

RHINOPLASTY SURGERY CHECKLIST

WHAT IS RHINOPLASTY SURGERY?

- **A Nose Job (Rhinoplasty)** is a Plastic Surgery procedure which aims to reshape or reconstruct the nose.
- Rhinoplasty can enhance the appearance of the nose by adjusting the size, shape, length and other proportions of the nose. Surgery can include the nose tip or nostril area.
- Corrective Rhinoplasty can help restore functionality to the nasal area or reduce breathing problems related to nose injuries or nasal deformities, such as repairing a deviated septum.
- A Rhinoplasty involves a number of procedures that reshape your nose while avoiding impinging on nasal functionality.

Before you decide on your Surgeon or proceed with Rhinoplasty surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Rhinoplasty surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Rhinoplasty surgery can actually achieve?

AM I A GOOD CANDIDATE?

- Do you have a prominent or crooked nose?
- Does the tip of your nose not match your other features?
- Are you feeling unhappy with the shape of your nose, such as nose width or how your nose appears from a side-view perspective?
- Is your nose disproportionate or out of balance with your face?
- Do you want to improve the results of a previous Rhinoplasty?
- Has your nose been impacted by injury or trauma in the past?
- Do you experience difficulty breathing through your nose?



PRE-SURGERY CHECKLIST

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 2 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?



PREPARING FOR YOUR FIRST CONSULTATION

What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

WHAT ARE MY OPTIONS?

Your Surgeon will guide you in choosing the right Rhinoplasty procedure for you, depending on the surgical results you are looking to achieve.

The types of Rhinoplasty procedures we offer include:

- Open Rhinoplasty** - Exposed approach to altering the shape of the nose.
- Closed Rhinoplasty** - Performed through small incisions that are kept within each nostril.
- Septoplasty Surgery** - May suit patients who suffer reduced air flow OR who have trouble breathing through their nose.
- Asian/Ethnic Rhinoplasty** - A form of cosmetic nose reshaping that is very specific to individuals with Asian or Ethnic heritage.
- Revision Rhinoplasty** - Suitable for those who are unhappy with the results of their previous Rhinoplasty operation.

FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Rhinoplasty Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

Our Rhinoplasty Surgery Guide covers:

- Rhinoplasty Surgery explained
- How to plan for your Rhinoplasty Surgery
- The surgical process and recovery tips
- Answers to some of our FAQs

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