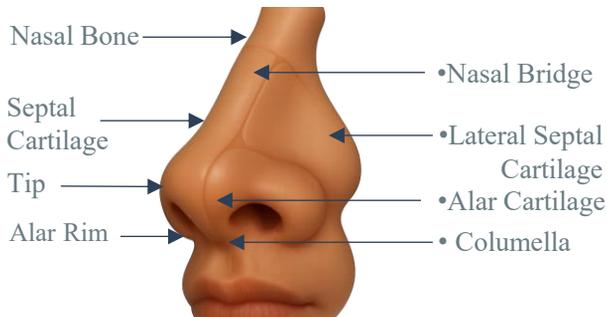


### Do I need this operation?

You proceed with this surgery for medical, functional, or cosmetic reasons, or a combination of all. You may have experienced Chronic Nasal Obstruction, A Deviated Septum, Nasal Trauma, Recurrent Sinus Infections or have Congenital Deformities. David performs this operation to improve the function and form of the nose.



### Septoplasty to Septo-Rhinoplasty Spectrum

Level	Main Change
Simple Septoplasty	Small internal correction (30 – 60 mins)
Complete Septoplasty	Full septal framework correction
Functional Septorhinoplasty	Airway mechanics reconstruction
Simple Rhinoplasty	External cosmetic reshaping
Standard Septorhinoplasty	Combined functional + cosmetic
Complex Septorhinoplasty	Full structural rebuild + grafting (180 mins)

### First 2 weeks

Do nothing but rest for the first 24 hours after surgery. Use a cold compress on your cheeks and eyes (never directly on the nose) Sleep with your head elevated for 2 weeks. You can use a few extra pillows to help lift your head. Keep your **outer nasal splint** on. This is important to encourage healing and reduce swelling. It may fall off around 7 – 14 days. You may have splints or sutures which need to be removed at 2 weeks. Please do not insert anything into your nostrils. Do not use saline, nasal rinses, or nasal sprays until David approves.

### Septoplasty Vs Rhinoplasty

Nasal surgery can range from a simple Septoplasty to a more involved Septorhinoplasty which may require a graft from a donor or from your rib. Your recovery experience will depend on the type and complexity of the operation performed.

A **Septoplasty** is performed to open the nasal passages blocked by a bent or deviated septum. The operation improves breathing. When this is limited, recovery is usually quicker, with less swelling, bruising, and discomfort.

A **Rhinoplasty** is a surgery to reshape or repair your nose. It is performed for the improvement of nasal function, aesthetic and nasal deformity. A rhinoplasty can repair damage caused by injury, disease or an accident.

A **complete Septoplasty** involves more extensive correction of the septum, including both cartilage and bone. While this can also be performed internally, it may result in slightly more swelling and a longer recovery than a simple Septoplasty.

A **Septorhinoplasty** is an operation to address the overall structure of the nose. This may be done for functional reasons (*to improve airflow*), cosmetic reasons (*to change shape*), or both. Because the outside of your nose is reshaped, you may experience more noticeable swelling and bruising, particularly around the eyes.

In more **complex Septorhinoplasty** surgery, A Preservation Rhinoplasty approach or additional techniques such as cartilage grafting may be used to support or rebuild parts of the nose. This surgery can take up to 3.5 hours. The operation can be performed using an open (external) or closed (internal) approach.

This operation can be more extensive and generally involves a longer 9-month full recovery period.

Overall, as the operation becomes more comprehensive, changing from internal correction to full structural reshaping the recovery generally involves more swelling, discomfort and a longer healing time.

David will advise you on what your specific operation involves and the recovery time needed

*Always contact the Tūhauora clinic for Post-Operative advice. PH: 09 5533781 or email photos to: Davidwaterhouse@tuhauora.co.nz*

### Bone Allograft vs Autograft

An Allograft or Autograft may be required in your operation. A Graft may be used when David performs an **External Approach Septorhinoplasty**.

