

pincock & tavakoli promotion

Beauty & harmony

RHINOPLASTY CAN HAVE A PROFOUND EFFECT ON BOTH APPEARANCE AND SELF-ESTEEM, ACCORDING TO SYDNEY SURGEONS DR TOBIAS PINCOCK AND DR KOUROSH TAVAKOLI.

Desiring a change in the shape of the nose is one of the most frequently requested facial plastic surgery procedures.

'The nose is the most prominent facial feature, and it is common to see patients who have been unhappy with the appearance of their nose for most of their lives or have had their nose damaged by physical trauma,' says facial plastic surgeon Dr Tobias Pincock. 'Patients can become shy and introverted, and in extreme cases their personal and professional life may suffer.'

The aim of rhinoplasty surgery is to create a harmonious natural-appearing balance between the patient's nose and other facial features. 'Rhinoplasty is among the first cosmetic plastic surgery operations ever performed, dating way back to 1898,' says plastic surgeon Dr Kourosh Tavakoli. 'The current Australian trend in rhinoplasty is all about achieving the "natural" look, although some patients come in with pictures saying they'd like a "Hollywood" nose.'

With any surgical procedure, it is important to ensure that the surgeon has the appropriate training, and this is especially true of rhinoplasty. 'It is imperative to ensure that your surgeon is well trained and has the necessary skills for performing rhinoplasty,' says Dr Pincock. 'Many surgical manoeuvres can be performed – whether this be making it smaller or shorter, narrower, straighter or removing a dorsal hump – to modify the shape as well as ensuring nasal function isn't sacrificed. Not all surgeons undertaking this procedure have the knowledge, skills or experience required to perform this complex surgery.'

Dr Tavakoli explains that most unwanted features of a patient's nose can be remedied. 'We can remove humps over the bridge; modify the nasal tip; improve a crooked nose or the angle between the nose and the upper lip; shorten or lengthen and narrow the nostrils,' he says. 'The best candidates for rhinoplasty are those people who are looking for an improvement in the way they look, not those searching for absolute perfection.'

Dr Tavakoli warns that well-meaning friends and family members are not a good source of information. 'Find out everything about your rhinoplasty operation before proceeding with surgery – a well-informed patient is a happy patient,' he says.

Dr Pincock says he approaches each procedure on

a case-by-case basis, with incision sites and techniques depending on the outcome to be achieved. 'With most modern rhinoplasty techniques, the majority of incisions are made inside the nose, but a small incision will also typically be made between the nostrils,' he says. 'The skin is then separated from the underlying bone and cartilage, which are then reshaped according to the desired shape. Sometimes cartilage grafts from the nasal septum are required. A splint is worn over the outside of the nose for around a week.'

Some swelling is expected after the surgery, although simple things like keeping the head elevated and applying cold compresses help to reduce this.

Both Dr Pincock and Dr Tavakoli agree that the results of a successful rhinoplasty procedure can be a life-changing experience for patients. 'When performed on the right candidate by the right surgeon, rhinoplasty can produce a positive transformation to a person's face,' says Dr Tavakoli.

Working closely, Dr Tavakoli and Dr Pincock offer the complete spectrum of surgical procedures between them within their rooms, catering to the client seeking a combination of face and body enhancements.

Revision rhinoplasty

The need for a revision rhinoplasty involves a more complicated process than a patient undergoing primary rhinoplasty. This may be as a result of a recent procedure not meeting the patient's needs, or due to a past operation requiring modification.

'Often, patients come in for revision rhinoplasty due to excessive cartilage and bone being removed from the nose during a primary rhinoplasty,' says Dr Pincock. 'It is also now well accepted that many of the rhinoplasty techniques of 20 years ago were over-aggressive, leaving many patients with more problems than they started out with.'

Dr Pincock says revision rhinoplasty is one of the most difficult facial plastic operations to perform. Patients should ensure their surgeon has either facial plastic surgical training or a particular interest in rhinoplasty to treat this type of deformity.

Case study 1 (Dr Tavakoli)

At 20 years old, Dr Tavakoli's patient says that it was the perfect time to correct her nose that she had been 'very aware of' throughout her life. 'Being young, I had no big commitments and I knew the healing time would be relatively quick,' she says. 'I just didn't want to wait any longer.'

The patient says she has never been happy with her nose and always wanted to change it. 'It just didn't look feminine and was out of place on the rest of my face. I had the misfortune of inheriting my father's masculine European nose,' she says. 'It just didn't fit with the rest of my facial features. There was a prominent bump, which was especially noticeable in my profile.' She began researching rhinoplasty procedures online and reading about other people's experiences, and found Dr Tavakoli's case studies. Although she spoke to other doctors, 'I was impressed with Dr Tavakoli's qualifications and professionalism,' she says. She also spoke to some of his former patients.

In her first consultation, Dr Tavakoli discussed the surgical possibilities, techniques and her desired outcome. 'He showed me computerised "before" and "after" pictures of what a rhinoplasty could do for my nose,' she says. 'This was extremely beneficial as seeing the "after" shots meant I had realistic expectations of what could be achieved.'

