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Rhinoplasty -Nose reshaping / Nose Job / Nose Surgery

Surgery to reshape the nose (Rhinoplasty) is one of the more common plastic surgery procedures and is performed to improve the external appearance and/or internal breathing, which may have been a result of birth deformity, trauma, genetic influences, infection, aging, tumours or other diseases. Nothing has a greater impact on how a person looks than the size and shape of the nose. Because the nose is the most defining characteristic of the face, a slight alteration can greatly improve one's appearance.

Rhinoplasty Techniques & Indications

Dr Pham specialises in Rhinoplasty using well proven up to date techniques. Dr Pham is recognised as one of the most experienced nasal aesthetic/cosmetic and reconstructive surgeon in Western Australia. This procedure can:

- Change the size or shape of your nose
- Remove an unwanted hump
- Alter the shape of the tip or bridge of your nose
- Narrow or expand the width of your nostrils.
- Improve symmetry, correction crooked nose
- Change the angle between your nose and upper lip
- Improve breathing
- Improve the profile or augmentation of the dorsum of the nose - **augmentation rhinoplasty / nasal implant / nasal augmentation.**

If you have ever wondered how nose surgery could improve your looks, self-confidence, or health, you need to know how rhinoplasty is performed and what you can realistically expect. The goal is to improve your nose aesthetically and create a harmonious effect with your other facial features. Dr Pham can offer a **Computing Imaging** indication of the changes that may be achieved with surgery.

Understanding the Procedure

Incisions are frequently made on the inside of the nose, although external excisions may be required to make the nostrils smaller, or for added exposure. Nasal operations are usually performed under general anaesthesia or in some case under sedation at Churchill Day Surgery. A small cast will be applied to the nose for the first week and most of the swelling will be gone by the time the cast is removed. 80% of the swelling should be improved at 6 weeks, 90% at 3 months and 95% at 6 months. The final cosmetic result is not achieved until 12 months to two years after the operation when the skin has reformed to its new framework.

The definition of rhinoplasty is, literally, shaping the nose. First the nose is carefully assessed and a surgical plan is formulated to achieve the desired outcome. Incisions are made and the bone and cartilage support system of the nose is accessed. The majority of incisions are made inside the nose, where they are invisible. In some cases, an incision is made in the columella (area of skin separating

the nostrils) or the ala if reduction of flared nostrils is required. These scars heal very well and are hardly visible after a few months. Next, certain amounts of underlying bone and cartilage are removed, added to, or rearranged to provide a newly shaped structure. For example, when the tip of the nose is too large, the surgeon can sculpt the cartilage in this area to reduce it in size. The angle of the nose in relation to the upper lip can be altered for a more youthful look or to correct a distortion.

The tissues are then redraped over the new frame and the incisions are closed. A splint is applied to the outside of the nose to help retain the new shape while the nose heals. Soft, absorbent material may be used inside the nose to maintain stability along the dividing wall of the air passages (the septum). Alternatively, soft nasal supports that permit nasal breathing post-operatively can be placed. The majority of rhinoplasty procedure takes 1-2 hours. Some complex cases take longer.

Rhinoplasty in Teenager: Skin type, ethnic background, and age are important factors to be considered in discussions with Dr Pham prior to surgery. Before your nose is altered, you must have reached full growth, which is usually 16 years for females and 17 years for males. Exceptions are made in cases where breathing is severely impaired.

Nasal Augmentation / Augmentation Rhinoplasty / Nasal Implant

In certain ethnic background (such as East Asian) or due to genetic, developmental or acquired conditions the nasal dorsum or profile is under developed or low. This may associate with a small round nasal tip and wide nasal base or ala. The nose can be augmented or enhanced to improve the nose aesthetically, by harmonizing it with other facial features. This is performed by using

1. Autologous material (from your own body) - cartilage (septal or nasal, conchal or ear, costal or rib), bone (rib, calvarial) or fascia (temporalis), or combination
2. Alloplastic or synthetic material- Gortex, Silicone, Silastic or Medpor

Each material has its advantages and disadvantages. Dr Pham usually prefers to use autologous material first and synthetic material as an addition if required. Patients from East Asian background commonly request nasal augmentation with [double eyelid surgery blepharoplasty](#) together

Additional Surgery

Before deciding on rhinoplasty, Dr Pham may advise if any additional surgery is recommended to enhance the appearance of your face. Many patients have [Chin Surgery – Chin implant, Genioplasty / Mentoplasty](#) in conjunction with rhinoplasty to create better balanced features. Rhinoplasty can be combined with other types of rejuvenation surgery such as [blepharoplasty](#), [brow lift / forehead lift](#) or [facelift / mini face lift](#).

