

# *rhinoplasty* relief

Nasal surgery can improve both the aesthetics of the nose and its function. Elise Eggleton spoke with Fiona, a patient of Sydney plastic surgeon **Dr Kourosh Tavakoli**, about her rhinoplasty procedure.

**A**t 29 years of age, Fiona decided to put years of frustration behind her by undergoing a rhinoplasty procedure with Sydney plastic surgeon Dr Kourosh Tavakoli. 'My nose was very narrow and pointed,' she says. 'I used to suffer from bad allergies, and I would sleep with my mouth open to allow me to breathe properly.'

During the procedure Fiona underwent a septoplasty, which is a corrective surgical procedure performed to straighten the nasal septum (the partition between the two nasal cavities). She also altered some of the cosmetic aspects she didn't like about her nose. Dr Tavakoli was able to broaden Fiona's nose and make it less 'pointy' by receding the bone.

'Prior to the surgery, we used digital imaging software, which allowed me to communicate to Dr Tavakoli exactly what I was looking for,' says Fiona. 'I was very happy with the end result and it was very close to the image that we had designed on the computer.'

In most cases, the final result will have around a 70 percent likeness to the original computer image. Fiona says she suffered from very little bruising or swelling after the procedure. 'I placed ice on my nose continuously for 48 hours, which I think minimised the swelling. After that, I iced at every opportunity I could,' she says. 'I had a breast augmentation at the same time as the rhinoplasty procedure so it is hard to determine exactly how long it would have taken for me to recover from the rhinoplasty alone. I was off work for three weeks and took it easy with minimal exercise.'

So did people notice Fiona's new nose? 'It was a subtle change and very natural looking,' she says. 'Some people might have sensed an improvement, but many were not able to pinpoint what it was.'

Rhinoplasty, as evident in Fiona's case, can cosmetically and functionally improve a person's nose and can dramatically improve a person's self-esteem and image. **acsm**

