



PANTHEA
CLINICS

Rhinoplasty



What is a Rhinoplasty?

The nose is a complex three-dimensional structure with critical structural and functional roles, which, by virtue of its pride of position in the face, serves as the central aesthetic component of the face. Its relationship to surrounding structures is vital for a harmonious, pleasing visage as a whole. Functionally, the nose provides an airway and acts to warm, filter and humidify air passing through it. Noses that deviate from ideal structural proportions – whether subtle variations of normal or more dramatic post-traumatic or neoplastic deformities – have motivated rhinoplasty surgeons since ancient India 800 B.C.E.

A rhinoplasty (‘nose job’) is a surgery that seeks to fix any structural, shape, size and functional shortcomings of the nose. Reshaping the nose is often considered one of the most challenging facial aesthetic procedures. This is because, unlike other aesthetic or reconstructive procedures, the shape and appearance of the nose continues to evolve long after the original surgery is complete. This is mainly due to the fact that the procedure involves manipulation of nasal cartilages, which are relatively elastic, and also because of the surrounding forces transmitted from the skin envelope and facial muscles.

The ideal nose is determined as much by personal preferences and aesthetic standards as by cultural norms. There is no standard appearance and each procedure has to be tailored to the individual patient’s needs. Any facial cosmetic surgery should ideally seek to preserve essence and character, while enhancing aesthetic form and the nature of the subject. Some patients seek advice to address previous nasal trauma or botched primary rhinoplasties, others are concerned about the width, profile appearance or asymmetric central location of the nose on their face. A drooping, thickened tip or excessive flaring of nostrils may be other reasons for seeking advice.

What can I expect at my initial consultation?

History

Dr Farhadieh will go through details of your medical history such as any previous nose surgeries, current medications, allergies, family history, thyroid disease, blood clotting disorders, high blood pressure and smoking history.

Physical examination

Dr Farhadieh will examine you and assess the thickness and quality of skin, the skeletal support (bone and cartilage) and the mucosa (inside lining). He will also assess your tip support and check whether you have a deviated septum.

Aesthetics

After examination of your nose, Dr Farhadieh will discuss your aesthetic concerns, as well as any functional issues that may worry you. He will then discuss all surgical options with you in order to find the right option that addresses your particular needs.

General

Every surgery carries risks and complications, and these will be discussed with you at length during your consultation. Dr Farhadieh will also take preoperative photos as part of your medical records. Smokers will be instructed to stop smoking for 3 - 6 weeks prior to surgery and to abstain for at least 3 - 6 weeks after surgery.



What happens on surgery day?

Prior to surgery

On the day of your surgery, you will be admitted to hospital where Dr Farhadieh will see you along with our anaesthetist so that any remaining questions can be addressed and your procedure check list can be reviewed for a final time. Surgical markings around your nose and face will be made just prior to your procedure.

Your procedure

Once your surgical markings are done, you will then be brought to the operating theatres where you will be monitored and anaesthetised. At surgery, Dr Farhadieh will make internal incisions and often a small external incision (open rhinoplasty). He will then surgically manipulate any structural, shape, size and functional shortcomings. Nose job surgery usually takes between 1.5 and 2 hours, but can sometimes be longer for revision rhinoplasty or deviated septum cases. The wounds will be closed and sealed with sutures, skin glue and dressings. Postoperatively, you will be moved to the recovery area. When you wake up, there will be a thermoplastic plaster on your nose, which you will have to wear for up to 2 weeks postoperatively. Local anaesthetic and pain relief will be provided to make you feel more comfortable as your nose will be blocked and breathing may seem arduous at first. However, most patients adapt to mouth breathing quickly.

What will my follow up include?

Postoperative appointment

You will be asked to come into the clinic 7-10 days after your procedure. Dr Farhadieh will examine your nose and remove any external sutures. The skin of your nose will be partially numb owing to the open technique, but this should recover in time. The majority of swelling will settle within the first 3 weeks, and the remainder in the following 3 weeks.

3-month review

At your 3-month review, Dr Farhadieh will check your nose to ensure that you have healed well. You can use this time to ask Dr Farhadieh any questions or concerns that you may have. At this appointment, postoperative photos will also be taken.

Subsequent reviews

The team here at Panthea Clinics will give you a call to book you in for subsequent reviews, as Dr Farhadieh likes to see his patients again 6 – 9 months postoperatively. However, please feel free to give us a call at any time to schedule an appointment if you wish to speak to Dr Farhadieh.