Initial Consultation

The majority of Dr Pham's patients are from referrals by General Practitioners or other Specialists. However, many patients are now seeing Dr Pham because of *word of mouth* referrals from previous patients. An initial consultation gives you and Dr Pham the opportunity to discuss your intended procedure/s in full.

Some of the questions you may wish to ask are:

- Am I a good candidate for this procedure?
- What is a realistic outcome for me after surgery?
- How long will the operation take?
- What is the recovery time?
- What are the risks involved?
- Is post-operative medication necessary?
- What is the charge for the procedure?

It is a good idea to write down the answers Dr Pham provides so that you can review these carefully later. The consultation also provides you with an opportunity to meet Dr Pham to determine whether your personality and his are compatible and that you feel comfortable with him as your surgeon.

Medical History

It is important that you are candid with Dr Pham and his staff regarding your medical history so that he can plan the best possible treatment. This information is strictly confidential. Please inform him of any:

- Previous facial and/or cosmetic surgery (nose, eyelids, breasts etc.)
- Past and current medical conditions such as heart, lung and kidney disease, prolonged bleeding or excessive bruising, blood clots in the legs or lungs, or gastric reflux.
- Current medications especially Aspirin, Anti-inflammatories, Warfarin, Plavix / Iscover, blood thinners, Insulin, and oral contraceptive pills. Over the counter products such as vitamins and herbal medications may also be important.
- Allergies or adverse reactions to antibiotics, anaesthetic drugs or other medications.
- Psychological and psychiatric illnesses
- Past keloid scarring or poor healing
- Connective tissue disorders such rheumatoid arthritis, lupus erythematosus, scleroderma or similar
- Previous radiotherapy to the head, neck or breast areas.

Dr Pham will then examine your features and after discussing options and specific risks and benefits will recommend the most appropriate procedure/s for you.

MAKING A DECISION TO PROCEED WITH SURGERY

Whether your surgery is desired for functional or cosmetic reasons, your choice of a qualified facial plastic surgeon is of paramount importance. As a Facial Plastic and Cosmetic Surgeon, Dr Pham is trained in both Otolaryngology Head & Neck Surgery and Facial and Body Cosmetic surgery, which provides you, the patient, with the highest level of training and expertise. You should be informed as much as possible before making a decision to proceed with cosmetic surgery. Cosmetic surgery is an elective procedure, which means that it is a personal choice and not necessary for maintenance of good health. A good rapport between you and Dr Pham and realistic expectations are prerequisites for successful outcome. You are most likely to be pleased with the results if you have a realistic idea of what surgery can and cannot do.

The goal is for a natural, aesthetically pleasing and balanced look.

Please do not hesitate to seek another doctor's opinion if you are uncertain about Dr Pham's advice.

PREOPERATIVE (Before surgery) INSTRUCTIONS

- Please cease Aspirin, Aspirin-containing products, Plavix, Iscover and non-steroidal anti-inflammatories (such as Ibuprofen) for 10 days prior to and two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Pham.
- Smoking tobacco and alcohol increase anaesthetic and surgical risks. Please cease them for one to two weeks prior to and three weeks following surgery. They cause delayed wound healing, skin redness and other complications.
- Please notify us of all your routine medications and significant health history. You can remain on your daily medications, except for blood thinners unless instructed otherwise.
- Arnica, a natural herb that significantly decreases bruising, can be taken before and after surgery along with Vitamin C (ascorbic acid), which helps promote healing.
- If you are having a morning procedure you must not eat or drink after midnight the evening before. If you are having an afternoon procedure you must not eat or drink after 6.00am on the morning of surgery. You may, however, take your normal medications and brush your teeth.
- Please shower and remove any make-up and nail polish before arriving for your procedure.
- Unless you are remaining in hospital someone will need to drive you home after surgery and stay with you that evening.

- If you have any concerns please call the office. Remember, we are all here to give you the best possible care.

POSTOPERATIVE (After Surgery) INSTRUCTIONS

What to expect: Immediately after surgery, a small splint will be placed on your nose to protect it and to keep the structures stable for at least five to eight days. If packing is placed inside your nose during surgery, it is removed the morning following surgery. Your face will feel puffy, especially the first day after surgery. Pain medication may be required. Dr Pham will advise you to **cleanse your nose with nasal irrigation or douches for 4 weeks** and **avoid vigorously blowing your nose** for seven days after surgery. In the immediate days following surgery, you may experience bruising and swelling in the eye area. The swelling is worse at day 3-5 after surgery. Cold compresses often reduce the bruising and any discomfort. Absorbable sutures are usually used so they do not have to be removed. Nasal dressings and splints are usually removed six to seven days after surgery.

You can shower on the second day with incisions and sutures can get wet as water, soap and shampoo trickle over them. The incisions should not be directly scrubbed or irritated. Applying Vaseline four times a day to the sutures is an essential part of the healing process. Sutures that have been kept lubricated with ointment are less painful to remove.

