needed, you may take Tynenol. Do not take any Omega 3 and Flaxseed Oil vitamins or any Homoeopathic medication eg. St John's Wart, Rescue Remedy or Arnica. If you have any doubts about a product, check with your Doctor and pharmacist.*
- 2. Remove nail polish from and trim your left index fingernail to normal length so the pulse monitor can be applied to this finger*
- 3. If you wear contact lenses, bring something to put them in because they must be removed before surgery.*
- 4. The use of specific and correct vitamins prior to surgery is important as it aids in the healing process – kindly contact Liesel at Carstenhof Clinic on 3103736 to discuss your requirements.*
- 5. ALL COSMETIC SURGERY : You must STOP SMOKING for at least 6 weeks before and 4 weeks after your surgery to eliminate any healing breakdown as discussed with the Doctor*
- 6. FACE, NECK AND EAR SURGERY: For 3 days before surgery, wash face, neck, ears with an antibacterial soap such as Protex, Detol or Betadine (available without a prescription from your pharmacy). The night before surgery, remove all makeup and wash your face, neck, ears and hair thoroughly with the antibacterial soap. DO NOT use any makeup or creams after cleansing. DO NOT use any hair conditioners, gels, sprays, or mousses on your hair after washing it.*
- 7. BREAST SURGERY: For 3 days before surgery, wash breast and under arms with an antibacterial soap such as Protex, Dettol or Betadine (available without prescription from your pharmacy). Wash with the soap the night before surgery and again on the day of the surgery. DO NOT wear perfume. Wear comfortable, loose fitting clothes, especially a blouse that is easy to slip on and off that buttons down the front. Wear flat heeled shoes. DO NOT wear a pull-over sweater or tight fitting pants!*
- 8. OTHER AREAS OF SURGERY: For 3 days before surgery, wash with an antibacterial soap such as Protex, Dettol or Betadine (available without prescription from your pharmacy). Wash with the soap the night before surgery and again on the morning of surgery. DO NOT APPLY underarm deodorants, powders, perfume, or lotions the day of surgery.*
- 9. If you have any questions about any of these instructions, please call our office for assistance.*

Do not be concerned if your temperature elevates 1 to 2 degrees for a few days after surgery. This is normal.