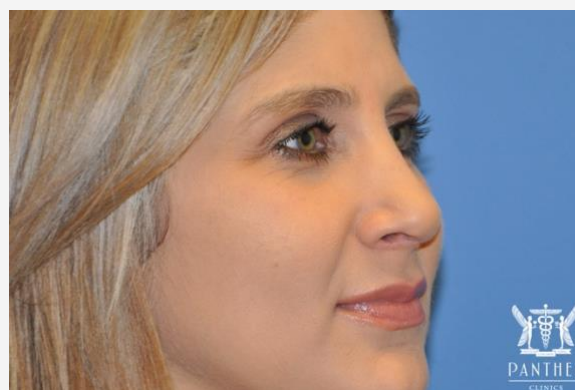
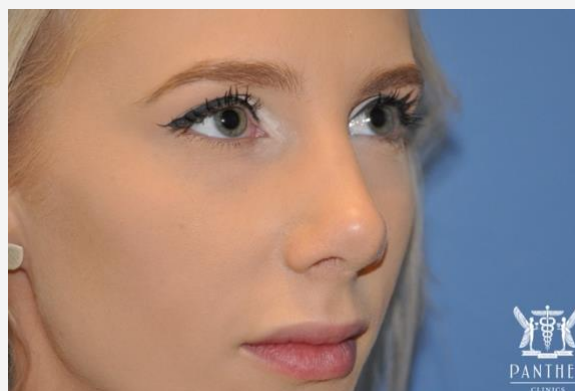
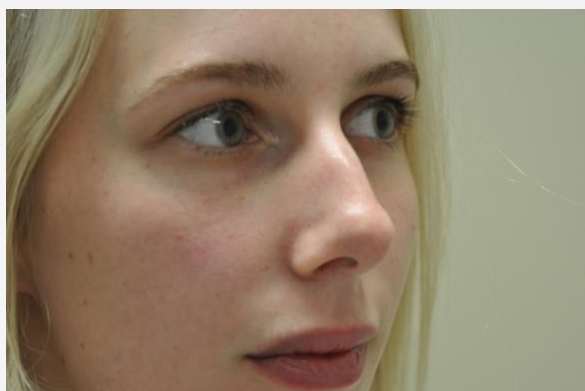
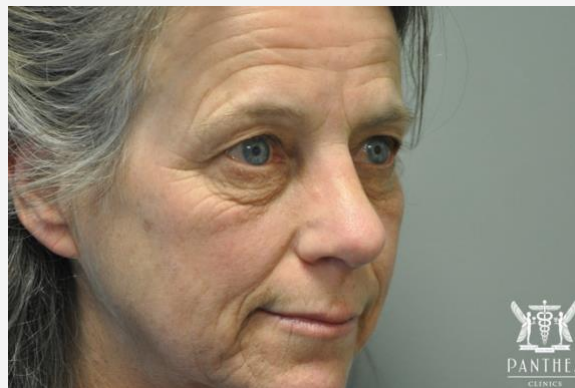
What are the potential risks and complications?

After rhinoplasty, the normal postoperative course has some expected inconveniences that you should be aware of preoperatively. Pain, bruising and postoperative swelling are to be expected. If the swelling is excessive or prolonged, postoperative oral steroids may help to speed resolution. However, excessive postoperative bleeding is rare (0.9% of cases). Taping the nose may be helpful in decreasing swelling and may be continued by the patient on a nightly basis even weeks after surgery.

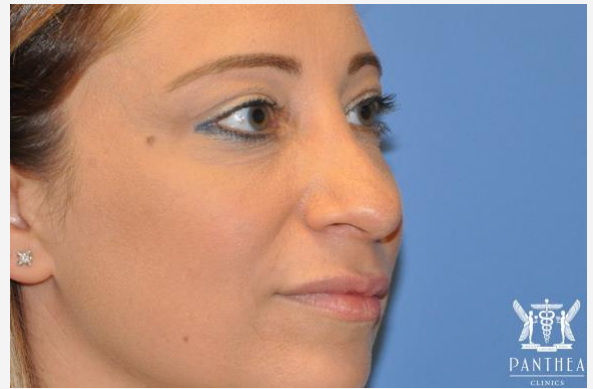
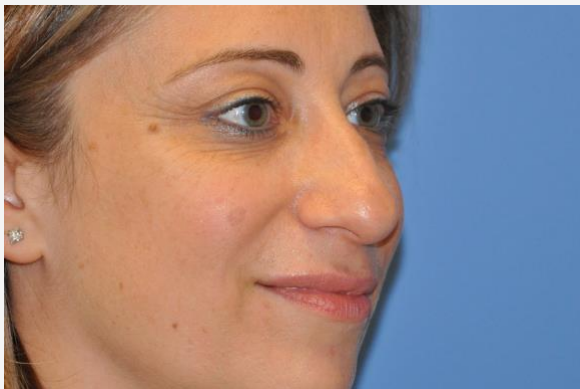
In the immediate postoperative period, complications may include; bleeding, erythema (redness of skin) related to vascular congestion, infection, skin loss or necrosis and early patient dissatisfaction. In the intermediate postoperative period (2 weeks – 2 months), complications may include; prolonged swelling, delayed healing, patient concern/dissatisfaction, Synechiae (where the iris adheres to either the cornea or lens), osseous overgrowth (consists of/or has turned into bone), septal perforation, anosmia (loss of sense of smell) and late presentation of a cerebrospinal fluid (CSF) leak.

Late complications from rhinoplasty include; nasal airway obstruction, various irregularities and deformities, implant exposure, extrusion or migration, scarring, silent sinus syndrome, enophthalmos (posterior displacement of the eyeball) and mucocoele (cyst) formation.

Rhinoplasty Gallery



Rhinoplasty Gallery



Frequently Asked Questions

Q: How much will my consultation cost?

\$250. With a current GP referral, you will be able to claim approximately \$75 back on Medicare rebate.

Q: How much will my procedure cost?

Rhinoplasty procedures range between \$15,000 - \$17,000, which is inclusive of surgeon, anaesthetist and hospital fees.

Q: Will my private health insurance cover the hospital fees?

Some patients may qualify for a Medicare item number, such as those after nasal trauma or patients experiencing breathing difficulties. Dr Farhadieh will assess whether you qualify for an item number during your initial consultation.

Q: How many days will I need to be in hospital for?

This procedure requires admission for one overnight stay.

Q: I need further information on postoperative care. Where can I find this?

Our experienced team here at Panthea Clinics has developed a 4-page document on postoperative care to help you through the recovery process. This will be given to you prior to your procedure date.

Q: When will I be able to resume normal activity?

Within 2 weeks you will be able to resume most normal activities. After 6 weeks you will be able to resume sporting activities, avoiding contact sports for at least 3 months.