

Information leaflet for people who are considering undergoing nose reshaping (rhinoplasty).

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about nose reshaping (rhinoplasty): why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result, and lastly, the complications and risks that may arise. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the ENT specialist/plastic maxillofacial surgeon.

Why and when

Feeling good about yourself can start with feeling happy about what you see in the mirror.

Rhinoplasty is a form of surgery in which the shape and/or function of the nose is improved. The objective is to optimise the aesthetic appearance of the nose and harmonise it with the other structures of the face. Skin type, ethnicity and age are important aspects in this.

For example, the tip of the nose can be shortened, extended or refined. The bridge of the nose can be made lower, higher, wider, narrower, shorter, longer or straighter. An adjustment of the angle between the upper lip and the nose can create a more youthful appearance.

Many people who want to change something about their nose are hesitant to take action. This is understandable. The nose is located in the centre of the face and determines the balance and appearance of the entire face. This is why nose reshaping can create harmony in the face. The structure and shape of your nose – both externally and internally – will be examined and evaluated during a consultation. After this consultation, you will know exactly what to expect from rhinoplasty.

Consultation

During a non-binding consultation with the ENT specialist/plastic maxillofacial surgeon, you will have the opportunity to discuss your wishes and complaints.

The medical specialist will examine the inside and outside of your nose and will discuss with you whether rhinoplasty will sufficiently resolve your problem. Next, your questions will be answered and you will receive the most detailed possible information: about the preparation, the procedure, the expected result and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea. If the medical specialist is not convinced that your problem can be adequately resolved, he/she will discuss this with you, as well. If possible, the surgeon will propose a different solution. If you wish, you can be referred to a colleague for a second opinion.

Changes to the external shape of the nose are not reimbursed by healthcare insurance. Sometimes the costs are partially covered by your healthcare insurance. The so-called 'internal part' of the surgery is covered in that case. For example, if the nasal septum is straightened as part of internal and external nose reshaping.

The doctor can assess this during the consultation. Partial reimbursement depends on the criteria set by the healthcare insurance company for this procedure. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Your own responsibilities prior to your surgery:

You should observe a number of preparations in the period prior to your surgery, such as:

- **Stopping blood thinners (anticoagulants):**

You may need to stop taking your blood-thinning medication prior to the surgery. The plastic surgeon will inform you about this. In addition, you attended a pre-operative screening with the anaesthesiology assistant several weeks prior to your surgery, in which your health and the medication policy were discussed. This included a discussion of which blood-thinning medication you need to stop using (temporarily). If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.

- **Submit your general medication overview (GMO):**

If you are using medication, this overview can be obtained from your pharmacy. You can also give us permission to share your medication details via the National Exchange Point.

- **Submit the signed Informed Consent Form:**

You will receive this form once your surgery has been scheduled.

- **Pay the invoice according to the terms of payment*.**

ALCOHOL POLICY

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY

- Smoking has a negative effect on wound healing.
- No smoking for 4 weeks before surgery and 4 weeks after surgery under general anaesthesia.

NAIL VARNISH POLICY

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can cause severe heart rhythm disorders during the operation or reduce the effect of anaesthetics. This does not apply to prescription amphetamine use for AD(H)D.
The same rules as for smoking apply to cannabis.

FASTING POLICY:

Please refer to the anaesthesiology leaflet for the fasting policy.

If the procedure is to be performed under local anaesthesia:

- no pre-operative screening will be performed by anaesthesiology
- the fasting policy does not apply

The specialist, anaesthesiology technicians, nursing staff, consultant and treatment app can provide more information if you have any questions.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Non-sterile gauze

The surgery

A local anaesthetic generally suffices for small procedures. The bone and cartilage of the nose are approached via incisions inside the nose. These internal incisions are invisible. This 'closed' or so-called endonasal approach generally results in less swelling and a faster recovery.

