

CASE STUDY 1

GABRIELLA WENT TO SEE SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI** TO HAVE HER UNEVEN BREASTS CORRECTED. JESSICA RULE REPORTS.

Gabriella's breasts developed unevenly during puberty and were consequently significantly uneven. 'I was extremely self-conscious about the big difference in my breasts – one was a small C and the other a large D cup,' says Gabriella. 'I didn't want to wear revealing tops or bikinis and I had trouble bra shopping because of the size difference.'

Gabriella says she thoroughly researched the procedure and possible doctors. The first surgeon she saw was unsure about how to proceed with her breasts, but when she saw Sydney plastic surgeon Dr Kourosh Tavakoli at their first consultation her confidence was gained.

'Dr Tavakoli made me feel safe that he knew what he was doing. He had a previous case like mine and had achieved good results, so he was confident he could achieve the outcome I wanted,' she says.

Gabriella didn't want to use breast implants to remedy the size difference, so Dr Tavakoli recommended a reduction in her larger breast, along with a slight reduction in her smaller breast.

Gabriella attended her initial consultation with Dr Tavakoli, where they discussed the breast procedure she wished to

undergo. 'We had a talk about my concerns, then after he did an examination and took some measurements we looked through pictures of his previous work and discussed how we could achieve the best results for me.'

Gabriella says she was initially nervous going in to the procedure, but it happened quickly and was easier than she imagined it would be.

'I was in pain following the surgery for about a week, which I was able to manage with pain killers,' she says. 'Within three weeks I was back at university and it has now been two months since the operation so I have resumed gentle exercise.'

'As for the results, I now can't imagine having my old breasts – this just feels like it's the way I was meant to look,' she says. 'The scars are healing very well and I think they will be barely noticeable, which was one of my key concerns.'

Gabriella says her family and friends are also very pleased with the success of her results. 'They can see that my confidence has returned,' she says. 'My mum is especially happy for me because she can tell how positive the impact has been on how I feel about my body.'



BEFORE

AFTER breast surgery by Dr Tavakoli

BEFORE

AFTER breast surgery by Dr Tavakoli



Artistic photo of actual patient of Dr Tavakoli (not Case Study1)

CASE STUDY 2

TONI WENT TO SEE SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI** TO HAVE HER BREASTS REJUVENATED FOLLOWING TWO PREGNANCIES.

Following considerable weight fluctuations and breastfeeding associated with her two pregnancies, Toni noticed significant sagging and volume loss in her breasts. 'My self-esteem was so low, I didn't want to wear revealing tops and I basically had to wear industrial strength bras to get any lift – I was desperate to get my pert breasts back!' she says.

Toni researched the procedure and possible surgeons for seven years prior to taking the plunge and found Sydney plastic surgeon Dr Kouros Tavakoli through a friend's recommendation. 'Dr Tavakoli's reputation is that he is precise, caring and strives to get great results for each of his patients,' she says. 'His team is professional, cohesive and make you feel confident about your procedure.'

Toni and her husband attended her initial consult, where they discussed the breast lift and augmentation she

wished to undergo with Dr Tavakoli. 'We had a talk about my concerns, then after he conducted an examination and took some measurements we looked through pictures of his previous work and discussed how we could achieve the best results.'

Toni says the whole process was easier than she imagined it would be, and describes the pain following as minimal. 'It was similar to the discomfort and tingling when you first begin to breastfeed. For me, it was very manageable and had disappeared within a few days,' she says.

'Now, you wouldn't even know I've had the surgery done! My new breasts are perky and natural-looking and the scars have faded to a vague silver,' she says. 'Importantly, my self-esteem has returned, I feel beautiful again and having such a positive experience has really changed my outlook.'



BEFORE



AFTER breast lift and augmentation by Dr Tavakoli



BEFORE



AFTER breast lift and augmentation by Dr Tavakoli



Artistic photo of actual patient of Dr Tavakoli (not Case Study 2)
Image by Danial Gowans – Cre8tive Pixels

CASE STUDY 3

SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI'S** CASE STUDY SHOWS HOW COSMETIC PROCEDURES CAN BE COMBINED.

Sydney plastic surgeon Dr Kourosh Tavakoli's patient says she had a bump high on the bridge of her nose that, while it didn't bother her unduly, always caught her eye when she saw herself in a mirror.

She says the bump is a family feature shared by her father and aunt and as she found herself noticing it more and more in her mid-20s, she began to think about having it corrected. When she consulted Dr Tavakoli about a rhinoplasty, she mentioned during their discussion that she had always wanted a breast augmentation. At more than 180cm tall, she says she has always felt she was completely flat-chested.

Dr Tavakoli explained she could have both procedures at the same time and the convenience strongly appealed to her, so she made arrangements to take two weeks off work for her recovery time.

'The breast augmentation is something I'd always thought about. I used to talk about it with my mum and we'd joke that we'd do it together,' she says, adding with a laugh that her mother is envious of her now she has gone from an A to a D cup.

She said that Dr Tavakoli reassured her there wasn't any extra risk involved with undergoing the two procedures simultaneously. Her rhinoplasty and breast augmentation operations took about three hours in total and she says she went into day surgery at 7am and was at home by 2pm. Dr Tavakoli removed the bump from the bridge of her nose and

also performed a septoplasty to narrow it. She says she is very happy with the result.

Dr Tavakoli also inserted high profile, round silicone-filled implants behind the pectoral muscle to provide some forward projection and to give her fullness in the upper pole of her breasts, giving her the bustline she says she has always desired.

'From the moment I woke up until now, which is five weeks later, I've had no real pain at all, just a little tenderness with my nose,' says the patient. 'Even Dr Tavakoli has been impressed by the speed of my recovery.'

She says she took a prescription painkiller for a week and a half after the surgery and that although all the work on her nose was internal, she did have bruises over her upper eyelids, which faded in about a week.

Her breast augmentation incisions were relatively small and are healing well. Overall, she is extremely pleased with the outcomes of both procedures.

'I don't think it's changed me as a person; I just feel so much more comfortable when I look in the mirror – and the breast augmentation has given me a lot more confidence about wearing summer clothes,' she says. 'I haven't needed to buy more clothes, the ones I have still fit, they just look better!'

Dr Tavakoli says the safety of modern procedures and technologies means patients can combine procedures for two-in-one cosmetic results. **acsm**



BEFORE



AFTER rhinoplasty by Dr Tavakoli



BEFORE



AFTER breast augmentation by Dr Tavakoli



Artistic photo of actual patient of Dr Tavakoli (not Case Study 3)
Image by Danial Gowans – Creative Pixels