

# case study

## nasal surgery

A female patient of Sydney plastic surgeon **Dr Kourosh Tavakoli** explains how he corrected her nasal breathing difficulties and headaches resulting from a broken nose. Francis Herron reports

Catherine Kelly's nose was broken when she was four years old. At the age of 22 and tired of daily headaches and breathing difficulties, Kelly sought the advice of Sydney plastic surgeon Dr Kourosh Tavakoli. 'I had a bump on my nose which I found unattractive, but even more disturbing were the constant headaches every day,' she says. 'My nose always felt as if it was blocked, but I had become accustomed to it.'

'Dr Tavakoli took X-rays and it was obvious that the passages inside my nose were extremely small, so it wasn't surprising that I had trouble breathing. He suggested that he perform a rhinoseptoplasty, which is a combination of a cosmetic rhinoplasty to correct the bump and a procedure to deal with the airway issues.'

Kelly says that using computer imaging, Dr Tavakoli showed her what her 'new' nose would look like. She was able to participate in the choice of nose shape, deciding whether she wanted a dramatic or subtle change to create a natural-looking nose that sat well with her other facial features.

Under a general anaesthetic in hospital, Dr Tavakoli performed an open rhinoplasty and found extensive damage in the airways, especially on the left side, of her nose. He inserted some artificial cartilage in the upper part of her nose where the damage had occurred.

In a closed rhinoplasty, most incisions are placed inside the nostrils, however, in an open rhinoplasty, small incisions are made in the skin dividing the nostrils. These incisions heal quickly and leave scars that are nearly invisible. Septoplasty is performed to straighten any deviation in the septum.

'When I woke up I was bandaged and had a small splint on my nose,' Kelly says. 'I also had tubes inside my nose to assist with breathing due to swelling. These were a bit uncomfortable. After seven days, the splint, tubes and bandages were removed along with the stitches inside my nose and around the outside of my nostrils.'

'My nose was swollen and I had some bruising under my eyes, but it wasn't as bad as I had expected. The bruising cleared after about two weeks and the puffiness took a little longer, although I think I noticed it more than a casual observer would,' she says.

'I'm very happy with the appearance of my nose, but the dramatic improvement in my breathing is the main benefit. I have no more headaches and my breathing is a thousand times better. I'd do it again in a flash!' **acsm**



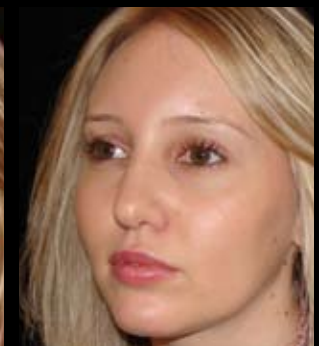
BEFORE



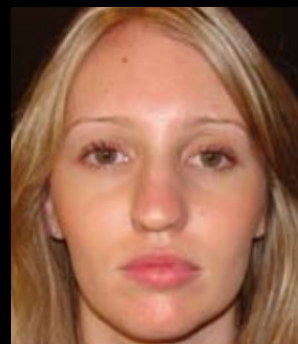
AFTER rhinoseptoplasty by Dr Tavakoli



BEFORE



AFTER rhinoseptoplasty by Dr Tavakoli



BEFORE



AFTER rhinoseptoplasty by Dr Tavakoli