

RHINOPLASTY (NOSE SHAPING) PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have rhinoplasty (nose reshaping) surgery. It explains how the surgery is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

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What is Rhinoplasty?

Rhinoplasty, commonly known as nose reshaping or a “nose job,” is an operation to change the shape or size of the nose. It may make the nose smaller, narrower, straighter, or more proportionate to the face. The operation can also improve breathing when structural issues are present.

The procedure may be carried out using an open technique (a small external incision) or closed technique (incisions hidden inside the nostrils). The choice depends on your anatomy and surgical plan.

Why Might It Be Recommended?

Before the operation you should:

- Avoid smoking and alcohol, as these can slow healing.
- Avoid blood-thinning medications (such as aspirin) unless approved by your surgeon.
- Disclose all medical conditions and medications.
- Arrange travel and postoperative care if you are visiting from abroad.

You may be asked to fast (no food or drink) for a specified period before surgery if general anaesthesia is planned.

Preparing for Surgery

Before the operation you should:

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Your Treatment Journey (International Patients)

Initial Enquiry and Assessment

Your clinical team will review your photos, medical history and expectations. A detailed consultation helps tailor the surgical plan and discuss realistic outcomes.

Travel Arrangements

You will be picked up at the airport and taken to your accommodation arranged via the treating hospital. Pre-operative checks and consultations will be performed before surgery.

Pre-Operative Appointment

This involves final surgical planning, measurements, photos and instructions.

Surgery Day

You will be taken from your hotel to the clinic. Most rhinoplasties are done under general anaesthesia. Surgery typically takes 1.5 to 3 hours.

Post-Operative Recovery

After surgery you may stay in hospital for 1–2 nights, then return to your accommodation for rest.

Return Travel

Most patients stay abroad for approximately 7–10 days to allow initial healing before flying home. This supports optimal recovery and reduces swelling risk.



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What Happens During the Procedure

Rhinoplasty usually involves:

- Administering general anaesthesia
- Reshaping cartilage and/or bone to alter nose size or contour
- Adjusting internal structures if breathing improvement is needed

The surgeon may reduce, augment or restructure the nasal bridge, tip or nostrils according to your surgical plan

After the Operation

Following surgery:

- A splint or plaster may be placed over your nose for 7–10 days to support healing.
- Internal dressings may be present to support structures and reduce bleeding.
- You may feel blocked or have mild discomfort and swelling.
- Breathing through the nose may be limited for several weeks.

You will receive detailed aftercare instructions from your surgical team.



Recovery and Expected Results

First 1–2 Weeks

- Swelling and bruising, particularly around the eyes, are normal.
- Most patients are advised to take 2 weeks off work.

3–4 Weeks

- Visible bruising and swelling will decrease. Most light social activities can resume as advised.

Months 3–6

- The nasal shape continues to refine. Subtle changes occur as swelling resolves.

Up to 12 Months

- Final nasal contours are typically apparent after most of the swelling has subsided.

Adherence to Aftercare Instructions

Aftercare recommendations typically include:

- Rest and keep your head elevated for the first days
- Avoid strenuous exercise for 4–6 weeks
- Avoid blowing your nose for at least 1 week
- Protect your nose from impact or sun exposure
- Avoid dusty or smoky environments to reduce irritation

Follow these instructions closely to support healing.



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Potential Benefits

A successful rhinoplasty can:

- Improve nasal appearance and facial harmony
- Enhance self-confidence
- Improve breathing if structural corrections are made

Possible Risks and Complications

All surgery carries risk. Possible outcomes include:

During Surgery

- Excessive bleeding
- Anaesthesia-related complications

After Surgery

- Infection
- Persistent swelling or bruising
- Nasal obstruction or altered breathing
- Altered sense of smell
- Dissatisfaction with cosmetic outcome
- Septal perforation (rare)
- Scar tissue formation causing obstruction

Surgeons will discuss your specific risk profile in consultation.



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When to Seek Medical Advice

Contact your medical team immediately if you experience:

- High fever
- Severe pain not controlled by medication
- Heavy bleeding
- Any unusual symptoms or concerns

Questions to Ask Your Surgeon

You may find it helpful to ask:

- What technique will be used and why?
- What outcomes are realistic for my nose shape?
- What risks apply specifically to my anatomy?
- What follow-up care do you provide?

Glossary of Terms

General anaesthesia: Medication used to make you unconscious during surgery.

Splint: A support placed over the nose after surgery.

Septum: The cartilage that divides the nostrils.



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Further Information and Support

If you have read this booklet and are considering rhinoplasty, discuss any questions with your surgeon or clinical team before making your decision. Ensure you fully understand the expected outcomes, risks and recovery process.

Consent and Responsibility

Before undergoing rhinoplasty, you will be asked to sign a consent form confirming that:

- You understand the procedure's nature
- You have had the opportunity to ask questions
- The risks and benefits have been explained



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Contact Information

If you require further clarification before your consultation or treatment, please contact:

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