

# NOSE BOOK

ENGLISH

*Rhinoplasty*  
*All you need to know*

12 MEDICAL  
NOSE SPECIALISTS  
EBOOK TIPS





## NOSE PLASTIC SURGERY

# *Rhinoplasty: All you need to know*

**Here YOU will find all the answers to  
make your DREAM come true**



# Wishing to change your NOSE shape?

**Does your nose shape type bother you?**

Have you ever considered changing your nose shape type?

Does this feeling happen from time to time?

When you look at a picture what is the first thing you look at: your nose?

**Rhinoplasty** is recommended for people seeking either nose shape types or improvements in nasal respiratory functions. Most aesthetic nasal shape complaints are as follows: **potato nose, wide nose, big nose, falling tip, bone on the bridge and crooked nose**. Nasal obstruction associated with either one or more of these aesthetic discomforts also arouses nose shape refinement surgeries.

An array of rhinoplasty refinement surgeries **such as nose size (increase or reduction), shape of the tip, nostril width, angles between the nose and the upper lip, angles between the nose and the forehead, breathing problems and nose straightening are the most common rhinoplasty procedures**. However, when choosing a surgery procedure it is important to know that there are some limitations. Defined characteristics regarding skin type of each patient may be an impeachment.

Are you in doubt about your nose changing shape type? Find similar nose types to match yours, and in case your expectation does not meet the requirements of both your and your doctor's ideals for a surgery, then you should think it over before making a decision.

Therefore, in case of a rhinoplasty, make sure that you have made the right decision. You are the only one who knows how you feel regarding your nose shape while looking at either a mirror or photos. **Make sure that the ascetic and functional gains, as well as improvements the surgery brings about your self-esteem, justify the procedure you may have to consider**. Once you are certain what your nose shape is going to be like, have full access to accurate, high quality, comprehensive information delivered to you. **All this information can be found here.**

# How to choose your Surgeon



Among all cosmetic surgeries, Rhinoplasty is the one requiring more care in choosing the right physician.

## **Any reason why?**

Once Rhinoplasty is a most complex cosmetic surgery, its practice may go beyond technical and functional aspects which also involves a person's psychological issues

**Minimal changes may also reflect not only your nose aesthetics, but also your breathing system.** You may feel your breathing is normal, however, a very thorough evaluation is required as there are other factors other than deviation of the septum or rhinitis which can cause respiratory function problems after a rhinoplasty in a more fragile structured nose.

A reliable and ethical physician is the one who diagnoses and points out either the procedure may or not be done in your case.

Search for people who have already undergone a surgery and evaluate the results you appreciate the most. Don't be fooled by either celebrity photos or social media profiles rather than having a face-to-face talk with your physician. In case you can not find anyone to exchange ideas with, we do recommend **that you contact at least 3 Physicians to clarify your doubts.**

## **CERTIFIED PROFESSIONAL IMPORTANT REQUIREMENTS**



**Solid experience and educational backgrounds**



Pleasing and effective outcomes



Accessibility to clarify your doubts



**Both staff and hospital reliability**



Someone who is a good listener



## RECOMMENDATIONS TO HELP YOU MAKE THE RIGHT DECISION

- During consultation **ask to check upon both previous and post photos/videos**
- In case of any complications ask how they are handled
- **Go to the consultation with a family member or someone you trust**
- “Touch up” issue questioning is a must in case of prospective unfavorable results.
- Do not rely on photo simulation which is not an essential condition for a choice. Many surgeons do not do simulation for fear owing to no-guaranteed outcomes. **Remember that simulation is just a tool to align your expectations with the real aesthetic result.** However, results may vary..

### ATTENTION TO:

Surgeons with no certification, qualifications nor expertise.

Always remember: a second rhinoplasty done by another specialist may be a lot more costly.

**Making your own judgment after the consultation is a must in every case.** Considering a second or even third consultation with a professional you trust, counts a lot.