Sometimes a small incision is made in the skin between the nostrils; this is called an 'open' or external approach. This takes place under general anaesthesia. The advantage of this method is that the surgeon can see the shape of the nose whilst making adjustments, allowing for greater precision. All the contours of the nose, the height of the nasal bridge in relation to the tip of the nose and also the angle between the upper lip and the nose can be balanced very accurately using this external technique. A temporary disadvantage of the external approach is that it causes a bit more swelling of the skin, resulting in a longer recovery process. Another disadvantage is the scar; however, you should bear in mind that this scar is invisible whilst going about your daily business. The decision to use an endonasal or external approach differs in each situation. In short, there is no 'standard ideal approach'. Therefore it is important to obtain thorough information. Your treating specialist will gladly inform you about the ideal solution for your individual situation.

Depending on the selected method, bone and cartilage will be removed, added or relocated to achieve a new structure and shape. Once the nasal skeleton has been adjusted, the incisions will be closed and the nose will be covered. A light dressing provides internal support and prevents bleeding. This material can usually be removed after one day. A protective cap will be placed over the nose, which will be removed after one week.

If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself. We also recommend that you do not spend the first 24 hours alone at home.

After the procedure

The eyelids can become swollen and bruised after rhinoplasty. This will recover quickly after the surgery, generally within two weeks. You can take the prescribed pain medication if you experience any pain. In most cases you will be prescribed an antibiotic to prevent infection. The nasal tampons can be removed after 2 days. The protective cap and the external sutures will be removed one week after the surgery. Please contact the number +31 (0)88 9000535 if you have any questions about this.

Recovery period

Starting from the day after the surgery, you may:

- Sleep on your back or side.
- Shower (short and cool). You should avoid getting your face wet.
- Use non-sterile gauze for any oozing from the nose.
- Mobilise according to the pain, listen to your body.
- Increase your activities further each day.
- Resume driving and cycling 2 weeks after the surgery (this depends on your healthcare insurance company).
- Sauna, bath, swimming pool and exercise after 6 weeks.
- Sneeze with your mouth open and do not blow your nose.

You will need to use SPF 30 sun cream to protect the scars against the sun during the first year. Ask your specialist about any restrictions in your travel plans after your procedure.

You will visit the nurses and the specialist for check-ups after the surgery. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

You will see the change in the shape of your nose as soon as the protective cap has been removed. However, the skin is still swollen and this is not the final result. You can resume your daily activities once the eyelids are no longer swollen and bruised (10-14 days). The swelling of the skin will decrease further over the next few weeks and months. The nose will become more refined as a result. The final result is usually clear after one year, though this can take longer for revision surgery. As is the case with all forms of facial plastic surgery, good health and realistic expectations are essential for this type of procedure. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

Your treating specialist always invests a great deal of time, care and personal attention on your treatment. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as thrombosis, pulmonary embolism, post-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur:

- Sometimes bleeding occurs from the nostrils (despite the nasal tampon).
- More bruising than normal can sometimes occur around the eyes. This is usually not serious. If this happens, it will take a bit longer for the area around the eyes to look normal again. Sometimes it can be difficult to open and close the eyes in the initial period after surgery. You can use eye drops (artificial tears) to prevent your eyes from drying out. Fluid accumulation can occur around the eyes. These complaints usually disappear spontaneously over time.
- It is not possible to guarantee a one-hundred-percent identical (symmetrical) result.
- Mild irregularities or scar tissue can occur in some cases.
- The skin can sometimes remain slightly swollen, this depends on the skin type.
- Following revision surgery, the skin can sometimes contain small red blood vessels.
- In some cases it may be difficult to breathe properly through the nose, for example if the nasal mucous membrane is swollen due to allergy or hypersensitivity.
- In very rare cases, an allergic reaction to the anaesthetic can occur.

Always contact us after surgery in the following cases:

- Bleeding from the nostrils, if you need to change the dressing under the nose more than 2x per hour
- Pain, if the pain medication does not help or the pain even increases
- Redness and swelling of the wound
- Feeling ill and/or a fever, above 38°C (measured via the anus)
- Persistent nausea
- Acute tightness across the chest
- Acute pain in the leg, possibly with swelling
- Being unable to urinate, whilst drinking normal quantities
- Concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.

For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your treating specialist to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000 535 about this.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

Terms and conditions of payment*

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant. If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure.

In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the ENT specialist/plastic maxillofacial surgeon and as a 'reference' for the period after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and the result of your procedure.