

THE PERFECT NOSE

Specialising in Functional and Aesthetic Nose Surgery and Endoscopic Sinus Surgery, Dr A B John opened his private practice in 1998 at Mount Elizabeth Medical Centre and Hospital, the largest private practice medical facility in Singapore.

His training in open approaches and minimally invasive techniques of anterior skull base surgery, as well as in-functional and aesthetic nose surgery, enabled Dr John to take on more intensive diagnosis and treatment for ear, nose and throat (ENT) problems experienced by the patients.

One treatment which Dr John is very well-versed on, having advised and operated on many patients, is the nose job.

THE NOSE JOB

Nose jobs — otherwise known as rhinoplasty — aren't just about

appearances. It can also improve breathing in addition to changing the size or shape of the nose. Rhinoplasty is done inside the nose with the surgeon readjusting the bone and cartilage underneath the skin. The surgeon makes the cuts inside the nostrils and the membrane between the nostrils.

The surgeon then separates the skin from the underlying bone or cartilage and mucous membranes, and follows a series of steps to cut, trim or build up the nasal bone.

The surgeon can enhance the nasal bone or cartilage in several ways, depending on how much needs to be added, the structure of the nose and available materials.

RECOVERY

The entire procedure usually takes five hours, after which the patient will be in a recovery room where surgical staff will monitor him for complications.

After the surgery, the patient will need to rest in bed with his head raised higher than his chest to reduce bleeding and swelling. The patient's nose may be congested because of swelling or from the cotton packed inside the nose during surgery. Slight bleeding and drainage of mucus are common side effects for a few days after the procedure or after removal of the dressing.

Some temporary swelling, black-and-blue discoloration of the patient's eyelids and numbness can occur for two to three weeks after nasal surgery.

Because of the slow healing process, the patient might not see the final results of the surgery for up to a year. However, rest assured that very slight changes to the structure of the nose —

often measured in millimetres — can make a large difference in how one's nose looks.

RISKS TO CONSIDER

The surgeon and patient can get results both are satisfied with. However, in some cases, the slight changes aren't enough and the patient/surgeon might opt for a second surgery for further refinements. In those cases, the patient must wait at least a year for the follow-up surgery because the nose can undergo changes during this time.

As with any major surgery, rhinoplasty carries risks such as bleeding, infection and an adverse reaction to the anaesthesia. Other possible risks specific to rhinoplasties include:

- Recurring nosebleeds
- Difficulty breathing through the nose
- Reduced sense of smell
- Numbness in and around the nose
- Possibility of an uneven-looking nose
- Scarring

Always talk to your surgeon to better understand the risks involved. With greater understanding, the patient will be better equipped to decide which procedure is the best option.



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