**Empathy also counts.** Consider feeling totally comfortable before a professional physician.

# Rhinoplasty Glossary



The goal here is not to comment on specific techniques, **but rather, clarify the most used** terms that you may come across about rhinoplasty

Open and closed techniques are widely questioned, however, they are not techniques. **"Open rhinoplasty"** or **"closed rhinoplasty"** terms refer to the path used to perform techniques proposed for each specific case. **"Access Route"** is a mostly used term by a physician regarding rhinoplasty. Closed access inner incisions are sutured with absorbable stitches, which disappear after healing, and both external incisions of open access and alar resection are closed with removable stitches. However, some external incisions may generate scars which tend to be little apparent some months after surgery.

**"Rhinoseptoplasty"** - is the term known **as the functional part of the nose that will be corrected, regarding aesthetics.** You are willing to have a **beautiful nose and breathe well**, aren't you?

One of the first steps of rhinoplasty **is the removal of cartilage** from the nasal septum with two objectives: **to correct nasal function and remove the material that will be used as a "graft"**. There are several described graft sizes and shapes, when rightly positioned, **that will make your nose naturally beautiful!!** It may be necessary to use ear or rib cartilages in case of a re-operation called "revisional or secondary rhinoplasty, tertiary, quaternary..." which also depends on the number of rhinoplasties already performed.

**"Alar resection" mistakenly called alectomy** is a technique to reduce nasal base width. Finding the extent of reduction and its need, nasal base measurements are performed before and at the end of surgery. **In some cases, alar resection is the last step of rhinoplasty.**

In short ... **We have a huge range of resources to make your nose essential for facial harmony!**

# The First Consultation



This is the **most important moment** considering doctor patient-relationship actually built together with good communication in order to achieve the long-awaited results. **The greater the empathy between both parties**, the easier it is to capture the message and relate it to the surgical planning.

**Before the consultation, you should make a self-observation using either a mirror or a photo**, analyzing your nose in facial harmony.

**Discuss your fears and expectations in detail by clearing up doubts. For instance, previous procedures such as aesthetic filling (rhino modeling), support wires, or any other type of surgery such as septum or adenoid**, history of trauma, drug use or any personal habit that may interfere with the surgical or anesthetic procedure must be discussed.

In addition, it is important **to address functional complaints (if you breathe well, have rhinitis, sinusitis)**. Aesthetics is important, but function is paramount and should never be neglected, a surgeon's evaluation must be considered.

**The first consultation is unique. All thorough information, confidence and reliability after the meeting are key to a decision making process.**



# Planning and Simulation

## Is there an Ideal Model?



Planning is the art of Rhinoplasty which is carried out through the **aesthetic analysis of the face with precision of individual measurements.**

Bear in mind! You are the ideal model!!

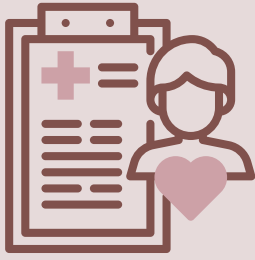
Facial aesthetic analysis present some aspects that must be taken into account as well as a good planning such as:

- **Facial proportions:**  
The face is divided into facial thirds and fifths and may not be symmetrical. Each nostril has specific proportions that bear no comparisons.
- **Symmetry:**  
As a rule, the face is divided into right and left hemiface, though not symmetrical. The nose is inserted in the center of the face and may show growth asymmetries or trauma.
- **Harmony:**  
The balance between the natural and functional shape of the nose establishes the face harmony.
- **Angles and measurements:**  
There are differences in angles and measurements on the face and nose among men and women.
- **Subjective criteria of beauty, personal and cultural preference:**  
Beauty is subjective, and the nose shape is inserted in this context.
- **Ethnic and anatomical differences:**  
Caucasians, Afro-descendants, Asians and miscegenationist have distinctive characteristics. Surgical planning establishes precise and objective changes, with no distortion.
- **Breath:**  
Function and beauty go together.  
Breathing well with a beautiful nose means raising your self-esteem!

**Simulation through photographic documentation does NOT mean surgical results.** It is used as a guidance for the proposed surgery and favors a surgeon's best performance.

**You are the ideal model. After the surgery, Your new and better Version!**





# Prior to Procedure Exams and

In the first interview, a patient's account of a medical history and their requested work-up exams are to be carried out prior to the surgical procedure. A distinctive approach is also recommended. It is not a one-size-fits-all!! This issue is used in complementary exams, pre- and post-operative care, and the procedure itself!

