

# CASE STUDIES

## confidence boost

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,' she says. 'I didn't want to wear revealing tops or bikinis and I had trouble bra shopping.'

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

'I felt Dr Tavakoli really knew what he was doing. He had a previous case like mine and had achieved good results,' 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. 'At the initial consultation we had a talk about my concerns, then after an examination and taking some measurements we looked through pictures

of his previous work and discussed how we could achieve the best results for me,' she says.

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 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

# wedding belle

A RHINOPLASTY AND BREAST AUGMENTATION BY **DR KOUROSH TAVAKOLI** ALLEVIATED ONE PATIENT'S BODY CONCERNS FOR HER WEDDING DAY. JESSICA RULE REPORTS.

Rhinoplasty and breast augmentation are two of the most common cosmetic procedures performed in Australia. They also have some of the highest patient satisfaction rates.

This was the case with a 25-year-old patient of Sydney plastic surgeon Dr Kourosh Tavakoli, who says she was so pleased with her results she wishes she had chosen to undergo the procedures earlier.

The patient came in for a consultation with Dr Tavakoli after seeing examples of his previous work. 'Originally I came in solely to have my breasts enlarged, although I also explained my self-consciousness about my nose and we discussed it further,' she says. 'Dr Tavakoli showed me a digital image of what I'd most likely look like after nose reshaping and once I saw this I wanted to go ahead with a rhinoplasty procedure as well.'

‘My nose was crooked and it had a bump as a result of breaking it when I was a child’

Her pending wedding day had been motivation for her to address two of her long-standing concerns about her body. 'I was very self-conscious about my profile. Not only was my nose crooked but it had a bump in the bridge as a result of breaking my nose when I was a child,' she explains. 'I've also always been conscious that I am flat-chested, and my wedding gave me the impetus to go ahead with a breast augmentation.'

'During consultation Dr Tavakoli advised me on what nose and breasts would be in harmony with the rest of my facial features and physique,' she says. 'Seeing how I would most likely look after the surgery gave me the confidence to go ahead with the operation.'

Dr Tavakoli thoroughly discussed both procedures and explained what would happen before, during and after the surgery. 'My key concern was pain. Even though I'm a nurse and have worked in surgical theatres, this was the first surgery I'd undergone.'

She says she only experienced moderate discomfort following the surgery. 'The areas were sensitive to the touch and there was some swelling and bruising, but I think it looked worse than it felt,' she says. 'The temporary

pressure and discomfort I had was well managed with pain relief and analgesics.'

The patient says Dr Tavakoli was caring, thorough and approachable and she couldn't be happier with the results. 'I would certainly go back if I wished to have further procedures in future,' she says. 'I felt like a princess on my wedding day. Having these procedures performed helped make my dream day a reality.' **acsm**



BEFORE



AFTER rhinoplasty by Dr Tavakoli



BEFORE



AFTER rhinoplasty by Dr Tavakoli



BEFORE



AFTER breast augmentation by Dr Tavakoli

# a customised approach to breast augmentation

THIS PATIENT WAS DISSATISFIED WITH THE SIZE AND SHAPE OF HER BREASTS FOR AS LONG AS SHE COULD REMEMBER. HERE SHE SHARES HER EXPERIENCE BEFORE AND AFTER BREAST AUGMENTATION SURGERY PERFORMED BY DR KOUROSH TAVAKOLI. GEMMA GARKUT REPORTS.

When looking to undergo breast augmentation surgery, Sarah, 23, was very careful about choosing the right surgeon. 'I've wanted bigger breasts for a long time and breast augmentation was something I always wanted to undergo,' she says. 'After I lost a lot of weight I started researching the procedure and the different surgeons who offered it.'

In choosing her surgeon, Sarah says one of the most important things she was looking for was someone she felt comfortable with.

'Dr Tavakoli was recommended to me by someone I knew well, and I was relieved when I felt instantly comfortable with him,' she says. 'He explained exactly what the whole procedure involved, from beginning to end, so I felt prepared for what was to come.'

After I lost a lot of weight I started researching the breast augmentation procedure

Because of her weight loss, Sarah was concerned about the droopiness of her breasts and that they were slightly asymmetrical in size. Because of this, she was unsure which type of implant would best suit her concerns. 'From my research, I knew I wanted round implants and to be a DD in cup size,' she says.