Dr Tavakoli also detected some breathing problems in the patient's nasal passages. 'It turned out my left nasal cavity was completely blocked off, so the procedure wasn't just cosmetic after all,' she says.

The patient says her recovery was relatively slow but Dr Tavakoli and his staff were very helpful with post-surgery care. 'I was one of the small percentage of people who was still experiencing bruising and swelling at my one-week follow-up appointment,' she says. 'I had lymphatic massage to drain the build-up in my face, which cleared it up quite quickly.'

The patient says once the swelling subsided, she was 'absolutely delighted' with the result and her breathing had improved. 'It was exactly what I expected and hoped for,' she says. 'It altered the entire look of my face. My nose has always been out of proportion to the rest of my face and now it fits.'



BEFORE



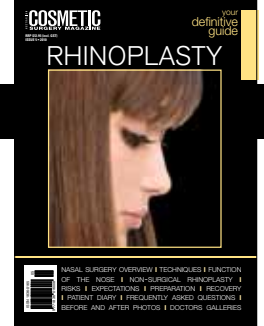
AFTER rhinoplasty by Dr Tavakoli



BEFORE



AFTER rhinoplasty by Dr Tavakoli



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Case study 2 (Dr Tavakoli)

Dr Tavakoli believes the results of a successful rhinoplasty procedure can be a life-changing experience for patients who feel self-conscious about the appearance of their noses. 'Cosmetic surgery is often something people wish to do for a long time but put off, he says. 'They may postpone for months or even years, perhaps through self-consciousness, anxiety or lack of self-confidence. However, once the procedure is completed, most patients say they wish they hadn't waited so long. Sarah was one such patient.'

Sarah came to Dr Tavakoli with both aesthetic and functional concerns. 'My nose had always bothered me because it was bigger than I would have liked,' she explains. 'I also had breathing problems due to a deviated septum.'

Dr Tavakoli guided Sarah through the consultations and they worked up a computer image of her proposed nose based on their discussions.

'The procedure itself was so easy. All I remember is laying down on the surgery table then waking up when it was over!' says Sarah. 'The recovery was a lot better than I had expected. I didn't have much pain or bruising at all, but it was a little hard breathing through my nose for a week after surgery, although I knew this was to be expected. I took about three weeks off work to recover fully before my return.'

Sarah's feelings on the results of her rhinoplasty are very positive. 'Dr Tavakoli was great. I couldn't have been happier – the final result was actually better than I imagined,' she says. 'People have even said my new nose suits my face more than my previous nose and looks very natural.'



BEFORE



AFTER rhinoplasty by Dr Tavakoli



BEFORE



AFTER rhinoplasty by Dr Tavakoli

Case study 3 (Dr Pincock)

'Ms Fleming came to see me regarding a cosmetic rhinoplasty and to improve her breathing,' says Dr Pincock. 'She had quite an unusual-appearing nose that was quite small. She had thought about rhinoplasty for a long time before summoning the courage to see a surgeon about it. After examining her nose, I concluded that she must have had some trauma to her nose as an infant that had gone undetected and resulted in disordered growth. This left her with a wide tip, a very low nose take-off point and abnormal nostrils.'

'We spent some time with computer imaging and I explained that to achieve a natural-looking result we would have to build up parts of her nose,' he continues. 'Although initially wary, the computer imaging showed this very nicely and gave her a good understanding of what needed to be done to achieve a good result.'

Ms Fleming underwent an external septo-rhinoplasty procedure and the 'after' photo is at three months post-surgery. She has a very natural-appearing nose that accentuates the rest of her face and complements her natural beauty.



BEFORE

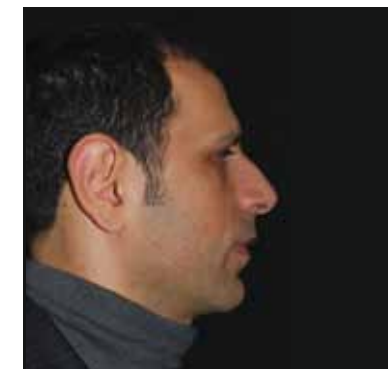


AFTER rhinoplasty by Dr Dr Pincock

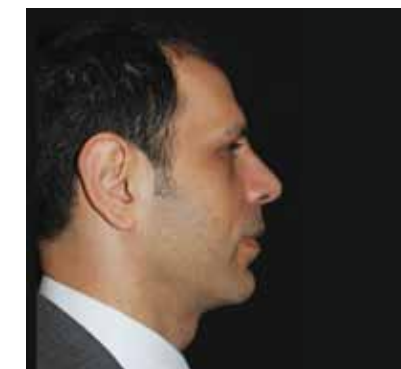
Case study 4 (Dr Pincock)

Michael had broken his nose twice and had difficulty breathing as well as being unhappy with the shape. He disliked certain features, such as the hump and the length of his nose as well as showing a large proportion of his nostrils from the side view. During the consultation, Dr Pincock discussed the importance of reshaping the nose with subtle gestures that would suit the rest of his face. He then performed a fibre-optic examination of Michael's internal nose which showed he had a severely deviated septum.

