

Detailed Patient Story of Sedation Experience

This patient had previously undergone rhinoplasty under general anaesthesia, Dr. De Silva completed revision rhinoplasty under sedation anaesthesia

Revision Rhinoplasty under Sedation Anaesthesia (Twilight Anaesthesia)

I decided to have sedation as I liked the idea of being able to go home after my procedure and not to have as much down time. This is something I have never experienced before so I was extremely nervous on the day, however in the back of my head I always knew I was going to be safe and therefore I was happy to go ahead with it. On the day of my procedure I arrived early in the morning. I met the nurse who got me set up in my gown etc. and took my blood pressure. Next I met the anaesthetist, who explained exactly what I would be given, at what stages and what would happen. At this stage I was definitely feeling anxious but knowing that he would be beside me for the whole thing and his kind nature really helped. I then met Dr de Silva and we talked about the procedure some more. I was brought into the operating area and met the rest of the team. I was then administered the sedative and this is all I remember until I started to come around about an hour and a half/2 hours later. I remember hearing the nurse talking to me and feeling a bit uncomfortable. She told me that I would be ok and that I just needed to rest for a bit, which I did. About 30 minutes later I was in the recovery room and I remember just feeling drowsy. I didn't feel any pain other than a dull heaviness on my nose and I was quite surprised that there was no pain. I was able to leave in a taxi with my friend and make my way home. From here I slept for a bit, we watched a movie and I had something very light to eat. I had an early night, (sleeping with a lot of pillows!) and I was really surprised with how much good sleep I got. From here I began my recovery, which was very straightforward. Personally I was not in any pain during my recovery and the only thing I found difficult was having to rest and take it easy and not over exert myself as I just wanted to get back to normal as quickly as possible. I think if having as little downtime as possible is something that is important to you, then sedation is definitely the way. I am really happy with my decision and the outcome of my procedure!

In September 2014 I had my rhinoplasty procedure under sedation. I am really happy with the results of my procedure and I am delighted I went to Dr de Silva. I had done ALOT of research before to find the best doctor and one that had the most experience in this field. The reason why I choose Dr de Silva is because from my research I learnt a lot about the symmetry of facial features and the importance of having everything in balance. Knowing what looks best is like a fine art and one that

takes a lot of experience and this is something that Dr de Silva has abundance of knowledge in. From the moment I began my journey both Dr de Silva and his team have been so kind and patient, and always there if I needed anything. I really felt like I could tell them any of my worries (even more than once!) and that I felt completely relaxed and safe there.