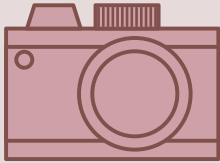
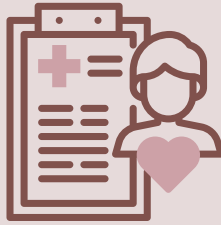
## Previous information

- previous diseases and surgeries,
- allergies
- family history,
- psycho-social history (either active or previous smoking, drinking for example, among many other issues)
- medications for continuous use
- family or personal history of bleeding or thrombosis in previous surgeries

Regarding your medical history, we order blood tests among others.

**In case of a cardiological issue, a pre-surgery investigation with heart exams is recommended.** Your physician must provide information regarding: examination date, an issued certificate identifying the comorbidity and the applicable time period before the surgery.

Furthermore, in Rhinoplasty itself, **our focus is ALWAYS on nasal function as well as aesthetics.** Complementary exams for nose evaluation, such as nasal endoscopy with rigid or flexible optics (fibro nasolaryngoscopy) and sinus tomography, are an otorhinolaryngologist expert great allies in Rhinoplasty. **In case of a deviated septum, nasal polyps, adenoid or turbinate hypertrophy (“spongy flesh”), such changes may and shall be corrected during surgery to improve breathing.**



**Prior to preoperative rhinoplasty consultations, it is essential to take standard photos of your face for photographic documentation before the surgery** - by doing so, we are able to compare it with post-operative period, especially in the months or years to come, consequently to understand your objections and share our opinions regarding nose / face recovery and possible technical limitations in any specific case.



**An evaluation with the anesthesiologist prior to your Rhinoplasty surgery is also recommended to understand the differences between local anesthesia with sedation and general anesthesia by making everything clear before your surgery.**

# "The long-awaited day has come!

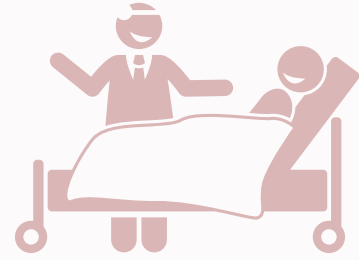


## The day of my Rhinoplasty!"

Anxiety is the main concern on the surgery day due to high expectations. Knowing previously, what the surgery day will be like and its steps, makes it easier to understand the surgery procedure in order to get ready for the day of your life. Here are some guidelines

### Good practices for patient safety on the surgery day

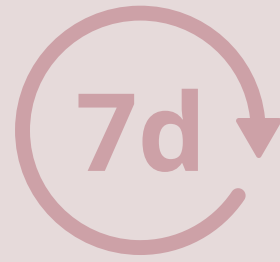
- Fasting for at least 8 hours - including water- is a requirement.
- Make sure you get to the hospital in advance so that you do not waste time for your admission procedures. The hospital of your preference will send you the best time for your admission arrival.
- Remember to bring your personal documents- ID card, health insurance card, in case you have one, also all medical test results prior to the preoperative time- blood tests, cardiac evaluation, CT scan among others.
- Jewelry, wedding rings and other valuables must be left at home.
- Piercings and fake eyelashes are to be removed before the surgery.
- Keep your nails short, clean and free of nail polish.
- Do not wear contact lenses on the surgery day.
- Attention: Medications may be suspended or maintained before surgery as directed by your doctor.
- A nursing team welcomes you. You will change into a surgical gown before heading to the operating room.



- **Anesthesia, either general or local sedation, may be used regarding your surgeon's data analysis and recommendation.**
- Due to the complexity of each case, the rhinoplasty surgery length, as well as need for different graft sides (ear or rib) **first time surgeries usually take between 3 - 5 hours..**
- After the surgery you will be taken to a post-anesthetic recovery room. Next, you will be sent to the inpatient room.
- In the inpatient room you will rest under nursing observation guidelines. Among them are: light meals and cold compresses both on the forehead and eye regions.
- **A dressing over your nose consisting of microporation and placement of an immobilizing plastic plate (aquaplast) is placed.**
- After the surgery, it is common to have some minor bleeding from the cut (incision) made by your doctor. It may occur when standing up or eating. Gauze may be placed under the nostrils to stem the blood flow.
- Local pain is usually mild and, if necessary, pain relief medications may be administered.
- **Hospital discharge may occur either on the same day or the next day, always recommended with the care of a companion.**



