

# Rhinoplasty 101: Frequently Asked Questions

## What is Rhinoplasty?

Rhinoplasty is, in laymen's terms, plastic surgery that focuses on improving the appearance or shape of a person's nose. It's one of the top five most common plastic surgeries in the US. It's also known as a "nose job" or nose reshaping surgery.



In a standard rhinoplasty procedure, a surgeon shapes the cartilage in a person's nose in order to reduce or change the size and shape of the nose. In some rarer cases, a plastic surgeon may also have to reshape bone in order to get the desired effect.

## The Benefits of Rhinoplasty

People who choose this form of plastic surgery often find that they have a number of benefits that they enjoy as a direct result of the surgery. Some of the more common benefits include...

- **A better overall appearance** – People who have undergone rhinoplasty often find that their entire face looks more youthful, more balanced, or even just more normal.
- **Easier breathing** – There is a sizable chunk of patients who choose to undergo a nose job as a solution to breathing issues that they may be enduring. In many cases, a nose job can completely eliminate breathing issues in some patients.
- **A confidence boost** – Many patients also note that they feel better about themselves after they have undergone rhinoplasty.

## **What to Expect**

Rhinoplasty is considered to be major plastic surgery, and it is a process that is not to be taken lightly. In a proper procedure, a patient will come into a plastic surgeon's office for a consultation. Together, the patient and doctor will come up with the right shaping solution for the patient's needs. They then will schedule a surgery to take place.

Each nose job surgery will be different, since each patient is a unique person with their own needs and facial features. Depending on the level of involvement required in the surgery, nose job can be done under local or general anesthesia. The surgery itself often takes a couple of hours.

## **Recovering Post-Rhinoplasty**

After the surgery, the doctor will tape a splint to your nose, and it will typically remain there for a week or so. Patients are encouraged to heal by having lots of bed rest, and avoiding strenuous activity. Even activities like blowing one's nose, taking baths, jogging, and putting on clothing that goes over one's head can be risky during this week of recovery.

While you're healing, it is very common to see some bruising and swelling happen on and around your nose and eyelids. This can last for up to two weeks, but it will subside. It may take a bit longer for your nose's swelling to diminish. If you are concerned about swelling, it's important to remember *not* to apply ice packs to

your nose. Instead, opt for a low sodium diet that will lower swelling due to water retention.

## **Different Kinds of Rhinoplasty**

These days, it's common enough to hear of different categories of rhinoplasty. Here are some of the more common.

- **Male Rhinoplasty** – This form of nose reshaping is done on men. Generally, the goals for this category of rhinoplasty tend to be for a more masculine nose.
- **Revision Rhinoplasty** – If you had a previous procedure that you were not pleased with, revision rhinoplasty may be the corrective surgery you need.
- **Ethnic/Racial Rhinoplasty** – This is a category of rhinoplasty focused on women and men of color.
- **Reduction Rhinoplasty** – This kind of surgery involves reducing the size of a patient's nose.
- **Augmentation Rhinoplasty** – This kind of surgery involves increasing the size of a patient's nose.
- **Post-Trauma Rhinoplasty** – Also known as “reconstructive rhinoplasty,” this form of plastic surgery works to correct disfigurement caused by trauma to the nose. Common problems fixed include deviated septums and bumps.

## **Is Rhinoplasty Right for You?**

There are many patients that fare better with rhinoplasty than others. These patients include people with the following traits...

- They have made a fully committed decision to change the shape of their nose. People who are in a good state of mind and have thought things out are the best candidates and are less likely to regret it later on.
- The best candidates are healthy enough to undergo surgery.
- The best candidates are nonsmokers. Smoking can cause complications with post-surgery healing.

- Patients are advised to be over the age of 18. Most people do not stop developing their facial characteristics until they are 16 years of age. Who's to say you're not going to grow into your nose?
- It's always best to be able to take time to recover from your surgery.

Of course, the only way to find out whether or not a nose job is the best choice for you is to book a consultation with a qualified plastic surgeon.

### **Rhinoplasty Procedure with Dr. Philip Miller**



Dr. Philip J. Miller, M.D., FACS is a leading board certified NYC rhinoplasty surgeon who helps patients get the nose they desire through surgical and non-surgical rhinoplasty. Dr. Miller has over 20 years experience and is widely regarded as a leading expert in nose job surgery by peers and patients. Dr. Philip Miller currently sees patients at his office at 60 E. 56th & Park New York, New York 10022. You can call Dr. Miller to set up your consultation at 646-791-3112.

Visit his website at <http://rhinoplastynewyork.com> to learn more about nose job surgery procedures.