

When can I drive?

You **must not** drive for at least 48 hours following a general anaesthetic. You may resume driving when you feel comfortable to do so after this time.

Follow-up appointment

If you require a follow-up appointment at the hospital, it will be forwarded to you by post.

In an emergency who do I contact?

If you require urgent medical advice, telephone the hospital switchboard (**01483 571122**) and ask to speak to 'ENT surgeon on call'. The surgeon can then advise you over the phone or arrange to see you at the hospital if necessary.

Any complaints or comments

If you have any complaints or comments please contact the Doctors or Nurses straight away. If this does not solve the problem please contact the Day Surgery Unit Manager on **01483 406732** or write to the Day Surgery Unit, Royal Surrey County Hospital, Egerton Road, Guildford, Surrey, GU2 7XX. Similarly if you have any other comments about the service provided we would also like to hear from you.

Reference source

■ www.nhs.co.uk

Contact details

If you require further advice, please contact:

Day Surgery Unit

Telephone: 01483 406783, Mon–Fri, 8am–6pm

Surgical Short Stay Unit

Telephone: 01483 406828

Pre-assessment Clinic

Telephone: 01483 464152

Out of hours advice

Call 111 (formerly NHS Direct)
www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Mon to Fri

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Rhinoplasty

Day Surgery Unit

Surgical Short Stay Unit



Patient information leaflet

What is a Rhinoplasty?

'Rhinoplasty' is the medical term for re-shaping of the nose. It is usually performed on the NHS if the nose has become deformed as a result of injury, or is deformed from birth.

If your nose is bent and you cannot breathe easily, the surgery can be combined with a 'Septoplasty', which involves re-shaping the inside of the nose. The resulting procedure is known as a Septorhinoplasty. The surgeons will discuss this with you before your operation.

What does the procedure involve?

Cuts are made inside the nose or the skin between the nostrils. The structures of the nose are then moved into the desired position. This may involve 'breaking' the nose. Stitches are put in the nose, some of which will be removed after a week.

Soft splints or packing may be inserted into the nostrils for support and to catch any bleeding. These packs are usually dissolvable. A splint (nose-shaped shield) will be applied to the outside of the nose. This stays on for a week following surgery.

What are the alternatives?

Apart from no treatment at all, surgery is the only option available.

Potential risks and complications

Complications following this procedure are rare, but include:

- **Excessive bleeding** – some bleeding immediately following the procedure is to be expected. However, once you get home, any more than a few drops may require medical attention. If you experience bleeding, contact the surgical team (see 'in an emergency' further on in this leaflet).
- **Infection** – if your sinuses or nose become tender or swollen, contact your GP as you may require antibiotics.
- **Bruising** – some bruising and swelling may occur around the nose or under the eyes. This is temporary and will fade in a few days.
- No improvement in breathing/appearance.
- Worse breathing/appearance.
- Scar.

Will it hurt after the operation?

Your nose and sinus area will feel uncomfortable and blocked for 1-2 weeks. Every effort will be made to keep you comfortable while on the Day Surgery Unit.

You will also be provided with painkillers to take home. These will carry a prescription charge unless you are exempt from paying.

Will there be any bleeding?

Some bleeding from the nostrils immediately following the procedure is to be expected. You may have a dressing under your nose when you wake up to catch any bleeding.

A small amount of bleeding may occur during healing. Avoid picking or blowing your nose as this may make the bleeding worse. If your bleeding is persistent or heavy, contact your GP or the Day Surgery Unit for advice.

When can I resume activity and exercise?

Avoid smoky, crowded or polluted atmospheres and stay away from people with colds or 'flu as much as possible to avoid discomfort and infection.

For the next two weeks, avoid bending forwards as this puts pressure on the operation site. For the same reason, heavy lifting and strenuous activity such as sport or heavy gardening should be avoided for the next two weeks.

If you need to sneeze during this time, you may find it more comfortable to sneeze with your mouth open.

When can I go back to work?

You are strongly advised to take 1-2 weeks off work, depending on the level of physical activity involved. The Day Surgery Unit can provide you with a doctor's certificate for time off work if required.