# First 7 days



## What to expect?

- Pleasant and pain-free days;
- In the first 48 hours you may notice some swelling and bruising around your eyes;
- Nose secretion and bloodier may be present in the first days;
- Stuffy Nose in case you catch a cold;
- Due to mouth breathing you may feel your throat somewhat sensitive;
- A DRESSING on top of your nose to bring the swelling down will be removed on the seventh day on the follow-up consultation day;
- In case of open access or alar resection, stitches are removed after 7 days.

## Main post surgical care:

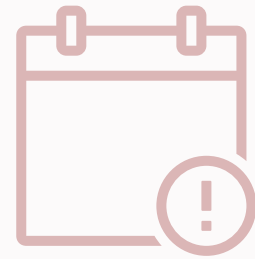
- Prop your head during sleep. Gravity will prevent swelling from being located both on the face and nose;
- Physical exercise during this period in order to prevent swelling or bleeding must be avoided;
- Put ice over on your eyes according to doctor's guidance;
- In order to avoid skin blemishes apply sunscreen even indoors;
- Wetting the dressing in the bath or shower must be avoided, however splashes are allowed;
- Wearing glasses, in agreement with your doctor, may be allowed during the first week depending on each case. Remember that you have a dressing protecting your nose;
- Follow all given guidelines : that will lead to a great final result.

## Warning signs that you should notify to your doctor:

- Fever > 37.8°C
- Pain
- Heavy bleeding
- Further questions? **GET IN TOUCH WITH YOUR DOCTOR asap**

# I took the bandage off, and now what?

## What will the next few months be like?



From now on, the word is **PATIENCE!** Your nose still shows a significant edema( swelling) which will be slowly absorbed by your buddy. **Follow your doctor's guidance regarding the use of ice packs, dressings and “aquaplast” (plastic dressing) to sleep.** You can even do a light massage with your own hands. Remember to discuss with your doctor all further questions that may arouse after you have removed the Dressing. In some cases, a lymphatic drainage from your face may be needed and should be preferably performed by professionals referred by your doctor.

**Do not be alarmed by the swollen tip of your nose which is something common...** It is a "ball-like in shape" and it will be the last to subside! Additionally, you will find that swelling is either present on either side depending on the day. Chill out ! That's about it all .

**Little by little, your nose shape will come to what your doctor has previously designed** which may take from six months to a year. Although, some patients report feeling a change up to 2 years after surgery, It's interesting to notice that patients present a “love x rationale ” relationship developed regarding their nose until everything is stabilized.

**Breathing improves each day.** Remember to keep saline **solution hygiene care.**

In the first few months, since the nose is still very "moldable", it is advisable to watch out. **Contact sports and large crowds must be avoided.**

Your doctor will allow you to do so when the right time comes. A light walk, not recommended in extremely hot environments, may apply in the second or third week, **depending on the evolution of each person.**

**Follow-up consultations are recommended so that your doctor can monitor your healing state and provide guidance** on our regular physical activities.

**IPhew! After the first few months.....**

**Now you are ready to rejoice in your new nose shape!**

# After the first year Rhinoplasty, how to keep the postoperative care



The postoperative period and your care are fundamental for after surgery success. **The healing of Rhinoplasty, Septoplasty and other nasal surgeries is both a complex and gradual process, which usually lasts around 6 months, however, it may also extend up to 2 years.** Inflammation is firstly generated by surgical procedure, after that, the proliferation of tissues occurs, and in the end, the maturation or remodeling of the operated region is noticed.

For most adequate healing, in the subsequent months, you must always follow your surgeon's guidance, regarding both internal and external nose cleaning, as well as skin, massages and dressings. Scabs that are initially formed inside your nose are scarring results that gradually subside over time. **Nasal flushing with saline solution is a must.**

Face skin care is also essential. **Choose the most adequate skin products for your skin type.** After surgery, bruises may cause dark circles due to accumulation of blood in tissues. Depending on the case, whitening and depigmenting products may be used around the eye region. **Remember that sun exposure must be avoided and frequent use of sunscreen is highly recommended.**

In some cases, **depending on a patient's skin type and techniques used, the use of compressive dressings on the nasal tip may be requested to help shape the skin to the new structure formed in the surgery.** In the first two to three months **avoid wearing glasses**, once the back of your nose is operated and swollen. Wearing glasses can interfere in the healing process.

