



A PERSONAL GUIDE TO
RHINOPLASTY

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ABOUT

DR. JAY DUTTON

He acted as Chief of the Sections of Facial Plastic Surgery & Reconstructive Surgery and Rhinology at Rush University Medical Center for eight years, and is still strongly involved in the training of students, residents, and fellows at Rush. Dr. Dutton is well-respected in these subspecialties by his peers, having published numerous peer-reviewed articles on rhinoplasty, facial plastic surgery, and functional considerations in nasal and sinus surgery.

He is a member of the American Academy of Otolaryngology-Head and Neck Surgery, American Academy of Facial Plastic and Reconstructive Surgery, American Rhinologic Society, and American College of Surgeons, among other organizations. He is also a *diplomate* of both the American Board of Facial Plastic and Reconstructive Surgery and American Board of Otolaryngology.

Dr. Dutton completed his premedical education in Biology at Indiana University in 1990, where he graduated with honors and was accepted into the Phi Beta Kappa honor society. He then earned his medical degree from the University of Iowa in 1994, and was named the “medical student of the year” by the Department of Otolaryngology. He was then immediately accepted into the prestigious University of Iowa Department of Otolaryngology, which was ranked the #1 program in America by *US News & World Report* at the time.

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HOW TO CHOOSE YOUR FACIAL PLASTIC SURGEON

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Take your time thinking about which facial plastic surgeon you would like to perform your rhinoplasty. Look into the following about your facial plastic surgeon before your consultation:

- Surgery specialty, especially in the face or the nose (Otolaryngology-Head and Neck Surgery)
- Years of experience and training
- Hospital privileges
- Surgical facility and accreditation by national or state agency

Ask for referrals from friends and family, research facial plastic surgeons in your area, and contact the following professional organizations:

- American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS)
- American Board of Facial Plastic Surgery (ABFPRS)
- American Board of Otolaryngology

QUESTIONS FOR YOUR CONSULTATION

A consultation for a rhinoplasty includes a discussion of how you would like your nose to look as well as your concerns about the procedure. Approach your facial plastic surgeon with the following questions and evaluate his/her bedside manner:

- Were you trained by the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS)?
- Were you specifically trained in facial plastic surgery or rhinoplasty? How many years of training have you had?
- Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- Am I a good candidate for a rhinoplasty?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with a rhinoplasty? How are complications handled?
- How can I expect my nose to look over time?

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INTRODUCTION

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The nose is critical for both the *appearance*, as it rests in the middle of the face, and *function*, due to its role in breathing and the sense of smell. The term “rhinoplasty” technically refers to any surgery to the outside of the nose whether its primary goal is to improve the appearance, the function, or both. The reality is that you can’t have one without the other. Changing the external nose to breathe better will typically have at least a minor effect on the appearance, and in reducing the size of a nose there may be a high risk of nasal obstruction if appropriate precautions are not taken.



COSMETIC RHINOPLASTY

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Cosmetic Rhinoplasty reshapes and/or resizes the nose for a better proportioned face and more attractive appearance. Benefits of Cosmetic Rhinoplasty include:

- Improve the shape of the nose, including the bridge and/or the tip
- Shorten the nose
- Make the nose narrower
- Straighten a crooked nose
- Correct a bump on the bridge of the nose
- Correct a broken or injured nose
- Reduce nostril size
- Increase the size of the nose for better facial proportions

FUNCTIONAL RHINOPLASTY

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Functional Rhinoplasty improves the function of the nasal airways and reconstruct any abnormalities or injuries of the nose. Benefits of Functional Rhinoplasty include:

- Reduce nasal congestion, dry mouth, mouth breathing, repeated sinus infections, and sinus headaches
- Correct a deviated septum
- Reduce nasal obstructions, such as enlarges turbinates
- Improve sense of smell
- Improve sleep apnea
- Correct nasal valve collapse
- Correct injuries and abnormalities of the nose



RHINOPLASTY PROCEDURE

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Since no two nose surgeries are the same, Dr. Dutton will design a customized procedure specifically for you and your desired goals. He may place the incisions in different areas, but they can often be concealed inside the nose to avoid any visible scars. Rhinoplasty is much like sculpting, with the bone and cartilage altered to create the desired shape.

This is why the skill and experience of your surgeon is so vital.

Sometimes called a “nose job,” rhinoplasty is an outpatient procedure that takes an average of 1-3 hours, so you can go home the same day. The surgery will be conducted either under general anesthesia or intravenous sedation, which requires that you have someone available to take you home. Sometimes minor procedures can be performed under local anesthesia.

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RECOVERY

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After your nasal surgery, Dr. Dutton will tape a nasal splint to your nose to support the altered structures of bone and cartilage. These splints help your nose maintain its new shape during the healing process. In many cases, the internal nose is also splinted, although packing is rarely necessary, and most patients can breathe immediately after surgery.

The sutures to close any incisions inside the nose will dissolve on their own. If any external incisions had to be made, those sutures might have to be removed after a period of time.

Most patients take 7-14 days off from work for the recovery period. You can expect some bruising, soreness, and intermittent bleeding for a week or two. Slight inflammation may last longer, so the final results of your surgery will not be visible immediately. The splints can usually be removed in about a week.



BEFORE & AFTER

PHOTO GALLERY

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These are real images of our past patients, so you can see the satisfactory results of rhinoplasty procedures done by Dr. Dutton. Consider them a helpful tool that enables you to visualize the end product of the procedure. If you are interested in viewing more and finding something similar to your desired nose, please view our [Rhinoplasty Photo Gallery](#).

HELPFUL RESOURCES

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Your journey is only beginning. If you're interested in doing more research, please visit the websites listed below. These resources will help you connect with the plastic surgery community, so you can learn more and ask more questions about rhinoplasty.

- American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS)
www.aafprs.org
- American Board of Facial Plastic Surgery
www.abfprs.org
- American Board of Otolaryngology
www.aboto.org
- RealSelf
www.realself.com
- Rhinoplasty Institute of Chicago
www.rhinochicago.com