**Autograft** Source : From the patient's own body (Rib or Septal Cartilage)

**Biocompatibility:** Highest (minimal risk of rejection)

**Surgical Time:** Longer (requires second surgical site)

**Allograft** Source: From a donor (another human), usually a cadaver.

**Biocompatibility:** Good, but minimal risk of rejection.

**Surgical Time:** Shorter (no need to harvest)

David prefers to use your own cartilage graft, if possible, but an allograft are sometimes needed for complex cases.

- The Tūhauora Clinic use Costal Cartilage Allografts from Maxxeus, they supply Grafts from the United States to DBM Medical Group in NZ.
- Our team can arrange for the graft to be blessed prior to your operation. Let us know what faith, religion or customs you have.

### Preservation Rhinoplasty

Preservation Rhinoplasty is a modern approach to nasal surgery where David preserves as much of the natural nasal structure as possible instead of removing large amounts of bone or cartilage.

David may use a piezo instrument and device. The Piezo uses ultrasonic, high-frequency micro vibrations to precisely cut bone. This minimally invasive technique minimises trauma and promotes optimum healing, as well as comfortable post-operative recovery.

### Recovery Period

- Full recovery for a complex Septorhinoplasty is estimated to take 9 - 12 months.
- You will require at least 14 days rest and recovery. We **highly recommend** taking work / school off for 14 - 21 days.

### Seek Emergency Care (if we are unavailable)

If you have severe **pain**, a **fever** greater than 38.5°C for 4 hours or longer, **vomiting**, **nausea** and cannot drink any fluid please phone us on 09 55 33 781. ENT at Whangarei Hospital have 24/7 on call ENT specialists if needed.

Whangarei Hospital: 09 430 4100

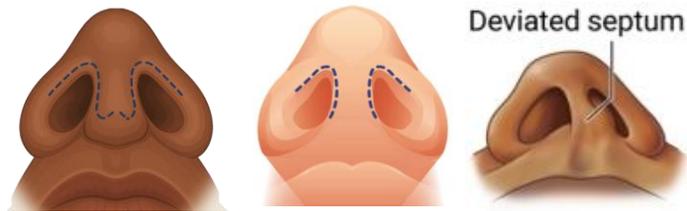
Kaitaia Emergency: 408 9180

Ambulance: 111

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Davidwaterhouse@tuhauora.co.nz

An **Open** Septorhinoplasty or External approach involves a small external incision across the tissue between the nostrils. This may be recommended when greater access is needed, such as reshaping bone or using a cartilage or bone graft. It allows David to work with direct visibility of the nasal cartilage and bones. A small, well-hidden scar may be left at the base of the nose.



A **Closed** Septorhinoplasty or Internal approach uses cuts made inside the nostrils. This approach avoids visible scarring and offers more limited access. A closed Septorhinoplasty is used for simpler corrections, where grafting or extensive reshaping is not required. If a graft is needed it will be used to rebuild, support, or reshape parts of the nasal structure; especially in cases of collapse, deviation, or previous surgery.

### Swelling

It's expected for your face to feel puffy. The area around your eyes and nose may be bruised and swollen for several days. The swelling is due to the new tissue fluids brought into the area by the body to promote healing. The increased blood supply to the area is what causes a pinky color of the skin.

Minor swelling may persist for several weeks.

### Photos & Results

The Tūhauora team will take photographs of your nose at different stages of your care. David will review these images with you throughout your journey. Before surgery, the photographs help guide surgical planning and support discussions about your goals and expectations. After surgery, David will compare the images and assess how your nose is healing and functioning. If needed, further (secondary) surgery may be considered.

### Leaving the Hospital

If you live within a safe distance of emergency care, you may be discharged on the same day. If your operation is complex or you live 30 + minutes from emergency care, you'll be admitted for one night.

