

two-in-one transformation

Sydney plastic surgeon **Dr Kourosch Tavakoli**'s case study shows how cosmetic procedures can be combined to reduce costs, anaesthesia and recovery times. Gillian Samuel reports.

Sydney plastic surgeon Dr Kourosch 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-twenties, 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

'I don't think it's changed me as a person, I just feel so much more comfortable when I look in the mirror'

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 in August this year.

'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 jealous 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 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.

He 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 had always dreamed of having.

She says that even Dr Tavakoli has been impressed by the speed of her recovery. 'From the moment I woke up and he was holding my hand and telling me that everything had gone very well until now, which is five weeks later, I've

had no pain at all, just a little tenderness with my nose.'

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 a week.

Her breast augmentation incisions were relatively small and are healing very nicely. 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**