Despite researching in-depth beforehand, Sarah says Dr Tavakoli's consultation helped ensure her expectations matched with the reality of the procedure and the results she was looking for. 'Dr Tavakoli showed me the different kinds of implants that could be used and I was able to feel each one. I realised the size of a DD cup wasn't as big as I envisaged, so I decided to go for an E cup size

instead, which he advised after I explained the look I wanted,' says Sarah.

'I train heavily at the gym, so I was concerned about the implants moving from their position. Dr Tavakoli and I worked together to decide the best placement and implant option to minimise this,' she says.

Seeing my doctor regularly is great. I discuss my progress and ask any questions I may have

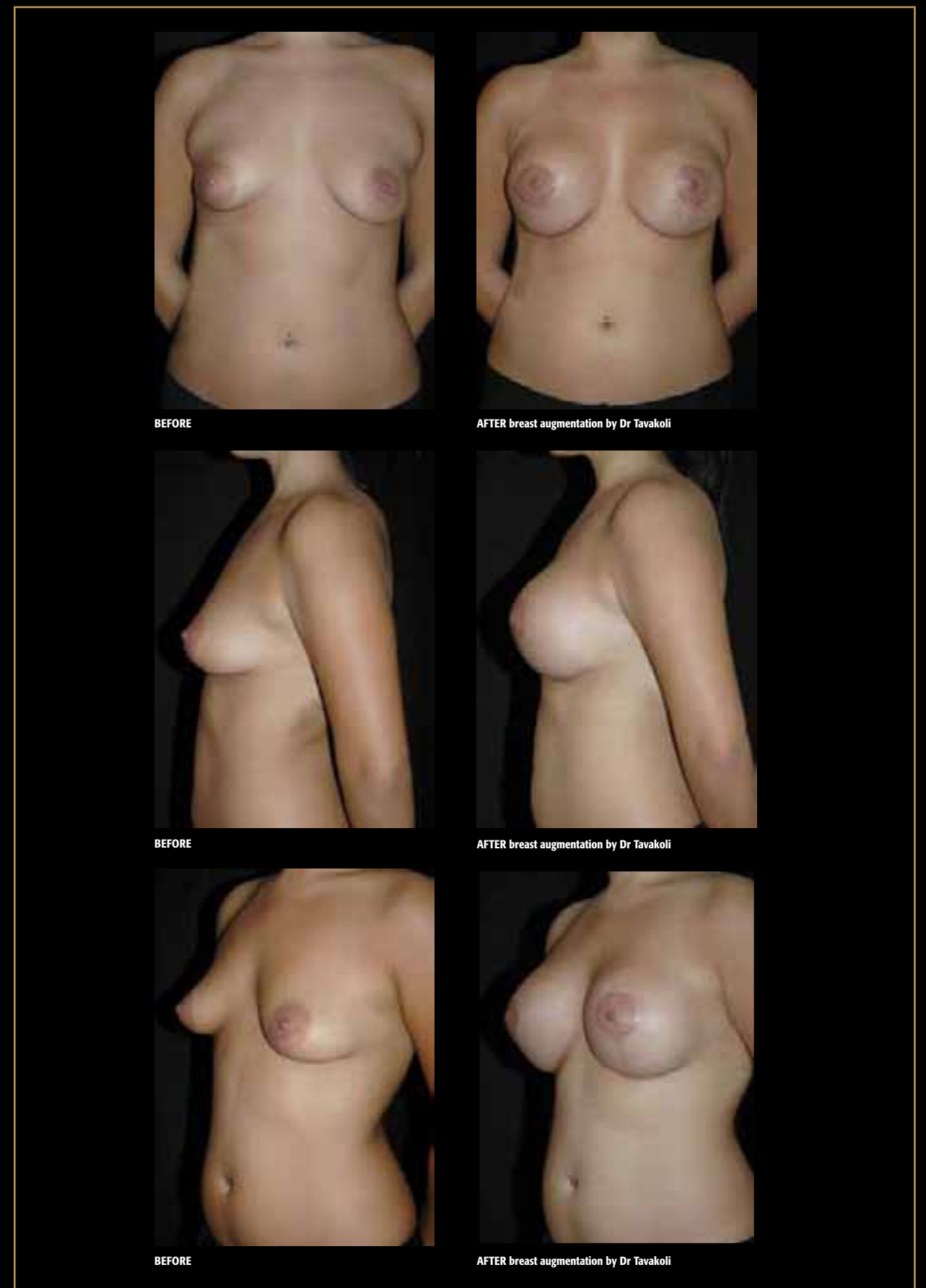
Sarah says the pain was manageable after the procedure and she wasn't overly uncomfortable, taking painkillers once the anaesthetic wore off.