### Post-Operative Assessments

*Splints, sutures and nasal packing* may need to be removed by David at 7 and 14 days after surgery. Our team will arrange your appointment in advance. Most patients require 2 to 3 post-operative assessments.

If you have had an **Internal Rhinoplasty or Septoplasty**, **you will be seen 6 weeks after your surgery**. The stitches used are generally absorbable. You will receive an appointment 2 days after your surgery via email.

### Eating and Drinking

Fluids are important and help with recovery, to prevent dehydration and to prevent the build-up of debris and blood clots at the operation site. You may find softer foods are easier to manage for the first week post surgery.

### Bleeding, Discharge & Infection

A small amount of oozing is normal and expected, it should not concern you. You can expect more mucous drainage for several days after surgery. It is common for the discharge to be blood tinged but should not be bright red or flow heavily.

Contact us if you have excessive bleeding that persists. Case by case we may suggest using a nasal spray and sitting elevated for 15 minutes.

### How successful is a Rhinoplasty?

For Aesthetics:

Results can vary for each operation according to your facial shape, skin thickness, age and nasal structures. We will always give realistic expectations of what surgery can achieve however, disappointment after the operation may be due to unrealistic expectations of how much improvement can be made. The aim of a Rhinoplasty is to improve the nose, not perfect it. A patient's expectations for a cosmetic Rhinoplasty may be complex and other avenues of exploration before cosmetic surgery may be required

For Breathing Improvement:

Although a Rhinoplasty or Septoplasty involves reshaping the nose to restore nasal airflow and improve breathing you may also need reconstruction to the sides of your nose. Reconstruction to one or both sides of your nose can build support to the external nose which reverses the collapsing of nasal passages. You may be unable to breathe properly through your nose for a few days. A stuffy feeling could persist for a few weeks however; both operations aim to improve airflow through the nostrils.

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### After Surgery

- You may be swollen and have bruising around your eyes, cheeks and upper lip. (This can worsen on days 2 – 4. It should improve within the first 14 days)
- You may find it difficult to breathe and your nose is completely blocked. This is normal and due to swelling and *internal nasal splints*.
- It is common to experience a mild sore throat or a dry mouth. This could be due to the anesthesia and airway device used during your operation.
- Having **Numbness** or **Tingling** around the tip of the nose, front teeth and upper lip is normal. This should improve slowly.
- It is common to feel Anxious or Emotional. Mild depression or mood swings are not uncommon. Contact your GP if you notice these changes effecting your daily life.
- No strenuous Exercise and heavy lifting for at least 3 weeks, including swimming, running, yoga, aerobics, weightlifting or sports.
- Avoid sun exposure to prevent pigmentation or scarring on incision sites; use sunscreen once healing permits.
- Try not to rest glasses on the bridge on your nose for 6 weeks. Place a cotton wool ball between the nose and bridge to help.
- No submerging your head in chlorine or swimming for 2 – 3 weeks.
- Avoid using make-up around the nose and incision sites until David says it is okay.
- Do not bend over or lift anything heavy for at least 3 weeks. This includes picking up small children who may inadvertently bump your nose.
- Avoid hitting or bumping your nose.
- Try not to roll over on your nose when sleeping.
- If you need to fly, contact our team for clearance.
- You may return to the gym and exercise 4 - 6 weeks after your surgery.
- For the first 14 – 21 days, do not participate in any activity that is likely to raise your blood pressure.

### Cleaning & Care at home

- Do not blow your nose for at least 14 days; after that, you may gently blow through both sides at once – do not compress one side.
- Avoid rubbing your nose for a minimum of 8 weeks.
- You may clean the outside of your nose and the upper lip with a cotton-bud moistened with warm water.
- Dried blood in the nostrils may be gently cleaned and removed with a Q-tip.
- Do not insert tissues or fingers into your nostrils.
- If you have strips of tape on the incision, leave the tape for 1 week or until it falls off.
- Do not wax the inner nostril for 8 – 10 weeks.