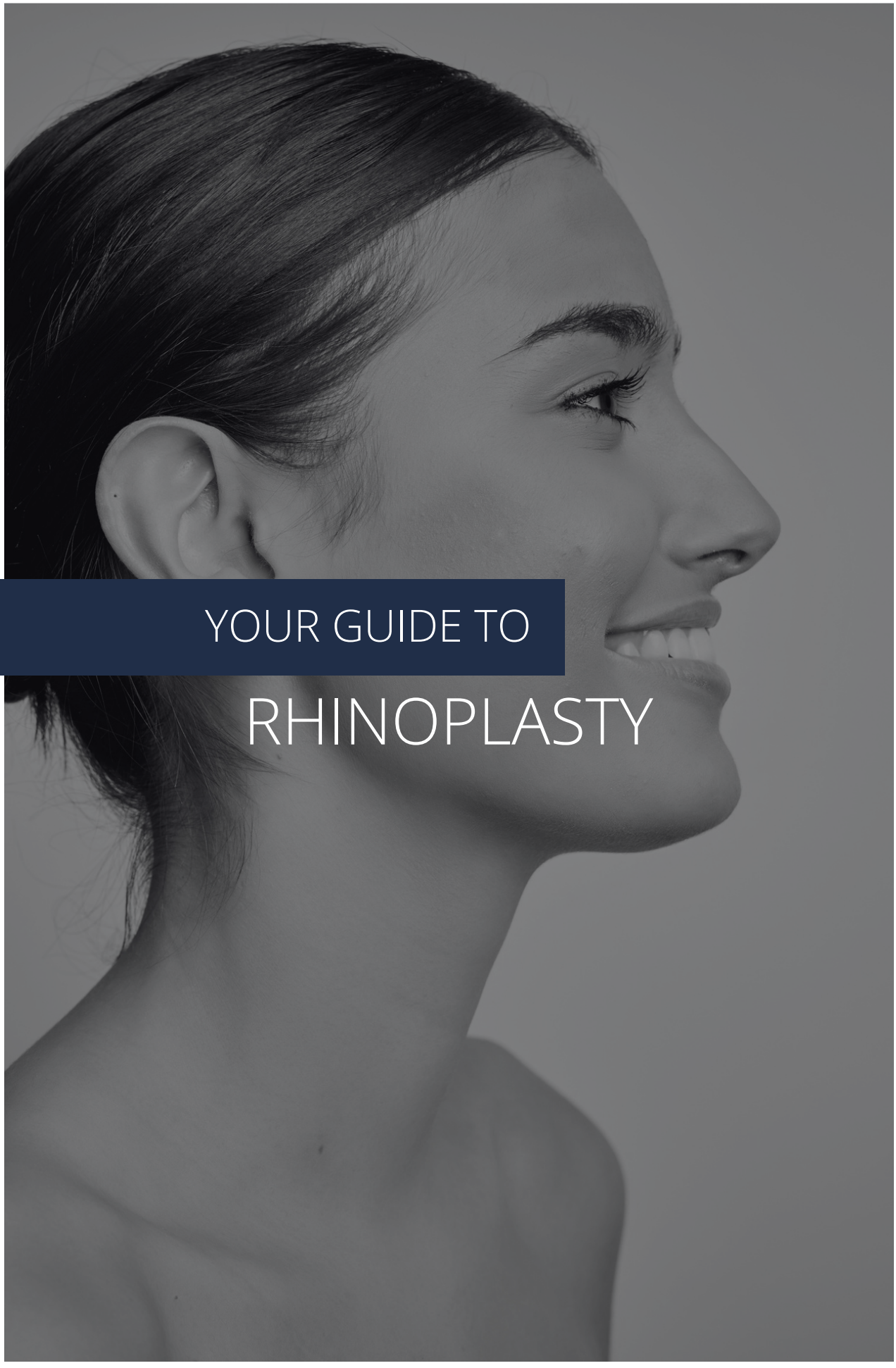

YOUR GUIDE TO

RHINOPLASTY

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. Since our establishment in 2009, we've been dedicated to helping numerous clients discover the beauty of self-confidence. We proudly collaborate with top-tier plastic surgeons recognised for their commitment to providing outstanding care and exceptional results. With us, you can have full confidence that you're in the hands of experts.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

A Rhinoplasty, or as its commonly known a 'Nose Job', is an intricate cosmetic and reconstructive procedure. When performed by a skilled and experienced Plastic Surgeon, a Rhinoplasty can:

- Change the shape of the nose
- Change the proportions of the nose
- Address structural abnormalities
- Improve nasal function

There are many, varied concerns that lead clients to seeking a Rhinoplasty which include:

- An overly wide, narrow, or long nose
- Asymmetries
- Nasal bridge lumps/humps/dents
- Drooping tip
- Crooked appearance

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 2 - 4 hours

Rhinoplasty surgery takes between 2 to 4 hours. During which time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 6 weeks for post-surgery recovery.

