



RHINOPLASTY

ALL YOU NEED TO KNOW

Rhinoplasty, commonly referred to as nose surgery, is designed to improve the appearance or functionality of the nose. The procedure can reshape or resize the nose to better suit facial proportions, while also addressing structural issues that may cause breathing problems. Some patients choose Rhinoplasty for aesthetic reasons, such as refining the nose's shape or symmetry, while others seek it to resolve functional concerns impacting their quality of life.

TYPES OF RHINOPLASTY

RHINOPLASTY

Focused on improving the appearance of the nose, Rhinoplasty reshapes the bones, cartilage, and soft tissues to achieve the desired aesthetic. It's ideal for those looking to adjust the size, shape, or symmetry of their nose.

SEPTOPLASTY

Septoplasty corrects nasal obstructions, improving airflow and function by straightening the nasal septum. It's ideal for patients with breathing difficulties caused by a deviated septum.

SEPTORHINOPLASTY

Septorhinoplasty combines Rhinoplasty and Septoplasty to address both cosmetic and functional concerns. It corrects nasal obstructions while enhancing the nose's shape, making it ideal for those seeking both aesthetic improvements and relief from breathing difficulties.

Ultimately, the choice of the different procedures depends on the specific goals and concerns of the individual patient. A thorough consultation with a qualified plastic surgeon can help determine the most appropriate course of action based on the patient's unique needs.



AMELIA GOODMAN
PALL MALL PATIENT



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DAILY ACTIVITIES

WHEN IS IT SAFE TO HAVE A SHOWER?

Patients can usually have a shower after their first post-surgery appointment with one of our nurses, following specific care instructions. At your post-op appointment this will be discussed.

HOW SOON CAN I RETURN TO WORK?

Patients are usually back to a desk-based job within 1 and 2 weeks, with on-your-feet jobs between 4 and 6 weeks, any jobs that require lifting we advise at least 4 to 6 weeks before returning back to work.

HOW LONG SHOULD I WAIT BEFORE FLYING?

Patients should wait at least 1 to 2 weeks before flying on a short-haul flight, as it allows the body to start recovering without additional strain. For long-haul flights, it's recommended to wait at least 4 to 6 weeks to minimise the risk of complications like swelling or blood clots. Always consult with your surgeon if you're unsure about travel plans.

WHEN IS IT SAFE TO EXERCISE?

Patients should wait at least 2 to 4 weeks before participating in any light exercise and at least 6 weeks or as advised by the surgeon before carrying out strenuous exercise.

HOW LONG SHOULD I WAIT TO HAVE SEX?

Patients are advised to wait at least 2 to 4 weeks post-surgery before having sex.

If you have any questions or need more information, your surgeon will be happy to answer them during your free, no obligation consultation. Alternatively our patient coordinators are always happy to assist you and provide further details.



LILLIE HAYNES
PALL MALL PATIENT



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LIFE AFTER RHINOPLASTY

INCREASED CONFIDENCE

Many patients experience a noticeable boost in self-esteem after Rhinoplasty. By addressing features they felt self-conscious about, they feel more positive and assured in their appearance. This newfound confidence often spills into other aspects of life, inspiring them to pursue goals or social opportunities they previously avoided.

POSITIVE IMPACT ON RELATIONSHIPS

For some, Rhinoplasty can enhance personal relationships by fostering increased self-assurance and self-acceptance. Feeling more comfortable in their appearance often helps individuals connect with loved ones on a deeper level, as they no longer let insecurities hold them back emotionally.

EMOTIONAL WELLBEING

Patients often report a significant improvement in their overall mood and emotional health after Rhinoplasty. Resolving longstanding insecurities can lift a mental burden, leaving them with greater satisfaction, happiness, and peace of mind.

INCREASED COMFORT IN SOCIAL SETTINGS

Feeling more confident in their appearance can lead to greater ease in social settings. Patients often describe feeling less inhibited in conversations, enjoying gatherings without self-conscious thoughts about their looks, and taking on public roles with newfound poise.

If you're considering Rhinoplasty, remember that every patient's experience is unique, and the results can positively impact various aspects of your life.



MOLLY FOSTER
PALL MALL PATIENT



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WHAT IS NORMAL IN TERMS OF PAIN?

Pain experiences vary depending on the individual, but here's an overview of what to expect at different stages post-surgery and how it is typically managed.

IMMEDIATELY AFTER SURGERY

Patients may experience some pain and discomfort in the first few hours after surgery as the anaesthesia wears off. Pain is usually managed with medications provided by the surgical team, which may include prescription pain killers and local anaesthetics.

ONE DAY POST SURGERY

Patients should expect some discomfort, swelling and tightness. Pain is typically managed with prescribed pain medications and we recommend following post-surgery care instructions and plenty of rest to ensure the best recovery.

FIVE DAYS POST SURGERY

Patients should expect the pain and discomfort to decrease by this point, although swelling and bruising may still be present but are likely diminishing. Pain is typically managed through over-the-counter pain relievers as directed by their surgeon.

TWO WEEKS POST SURGERY

Patients should expect significant pain reduction, with most initial swelling and bruising subsided. Pain may still be managed through over-the-counter pain relievers as required.

Our expert surgeons will provide detailed guidelines for pain management and patients are encouraged to communicate any concerns or changes in pain levels with our medical team. Following the prescribed medication schedule, getting adequate rest, and avoiding strenuous activities are essential components of a smooth recovery.



**PALL MALL'S
THEATRE TEAM**

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