Finally, **remember that your surgery outcome takes some time depending on your skin type and nasal tip definition. In specific cases it can take 2 to 6 months which means that it is important to have a surgery follow-up consultation with your doctor** who takes measures for an early diagnosis in case of any alteration during the healing process!



# Can I touch up my Rhinoplasty?

**Rhinoplasty may sometimes need to be touched up, a step in rhinoplasty that surgeons may not control, such as healing, is inherent and peculiar to each patient.** Often, over time, scarring changes such as retractions, asymmetries and irregularities in the nose may occur, generally discreet, even with highly skilled professionals. **The rhinoplasty revision rate can vary between 5 to 20% worldwide.**

## **How can I reduce my rhinoplasty chance of revision?**

Aiming at a greater predictability of rhinoplasty, we start with a careful preoperative evaluation and thorough surgical planning.

**The key point to achieving the best results closer to the patient's expectation, before the procedure, is to discuss the main details with your surgeon.** Being ethical, we need to point out all possible complications of a rhinoplasty, including the real chance of a surgical review for minor corrections. **It is important that you, the patient, leave the preoperative consultation, aware, confident and feeling supported by your doctor, at all stages of your surgery.**

It is essential that you also do your share by following all the guidelines proposed!





## How does a surgical review process work?

Given the occurrence of small changes that may annoy the patient, a new surgical planning must be followed by realigning expectations and possibilities for a new procedure, **which, in general, consists of minor corrections and is simpler than the initial rhinoplasty.** However, this step must be discussed with your surgeon.

In this regard, in the face of a rhinoplasty, miraculous results may not be fully achieved, however, there must be a surgical revision set up!

## What if I had previously undergone a surgery with another professional and now, I am willing to do it again?

It may happen. **A reoperation in this case may be more delicate once we are unaware of the surgical techniques used in previous surgeries,** which means that **the nasal cavity structure** found in the reoperation may present new challenges for the surgeon.

Some older methods used are known to have been more aggressive and caused more evident scar changes. In addition, a good deal of the septal cartilage is generally removed in the first surgery in order to correct deviations and grafts. For the above reasons, **reoperations are more complex ones and may require reconstruction of nasal cavity structures by removing auricular or costal cartilage** to obtain new final structural grafts production.

# How valuable is my DREAM?



**Priceless!!!**

It is the perception of quality, talent and commitment to match the rhinoplasty you desire.

Please yourself with your new aesthetics. **Value is defined by your satisfaction degree and expectations that you will meet in your rhinoplasty surgery with us.**

Let's get together and discuss it? **Value is not worth the price and has no measure.** Self value and Price do not match at this moment .

**The most important now is that you give due importance to your doctor expertise, the commitment they offer to you in order to achieve the best results, care for your expectations and post-operative follow-up in particular through all your recovery time.**

**Values are determined by: country region and type of surgery, whether your rhino surgery is secondary or primary. Get ready, remember post-surgery medications, your doctor's follow-up care and attention, and touch-up surgery approach.**

**Make no mistake, VALUE and price have no comparison!**


**We are passionate, have a solid professional background and are a work team to do our best to make the most. And that means YOU!**

# 12 Medical Nose Specialists

## EBOOK TIPS

Click on the Instagram icon photo  to learn more...



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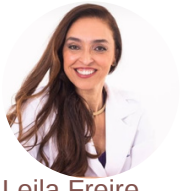
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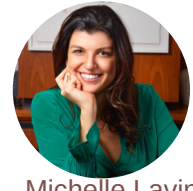
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# NOSE BOOK

## Rhinoplasty

### All you need to know

12 Brazilian Medical Nose Surgeon Specialists have also created an ebook with tips for you to make the right decision regarding your ideal nose surgery.



design by Cynara Lima

