



RAVAL ● ● ●

FACIAL AESTHETICS AND ENT, PC

Rhinoplasty





If you're considering getting a "nose job," it's important to understand your options. What are the possibilities? What are the potential problems? What should you expect — from the surgery itself, and from your new appearance?

Reading this eBook is the right place to start. You'll get answers to your questions, and learn some new questions you should ask. Let's get started:

- 01** What is Rhinoplasty?
- 02** Who is a Good Candidate?
- 03** What Does the Surgery Entail?
- 04** What are the Risks?
- 05** What Does it Cost?
- 06** How Do I Choose the Right Surgeon?



01 What is Rhinoplasty?

Rhinoplasty, also known as nose reshaping, is a procedure that surgically changes the external and/or internal shape of your nose. This can be done as a way to improve your facial appearance and/or to improve your breathing by correcting structural problems.

Aesthetic changes can give your face a more balanced appearance. To do this, your surgeon might:

- Make your nose more symmetrical
- Reduce or enlarge the size of your nose
- Change the width of your nose at the bridge
- Change the size and/or position of your nostrils

A rhinoplasty surgeon can also change your nose's profile if you have a noticeable depression or hump on the bridge. They can

also modify the tip of your nose if it is hooked, drooping, enlarged, bulbous or upturned. Some depressions and asymmetries can be corrected without surgery. In this case, your surgeon will inject a dermal filler into the bridge of the nose.

No one's face is perfectly symmetrical, so your goal should be a harmonious, well-proportioned overall appearance.

Rhinoplasty can also make it easier for you to breathe.

One of the most common causes of breathing difficulties is a deviated septum. A septoplasty and nasal valve reconstruction may be performed to straighten and open your airways. Corrective and appearance-enhancing procedures can be performed at the same time, if you want and need both.

02 Who is a Good Candidate?

Once your face has stopped growing, you're old enough to safely undergo rhinoplasty. Usually, this is at least age 17. But you're never too old for rhinoplasty, as long as you are in good health. At Raval Facial Aesthetics, we have many patients who choose rhinoplasty surgery later in life. Age aside, good candidates for this surgery are

physically healthy, non-smokers and have realistic expectations about results.

Some people have unusually thin nasal skin. This can make surgery more difficult, but your surgeon can use collagen or other material to improve the outcome.

03 What Does the Surgery Entail?

There are two types of rhinoplasty: “open” and “closed.” The open technique uses an incision across the narrow strip of tissue between your nostrils, called the columella. The closed technique uses incisions made inside your nose.

At Raval Facial Aesthetics and ENT, we usually prefer use the open technique because it provides the best, most predictable results.

Rhinoplasty is an outpatient surgery, so you will not need to stay overnight in a hospital. Generally, you can go home within 1-1.5 hours following surgery. If you choose to undergo this procedure, you will need to arrange for someone to drop you off and pick you up, and your surgeon may recommend that someone stay with you the first night.

Before Your Surgery

The healthier you are, the better prepared your body will be for surgery. However, some additional precautions to take would include; no smoking at least two weeks prior to the surgery, and no drinking alcohol at least one week before. Exercising prior to surgery has also been shown to improve recovery, especially if you don't exercise on a regular basis.



During Your Surgery

1. You will be given general anesthesia so you will be asleep for the entire procedure. This is quite safe for healthy patients. If you have concerns, your surgeon can arrange a phone call with an anesthesiologist to address your questions.
2. Your surgeon will make the incision. If your procedure includes changing the size of your nostrils, there may be an additional incision in the natural crease on each side.
3. Your surgeon will sculpt your nose according to the aesthetic goals you agreed upon during your consultation. This may require removal of bone or cartilage to reduce nose size or addition of cartilage grafts to increase size or change shape.

Grafts are tools your surgeon may use to provide better shape and support to your nose. If you have thin skin, there is a risk that a graft may become visible once swelling has subsided.

However, an experienced surgeon will anticipate this potential problem and avoid it by using smaller or thinner grafts or by covering the grafts with collagen or other material. Grafts are not always needed, but sometimes they are needed on a case-by-case basis.

Usually cartilage for grafts come from your septum, but if your septum does not have enough usable cartilage remaining then we may consider ear or cadaveric rib cartilage.

4. If you have a deviated septum, your surgeon will straighten it and/or reduce any projections that are impairing your breathing.
5. Your surgeon will carefully re-drape the skin and then close the incision(s).

You may have heard that some surgeons use steroid injections such as Kenalog to improve cosmetic results following rhinoplasty. This is safe, if used conservatively.

After Your Surgery

When you wake up in the recovery room, you will have a cast on the bridge of your nose and intranasal stents on the inside of your nose. These will remain in place for 3-5 days and the cast is removed after one week. That means you'll have to wait a few days to see initial results of your nose reshaping.

