



CASE STUDY: NOSE SURGERY

ONE PATIENT REVEALS HOW SYDNEY PLASTIC SURGEON **DR KOUROSH TAVAKOLI** HELPED RESOLVE THE AESTHETIC AND FUNCTIONAL PROBLEMS AFFLICTING HER NOSE. LIZZY WOOD REPORTS.

Rhinoplasty remains one of Australia's most popular surgical procedures. However, at just 17 years of age, the decision to proceed with nose surgery was still a significant one for Sydney student, Mary.

Having grown tired of the taunts she received at school over the size of her nose, and of the breathing difficulties she'd experienced since an early age, Mary decided to seek a solution just three weeks before graduating from Year 12. With the support of her family, she met Sydney plastic surgeon Dr Kourosh Tavakoli to discuss the issues she had with her nose – which turned out to be both aesthetic and functional.

'I used to be really paranoid about my nose,' she recalls, just three months after her nose surgery. 'I hadn't ever been able to breathe properly and I had to deal with being teased at school. My family had started mentioning the fact I snored, too.'

On the suggestion of her mother's friend, who had recently visited Dr Tavakoli for rhinoplasty, Mary bit the bullet and booked an appointment. 'At the time, my high school formal was just three weeks away, so I didn't

think I would be able to do anything quickly,' she says. Yet just one week after visiting Dr Tavakoli for the first time, Mary was undergoing her surgery.

'During the consultation Dr Tavakoli was extremely open and honest, which meant a lot to me,' Mary recalls. 'He assessed my nose and discovered that the whole left side was blocked, which explains why I had been breathing through my mouth.'

As well as the functional problems, Mary's nose was overpowering the other features of her face because of its size. Dr Tavakoli therefore proposed an open rhinoplasty procedure, which would not only alleviate Mary's functional issues, but enhance her appearance, too.

On the day of her surgery, Mary was nervous about the procedure. However, as she began to think about the impact rhinoplasty would have on her appearance and her day-to-day life, any fear was replaced by excitement. 'I couldn't wait to wake up and see the result,' she says.

Mary's rhinoplasty was conducted under general anaesthetic, and she woke up feeling very confused. Able to go home the same day, she spent a week recovering at home before returning to Dr Tavakoli's clinic to have her splint and stitches removed.

'I didn't have much bruising,' she says. 'After one week all the bruising had gone apart from a tiny mark under my eye.'

The swelling lasted a little longer, and Mary's nose was still a little swollen when she attended her formal, just two weeks later. But this didn't overshadow Mary's delight in the appearance of her 'new nose'.

'If I'd known how easy the whole process was going to be I wouldn't have waited so long before seeking help,' she says.

Since her operation, Mary has stopped snoring, her breathing has improved and she is much happier with her overall appearance. 'It's easier for me to exercise at the gym, and I can taste my food better – something I hadn't realised I was missing out on,' she says.

'Aesthetically, my new nose is so natural-looking my family can't even remember what it used to look like,' she concludes. 'Sometimes I wish people did notice because I'm proud of the fact I've had nose surgery. But they don't because it suits my face so well.' **csbm**