HOSPITAL STAY | Half Day - Overnight

In Australia, Rhinoplasty is typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing the procedure in Thailand are required to have a short hospital stay (usually overnight).

REST TIME | 2 Weeks

Following Surgery, pain is typically mild and can be effectively treated with prescribed medication. Bruising, particularly around the eyes, can last for 10 days. Some patients also report that their nose has an oily appearance. This is a side effect of the swelling, which will subside within the first few days. To aid recovery:

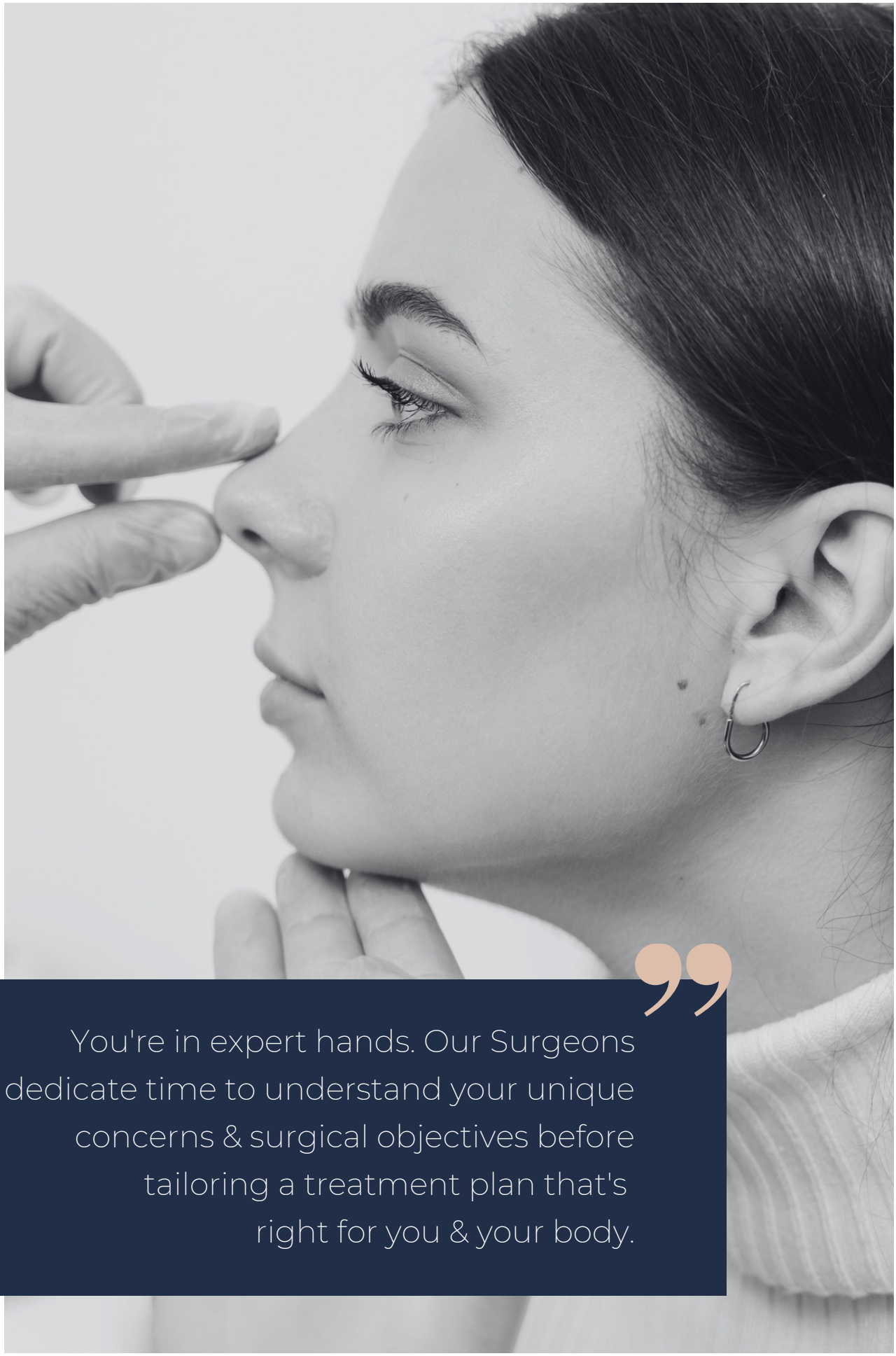
- ☑ A Nose Splint must be worn for the first week to assist with the swelling and hold the nose in place.
- ☑ Clients can generally resume normal activities (ie work and light exercise) after 2 weeks.