You should also expect to have bruising and swelling for 2-4 weeks, and slight persistent swelling that may take 6-12 months to fully disappear. You should expect to be out of work for up to 2 weeks, although many patients return sooner depending on the specifics of their surgery. You will also be restricted from other certain activities for 2-4 weeks after surgery.

You will be given detailed instructions regarding care of your surgical site, when to follow up to have bandages and stitches removed, and so on. Some patients ask about using herbal remedies such as Arnica or Bromelain to assist healing. These have not been proven to be especially beneficial, but you may try them if you wish. At Raval Facial Aesthetics, we offer complimentary laser treatments to decrease bruising, which is very beneficial.

Rhinoplasty produces long-lasting results. If you're young, remember that your body changes naturally over time, and that affects your face. The best way to maintain your new appearance is to use sunscreen and make healthy lifestyle choices.

Revision Surgery

Occasionally patients are not fully satisfied with the outcome of their primary rhinoplasty, so they ask about revision surgery. At Raval Facial Aesthetics, we prefer patients wait 6-12 months

from their initial surgery before proceeding with a revision. This is because it can take up to one year for all your swelling to subside and gradual changes to be complete.



04 What are the Risks?

There are risks and potential complications associated with any type of surgery.

Major rhinoplasty risks include:

- **Unsatisfactory results.** These tend to be minor – you may still have a small bump on the bridge of your nose, or you may still have continued (but improved) asymmetry.
- **Scarring that alters your nasal airway.** This can be reduced by the use of postoperative splints.
- **Infection.** This is rare in normal healthy patients.

Your surgeon will discuss all the pros and cons with you, and confirm that you fully understand them before you commit to surgery. Ultimately, only you can decide if the benefits of rhinoplasty outweigh any possible risks.

05 What Does it Cost?

At Raval Facial Aesthetics and ENT, PC, a primary rhinoplasty costs about \$10,300. As with any surgery, the total cost comes from several sources beyond the surgeon's fee, including:

- Anesthesia fees
- Surgical facility or hospital costs
- Post-surgery medications

Most health insurance policies do not cover cosmetic procedures. However, if you are having surgery to correct breathing problems — alone or in conjunction with cosmetic rhinoplasty — your

health insurance may cover a portion of the cost. You should discuss this with your surgeon and your insurance company.

Revision surgery may cost more, because these procedures are more difficult to perform. There is more scar tissue present, which makes it the surgery more difficult and can make healing less predictable. Often, your surgeon will have to undo what was done before and then begin to reshape your nose. The amount of difficulty and the risk of infection or poor healing increase with the number of prior surgeries.



06 How Do I Choose the Right Surgeon?

Surgical skill plays a vital role in the quality of your rhinoplasty outcome. These tips will help you select the surgeon who has the training, experience and aesthetic talent to help you achieve your goals.

- Confirm that they are board certified in the field of facial plastic surgery.
- Ask about their specific experience in rhinoplasty surgery and experience with your specific aesthetic and/or breathing problems.
- Ask to see before and after photos of patients with similar concerns as yours.

- Ask for references of other patients, and speak to them about their experience before and after their surgery.
- Make sure to pick a surgeon you feel comfortable with and trust. You're choosing a medical partner to make a lifelong change in your facial appearance, improve your breathing, or both.

Jeffrey R. Raval, MD, FACS is double-board certified by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology/Head and Neck Surgery. He is a fellow of the American College of Surgeons.

During Your Consultation

This is your opportunity to get all your questions answered. Do not be shy or worried that you'll appear nervous. That's perfectly normal. In particular, you'll want to make sure to discuss:

- Your aesthetic and/or breathing improvement goals
- Any medical conditions you have and medications you currently take
- Your tobacco, drug and/or alcohol use

- Any previous surgeries you have had

This information will help the surgeon understand your current health status, to determine whether you're a good candidate for rhinoplasty surgery. The surgeon may also examine your face and take photographs and measurements. Together you will explore your surgical treatment options. The surgeon will explain the outcomes you can expect as well as the risks involved and then recommend a course of action.

Contact us today to set up a consultation



So what can rhinoplasty do for you? Having read this eBook, you know that depends on several factors, most importantly your goals. Whether you have more questions or you're ready to move forward, give us a call.

Jeffrey R. Raval, MD, MBA, FACS is a facial plastic surgeon, board-certified by the American Board of Facial Plastic and Reconstructive Surgery as well as the American Board of Otolaryngology. He is a member of the American Medical Association, Colorado Medical Society, Denver Medical Society, and American Academy of Cosmetic Surgeons. Dr. Raval owns and directs Rocky Mountain Laser Aesthetics. Dr. Raval trains other doctors and nurses interested in learning about best practices in the injection of filler and botulinum toxin.

303.381.3223
www.ravalmd.com

R A V A L ● ● ●

FACIAL AESTHETICS AND ENT, PC