Medications Take what Dr Pham prescribes. You can take painkillers such as Panadol / Paracetamol, Panadiene forte, Tramadol or Oxycodone, Dexamethasone for swelling and antibiotic. Avoid Aspirin, Aspirin-containing products, Plavix and non-steroidal anti-inflammatories (such as Ibuprofen) for two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Pham.

It is crucial that you follow Dr Pham's directions, especially those regarding head elevation for a certain period after surgery. Some activities will be prohibited in the weeks after your procedure. Sun exposure, exertion, and risk of injury must be avoided. If you wear glasses, special precautions must be made to ensure that the glasses do not rest on the bridge of the nose. Tape and other devices are sometimes used to permit wearing glasses without stressing the area where surgery was performed. Follow-up care is vital for this procedure so that healing can be monitored. Obviously, anything unusual should be reported to Dr Pham immediately. It is essential that you keep your follow-up appointments with him.

Please Inform Dr Pham's office or the hospital where the procedure was performed if you have the following:

- High fever, chills or a temperature of more than 38 degrees
- Heavy bleeding from the wound
- Severe pain or tenderness
- Significant redness, or discharge around the incision
- Significant swelling

Nasal irrigation and douches

It is essential that you keep the internal mucosa of the nose clean and moist by regularly irrigating the nose with buffered salt water 4- 6 times / day. You can buy the solution FESS or similar at the chemist or use Dr Tuan Pham's formula

- 500 ml of boiled water, let it cool
- 1 teaspoon of sea salt
- 1 teaspoon of baking soda
- mixed them together and use a 5ml syringe or irrigation bottle (Flo or FESS)
- If you have a FESS bottle than keep it and fill the bottle with the solution above for reuse.

Bend over the sink and irrigate each nostril and allow the solution to drain through the nostril. Do not inhale or attempt to swallow the solution. **DO THIS 4 times each nostril, 4 times/day for 4 weeks.**

Nasal Blowing / Sneezing: For first 1-2 weeks you can gently blow your nose. If you sneeze than sneeze with your mouth open to reduce the risk of bleeding. You can be more vigorous after 2 weeks and by 3 weeks you can resume your normal activity.

If you have any concerns you can contact Dr Pham’s office. Remember, we are all here to give you the best possible care.

Risks of Surgery

Modern surgery is safe but does have risks. Complications can occur despite the highest standards and world’s best practice principles used by Dr Pham. It is not possible to list all the risks but you should be informed of the common side effects and benefits so that you can make an informed consent. Dr Pham will discuss these in greater detail at consultation. You should write down any particular questions or specific concerns.

The potential risks are

General risk of surgery

- Wound infection – may require antibiotics
- Bleeding, blood clots or seroma
- Chest infection
- Sore throat from the breathing tube
- Scars that become raised (hypertrophic or keloid)

Specific Risks

- Bruising and bleeding for first 7-10 days
- Returning to hospital or operating theatre to control post operative bleeding (less than 1%)
- Donor graft (ear or rib) harvest site complications if applicable
- Swelling and numbness for up to twelve months
- Asymmetry or crook nose
- Painful or unattractive scarring
- Subjective dissatisfaction with the final outcome
- Numbness of the tip for 3-6 months
- Nerve damage
- Recurrence of the original problem
- Worsening of the deformity or nasal obstruction
- Septal perforation, whistling, crusting and ongoing bleeding
- Persistent or worsening on nasal obstruction
- Revision surgery

FEE

The cost of rhinoplasty is

Surgeon fee	7000-7500 8000-9500 for complex cases requiring rib cartilage
Anaesthetist fee	1500-2000
Hospital	3500-4500. Private Health Insurance rebate
Churchill Day Surgery	2500-3000 (selected case)

There may be additional cost for complex or combined case with other procedures.

If you have private insurance – you may be qualify for Medicare and Private Insurance rebate.

Please [contact us](#) for your consultation on Rhinoplasty / nasal reshaping.

You can view our website www.perthcosmeticsurgery.com.au

- Information on a range **cosmetic surgery and non surgical cosmetic procedures** available
- **[Gallery / Before & After Photos](#)**
- Find answers to your most **[Frequently Asked Questions](#)** (FAQs).
- Fees and Private Health Insurance rebate

If you wish to learn more about cosmetic surgery and facial plastic surgery please [contact us](#) to schedule a [consultation](#) with our Facial Plastic and Cosmetic Plastic Surgeon, **[Dr Tuan Pham](#)** or Nurse Coordinator.

GALLERY of Rhinoplasty

Case 1



Before

After

Before

After

Case 2 Nasal augmentation



Before

After

Before

After



Before

After