Michael underwent a septo-rhinoplasty procedure under general anaesthesia. 'Michael healed quickly with minimal bruising. He did have some swelling of the nose but this diminished over the next few weeks following surgery,' says Dr Pincock. 'He now has an excellent nasal airway which helps with his exercise tolerance and sleeping, and is very happy with the new shape – a natural-appearing nose that suits his masculine features.'



BEFORE



AFTER rhinoplasty by Dr Pincock

Case study 5 (Dr Pincock)

Tanya came to Dr Pincock to discuss cosmetic rhinoplasty. She had always had a disproportionately large nose for her face and felt very self-conscious about it. In addition, she suffered from bad hay fever and had difficulty breathing through her nose.

'At the initial consultation we talked about her desire for a smaller, more proportionate nose in harmony with the rest of her facial features,' he says. 'In particular she wanted to rotate her nose upwards slightly and remove the large dorsal hump, as well as achieving an improved nasal airway.'

Tanya underwent an external rhinoplasty procedure and, apart from the normal swelling and mild bruising associated with the operation, her recovery was uneventful.

'Once the cast was removed she was immediately impressed with her new nasal shape and it continued to improve over the next few weeks,' says Dr Pincock. 'I have seen her several times since the operation and she is happy we were able to achieve exactly what she wanted from her rhinoplasty procedure.'

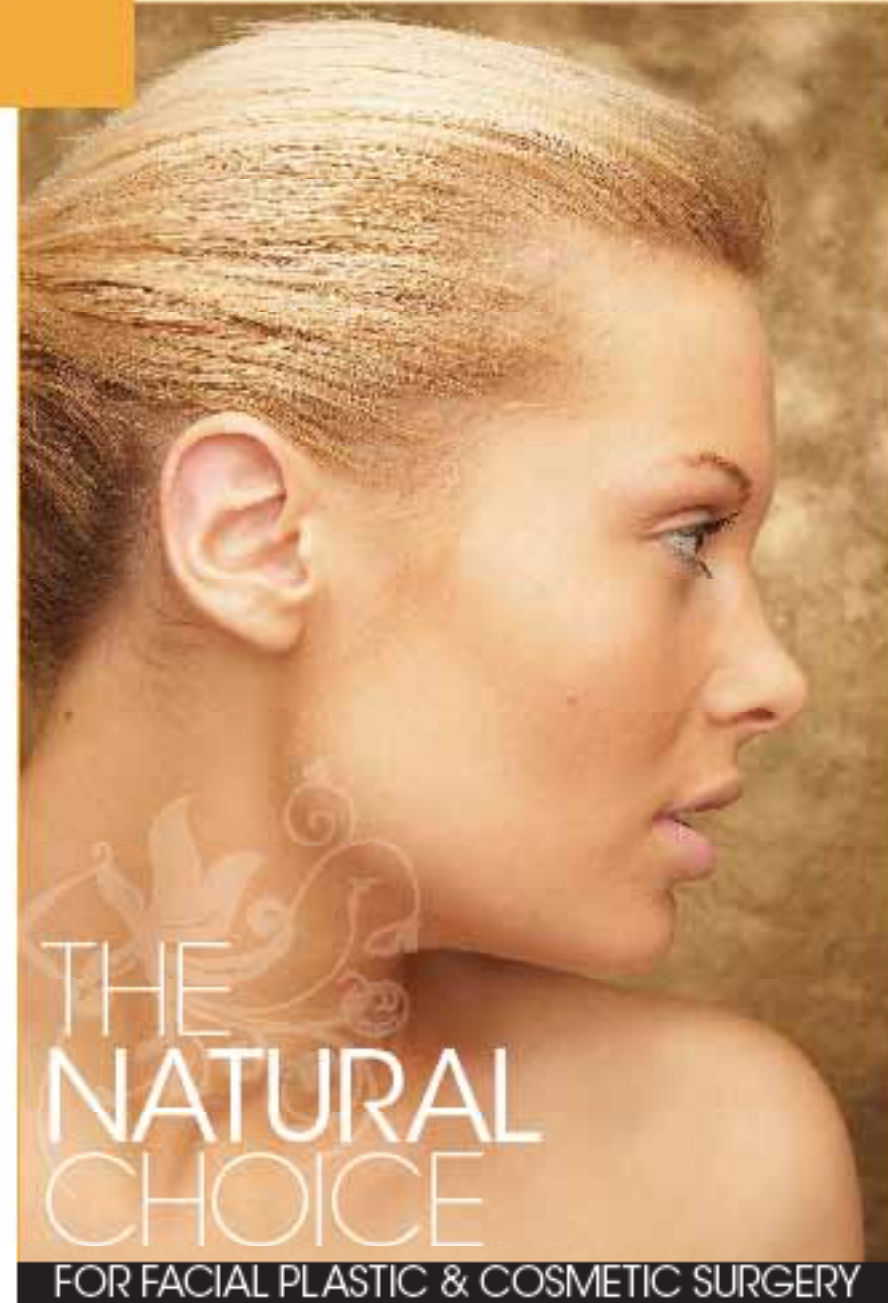


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AFTER rhinoplasty by Dr Pincock

Dr Tobias Pincock



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