'The drains used post-surgery were a bit uncomfortable, but these were removed after two days,' she says. 'Because Dr Tavakoli had told me exactly what the whole process would involve, I was prepared for the moderate pain after the procedure – there were absolutely no surprises, which was nice.'

Sarah had four follow-up appointments with Dr Tavakoli during the 10-week period after the procedure and will have another one at the six-month mark.

'I haven't experienced any complications during or after the surgery, and I haven't had any major discomfort. Seeing Dr Tavakoli regularly is great – I can talk about my progress and any questions I might think of between visits,' she says.

The results? 'My procedure has been nothing but a great experience,' says Sarah. 'I'm so happy with my results – while I originally wanted to increase my cup size to a DD, my bra size is now a 10E and it's exactly what I wanted out of my procedure. Now my biggest challenge is finding a nice bra!'



# problem solved

A PATIENT WITH A DISFIGURING CONDITION WENT TO SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI** TO HAVE HER BREASTS TRANSFORMED. LAUREN ALEXANDER REPORTS.

Sydney plastic surgeon Dr Kourosh Tavakoli's patient approached him for surgery to correct her abnormally shaped breasts. He assessed her as having grade three to four tuberous breasts, an unusual condition that affects the way breasts develop.

The patient says she was concerned about the shape of her breasts and felt they didn't look normal. She says their condition prevented her from wearing V-necked styles of clothing. She didn't feel comfortable wearing a swimsuit and avoided going to the beach.

She had an initial consultation with another doctor who told her what needed to be done but, she says, 'I didn't feel comfortable with him so I started looking on the internet. Dr Tavakoli was the only doctor who had before and after surgery photos of tuberous breasts like mine.'

She says when she met Dr Tavakoli he immediately put her at ease and she was impressed by his friendly manner and felt confident in his ability to help her.

Dr Tavakoli took her through two consultations. During the first he assessed her breasts and explained what would be needed to correct the tuberous condition and talked her through the whole procedure. Then he showed her, with the implants in her bra, what the final result would most likely look like. She could see they would provide a solution to her problem and decided to have the surgery.

During the second consultation Dr Tavakoli talked her through the procedure again, asking her if she had any questions about the surgery before going ahead with the procedure.

The procedure took place at a private hospital and required an overnight stay. Dr Tavakoli's patient says her recovery was very straightforward. 'I was fine; there were no side effects. The first thing I did when I regained consciousness was to ask for food!'

She says she only needed to take painkillers at night for three days and after that experienced minor discomfort. 'I thought it was going to be a lot worse,' she says.

Dr Tavakoli's clinic recommended some gel patches to assist with healing and she is now using a specially formulated oil to help the scars disappear completely.

She says her new breasts have helped her to feel much more confident and that she immediately went shopping for new clothes. 'I'd recommend the procedure to anyone with a condition like mine. They look so natural that no one beyond my immediate family and boyfriend can tell that I've had it done.'



BEFORE



AFTER breast surgery by Dr Tavakoli



BEFORE



AFTER breast surgery by Dr Tavakoli

Artistic photo of actual patient of Dr Tavakoli

case study



BEFORE



AFTER breast augmentation by Dr Tavakoli (29 year old female, 6', nil pregnancies, 440 FX anatomical (teardrop) implant, submuscular pocket, full C cup)



BEFORE



AFTER breast augmentation by Dr Tavakoli (27 year old female, nil 5'8", pregnancies, 350g anatomical Brazilian P-URE implant, full C cup)



BEFORE



AFTER breast augmentation by Dr Tavakoli (20 year old female, 4'9", nil pregnancies, 230cc ultra high implant, submuscular pocket, A- to C cup)



Dr Kourosh Tavakoli  
Cosmetic Plastic Surgeon



Actual patient of Dr Tavakoli



**BREAST AUGMENTATION SPECIALIST**  
MBBS, BSc (MED), MS (UNSW), FRACS (PLAST)

Dr Tavakoli is a renowned cosmetic plastic surgeon who is a Fellow of the Royal Australasian College of Surgeons and a Member of the Australian Society of Plastic Surgeons. He subspecialises in all aspects of cosmetic breast surgery, including being an Australian leader in primary and corrective breast augmentation surgery.



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