Rhinoplasty Institute of Chicago

The Fine Points of Rhinoplasty
Rhinoplasty, more commonly known as “nasal surgery” or “nose job”, is becoming increasingly more popular. In fact, according to research, rhinoplasty was the third most common cosmetic plastic surgery procedure in 2015. Being the most prominent feature on the face, the nose is not only responsible for appearance, but also for the function of breathing and smelling. Dr. Jay Dutton of Rhinoplasty Institute of Chicago is highly trained and uniquely qualified in rhinoplasty surgery, both cosmetic and functional. If you’re in the market for rhinoplasty surgery in Chicago, Dr. Dutton will be the specialist to contact.

Is Rhinoplasty Right for Me?

Are you unhappy with your nose? Do you struggle with breathing problems? Rhinoplasty surgery is a common procedure for men and women who are seeking improvement in their nose, whether it be in the appearance or the function of breathing. Nose surgery can accomplish many things such as:

- Balance the aesthetics of the face
- Remove bumps, humps or depressions

- Correct nasal obstructions
- Straighten a crooked nose
- Improve one’s ability to breathe

If one of these applies to you, rhinoplasty may be right for you. A few requirements are as follows:

- Nose has reached adult size, usually 15-18 years old
- In generally good health
- Do not smoke

Types of Rhinoplasty

If you are looking to change the appearance of your nose, cosmetic rhinoplasty would be your best option. Cosmetic rhinoplasty reshapes or resizes the nose for a better proportioned face and more attractive appearance.

Functional rhinoplasty is performed to reconstruct any abnormalities in order and clear any obstructions in the nasal airways in order to improve breathing and sense of smell. Functional rhinoplasty can also correct a deviated septum, reduce nasal congestion and improve sleep apnea.

Cosmetic and functional rhinoplasty can be done in conjunction with one another. In some cases, the shape of the nose can affect breathing, so adjusting the shape of the nose
may be necessary in order to correct the functional problems.

Rhinoplasty Procedure

Since every nose surgery is different, Dr. Dutton will create a customized procedure designed specifically for you and your desired goals.

Nose surgery is an outpatient surgery that is usually performed within 1-3 hours. It is done under general anesthesia or intravenous sedation, meaning you will need somebody to take you home.

Rhinoplasty can be completed either surgically or non-surgically. A surgical rhinoplasty is a permanent procedure that corrects or reconstructs the nose for a more flattering shape. Incisions may be placed in different areas, but they can often be hidden inside the nose to avoid visible scars.

Non-surgical rhinoplasty is used for patients seeking temporary cosmetic rhinoplasty. This procedure uses injectable fillers to adjust the shape of the nose. These fillers include Restylane, Juvederm or Radiesse. A non-surgical rhinoplasty provides a temporary, quick solution to various aesthetic concerns.

Rhinoplasty Recovery

You can expect some swelling, bruising and soreness for about a week or so after your nose surgery. Once the procedure is completed, Dr. Dutton will place splints in the nose to support bone structures. The splints may be removed in about a week.

Rhinoplasty patients usually take 7-10 days off of work or school to allow for bruising and swelling to go down. It is recommended that you avoid strenuous activity for three weeks. While most swelling decreases in the first few weeks, it may take up to a year before all minor swelling subsides and you see the final results.

Spirox Implant for Functional Rhinoplasty

The Spirex Implant is a new FDA-approved device created to relieve nasal obstructions. It is a minimally invasive absorbable implant placed into the nostril to improve breathing and sense of smell.
Since Dr. Dutton is a leader in the industry for functional nasal disorders, he is one of the earliest adopters of Spirox and is involved in clinical trials assessing its efficacy.

According to Dr. Dutton, the Spirox Implant is best for “patients who cannot breathe well through their nose, but cannot tolerate much down time and/or are not candidates for more extensive nasal surgery.” This implant actually decreases the cost of nasal surgery. The procedure can be done awake under local anesthesia or under general anesthesia in the operating room. Dr. Dutton also stated that “the Spirox Implant is not permanent, but the changes that improve breathing theoretically are”.

Dr. Dutton has successfully completed this procedure on three patients this month and has found that the Spirox Implant substantially helps breathing with minimal recovery.

If you are interested in discussing cosmetic, functional, surgical or non-surgical rhinoplasty, please contact Dr. Jay Dutton, Rhinoplasty Institute of Chicago, at (630) 574-8222 or visit www.rhinochicago.com for your consultation.

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**You Are in the Best of Hands with Dr. Dutton**

**Board Certification and Licensure:**
- Board Certified, American Board of Otolaryngology (2000)
- Illinois Medical Licensure, 336-100227 (1999-present)
- Fellow, American College of Surgeons (2006)

**Hospital Affiliations:**
- Rush University Medical Center – Chicago, IL
- Good Samaritan Hospital – Downers Grove, IL
- South Suburban Hospital – Hazel Crest, IL

**Special Medical Interests**
- Advanced Nasal and Sinus Disorders
- Functional and Cosmetic Rhinoplasty
- Anterior Skull Base Surgery
- Facial Plastic & Reconstructive Surgery
- Snoring and Obstructive Sleep Apnea
- General Otolaryngology

For more information about Dr. Dutton, please visit www.rhinochicago.com/about/dr-dutton