RECOVERY TIME | 6 Weeks

To ensure optimal healing, strenuous activities and contact sports must be avoided for at least 6 weeks.
Exposing the nose to excess water can also be harmful while the incisions heal - so no swimming for at least 6 weeks, or until the surgeon advises.

SETTLING PERIOD | 6 - 12 Months

Clients will need to be patient for their final result. As prolonged swelling of the tip and bridge of the nose can take 6-12 months to reside.



You're in expert hands. Our Surgeons dedicate time to understand your unique concerns & surgical objectives before tailoring a treatment plan that's right for you & your body.

PLANNING YOUR PROCEDURE

When planning your Rhinoplasty, there are significant considerations to be aware of. Our Plastic Surgeons will guide you through the planning process and work closely with you to realise your desired outcome.

KEY CONSIDERATIONS

Surgeons can only work with your existing bone and cartilage structure. This means that there are limits to how much you can alter the shape of your nose.

Importantly, Rhinoplasty is one of the most intricate Plastic Surgery procedures. Cartliage has memory and is unpredictable. Similarily, the way your skin reacts and retracts to the cartilage can also effect your results.

Additionally, *complete symmetry* is never guaranteed. Furthermore, because of the visibility of your nose, even the slightest misalignment will be visible.

TECHNIQUES

No nose is the same. When planning to bring balance to a client's facial features through surgery, there are a number of approaches your Plastic Surgeon can take.

OPEN RHINOPLASTY

An Open Rhinoplasty (or External Rhinoplasty) allows surgeons to gain direct access to the internal structure of the nose.

During an Open Rhinoplasty, three incisions are made. The first two are made in each of the nostrils and the third, across the columella (the strip of tissue that separates the nostrils at the base of the nose). From there, the surgeon will lift the top portion of the nose to work on the structures beneath.

OPEN RHINOPLASTY WITH CARTILAGE GRAFTING

This approach is used to provide additional support, reshape the nasal tip, correct asymmetry and reinforce weaked areas of the nose.

During this procedure, cartilage is harvested from the rib, ear or Cadarvic Cartilage sources. The harvested cartilage is then placed to achieve the desired changes in the nasal structure.

EXCISIONAL RHINOPLASTY

An Excisional Rhinoplasty involves the incremental removal of bone and cartilage (often quite a substantial amount).

The technique relies on the formation of scar tissue to pull the nose into shape and is often completed using the Closed approach.

One of the biggest risks associated with this technique is the weakening of the overall nose structure where over time, the scar tissue is not enough to support the nose structure and it can appear deformed.

STRUCTURAL RHINOPLASTY

Structural Rhinoplasties focus on reinforcing the nose structure. While large amounts of bone and cartilage are removed, they aren't discarded.

Surgeon's use the client's excess tissue to reshape the nose. Bone and cartilage is repositioned where it can be better used to create the required contour.

A Structural Rhinoplasty is most often performed using an Open approach; however, in some circumstances a Closed approach may also be used.

PRESERVATION RHINOPLASTY

Preservation Rhinoplasty aims to retain as much of the client's original bone and cartilage as possible.

Rather than using the 'top-down' approach of a Structural Rhinoplasty, surgeons go under the nasal dorsum (bridge) to remove small portions of bone and cartilage.

The technique is commonly used to reduce the height of the bridge and remove any humps/bumps without altering the dorsal lines (the shape/spread of the nose).

It's best suited to first-time clients and those not requiring a complex reconstruction.

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Rhinoplasty, there are potential risks to consider with all forms of surgery.

Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, allergic reactions to medical materials)
- Haematoma (large blood clot) beneath incision site
- Pain, bruising and swelling around operated site
- Separation of wound edges
- Nausea (from anaesthesia)
- Asymmetry
- Heavy nosebleeds
- Infection that may need antibiotic treatment or further surgery
- Severe pain (temporary or ongoing)
- Altered sensation and numbness around nose (temporary or permanent)
- Numbness around front teeth (temporary)
- Reduced/loss of sense of smell
- Keloid or hypertrophic scarring (can be thick, lumpy, inflamed, and itchy)
- Dark skin under eyes (can last up to 6 months)
- Difficulty breathing (narrowed airways)
- Weakened support structure of nose
- Need for revisional surgery

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.