

Should you decide to go ahead with surgery, your surgeon will talk to you about smoking and drinking alcohol. This is because they can affect how well you heal after surgery.

It is strongly recommended that you do not smoke or drink in the time before or after your surgery. Please let us know if you need support around this.

This transition leaflet is part of a series aimed at young people and is produced by the North West Cleft Lip and Palate Network.



This leaflet only gives general information. You must always discuss your treatment with the appropriate member of staff. Do not rely on this leaflet alone for information about your treatment. This information can be made available in other languages and formats if requested.

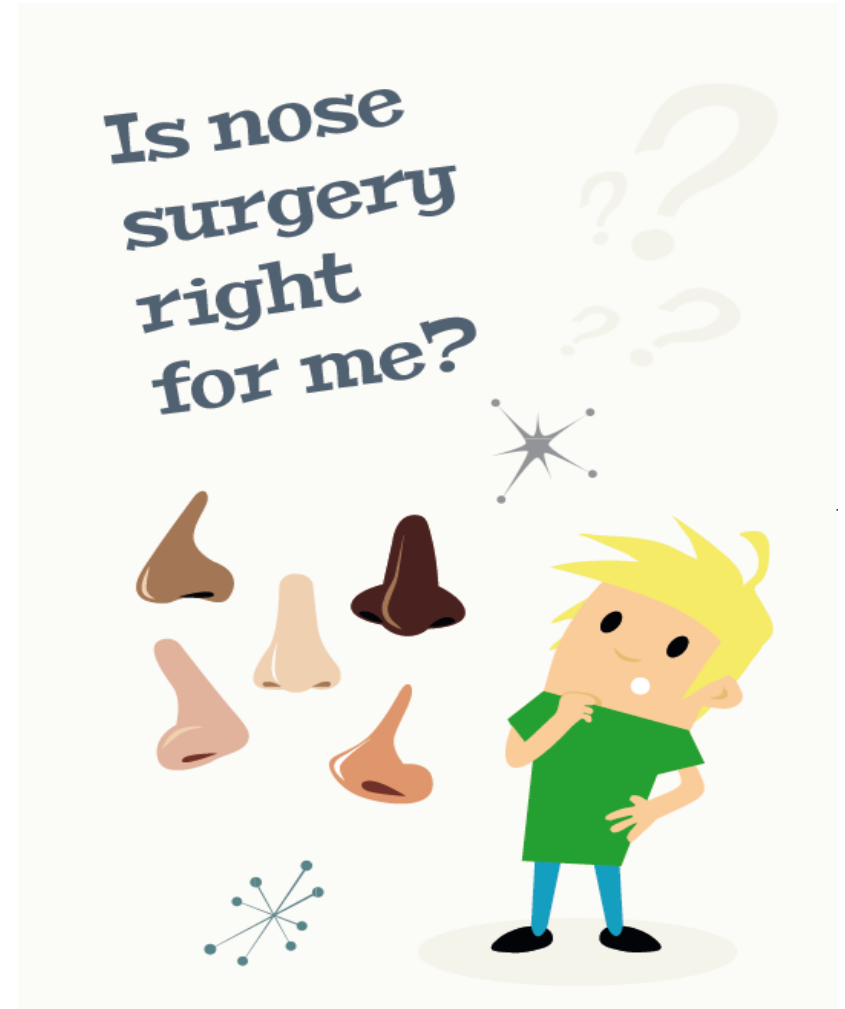
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Cleft Department



Nose Surgery (Rhinoplasty)

Why do people have this surgery?

Some people may need or want surgery on their nose for a number of reasons. They might have a problem with the way your nose works, for example, always feeling like one or both nostrils are blocked. Or they may have concerns about the appearance of their nose. We often find that some people have concerns with both how their nose is working and its appearance.

Who should I talk to if I want to know more about this?

You should let a member of the Cleft Team know if you have concerns about your nose. Your surgeon can assess you in clinic and advise you whether or not surgery to your nose might be helpful for you.

The decision to have surgery is entirely yours. You may be offered an appointment with our clinical psychologist to help you decide if surgery is the right option for you and to get any support you may need.

It is important to remember that you can come back to see the Cleft Team at any age, even as an adult. We don't want you to feel rushed to make a decision.

What happens in surgery?

Surgery is done under general anaesthetic (you would be asleep during surgery). Surgery is slightly different for everyone depending on their specific concern. It may involve straightening your nose to improve your breathing.

Or it might involve cartilage grafts taken from inside your nose or occasionally from other sites in your body (such as your ear or rib) to re-shape how your nose looks.

You will have a very fine scar on the under surface of your nose and the stitches used are usually dissolving stitches.

What about after the surgery?

Most people stay in hospital overnight following surgery. After surgery you would wake up with a dressing inside your nose and a plaster over the top of nose. The dressing up your nose needs to stay in place for 24 hours and the plaster over the top for 10-14 days. It will be removed by your surgeon when you come back to clinic. The inside of your nose will probably feel blocked for a few weeks until the swelling settles.

Once you go home after surgery you should avoid contact sports (e.g. football, netball, swimming) for six weeks, whilst your nose heals.

You should avoid blowing your nose for two weeks following surgery. Although most of the swelling and bruising will have settled after a few weeks it can take several months for all the swelling to go down.

Is there anything else I should know?

If you are 16 or older, you will have your surgery at an adult hospital. Please see our information leaflet on the adult hospital for further information about what to expect from your visit. If you have any questions or concerns this, please ask a member of the team and we'll do our best to help.