

rhinoplasty case study

Sarah had been unhappy with the look and function of her nose, until she visited Sydney plastic surgeon **Dr Kourosh Tavakoli**. Jessica Rule reports.

Cosmetic surgery is often something people wish to do for a long time but put off, says Sydney plastic surgeon Dr Kourosh Tavakoli. 'They may postpone for months or even years, perhaps through self-consciousness, anxiety or lack of self-confidence. However, once the procedure is completed, most patients say they wish they hadn't waited so long. Sarah was one such patient.'

Sarah came to Dr Tavakoli with aesthetic concerns about her nose as well as functional difficulties she wished to have corrected. 'My nose had always bothered me because it was bigger than I would have liked,' she explains. 'I also had breathing problems due to a deviated septum.'

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Dr Tavakoli guided Sarah through the consultations and they worked up a computer image of her proposed nose based on their discussions.

'The procedure itself was so easy. All I remember is laying down on the surgery table then waking up when it was over!' says Sarah. 'The recovery was a lot better than I had expected. I didn't have much pain or bruising at all, but it was a little hard breathing through my nose for a week after surgery, although I knew this was to be expected. I took about three weeks off work to recover fully before my return.'

Sarah's feelings on the results are very positive. 'Dr Tavakoli was great. I couldn't have been happier – the final result was actually better than I imagined,' she says. 'People have even said my new nose suits my face more than my previous nose and looks very natural.'



Dr Tavakoli believes the results of a successful rhinoplasty procedure can be a life-changing experience for patients who feel self-conscious about the appearance of their noses.

'When performed on the right candidate by the right surgeon for the right reasons, rhinoplasty can produce a positive transformation to a person's face and their overall confidence,' he says. **acsm**