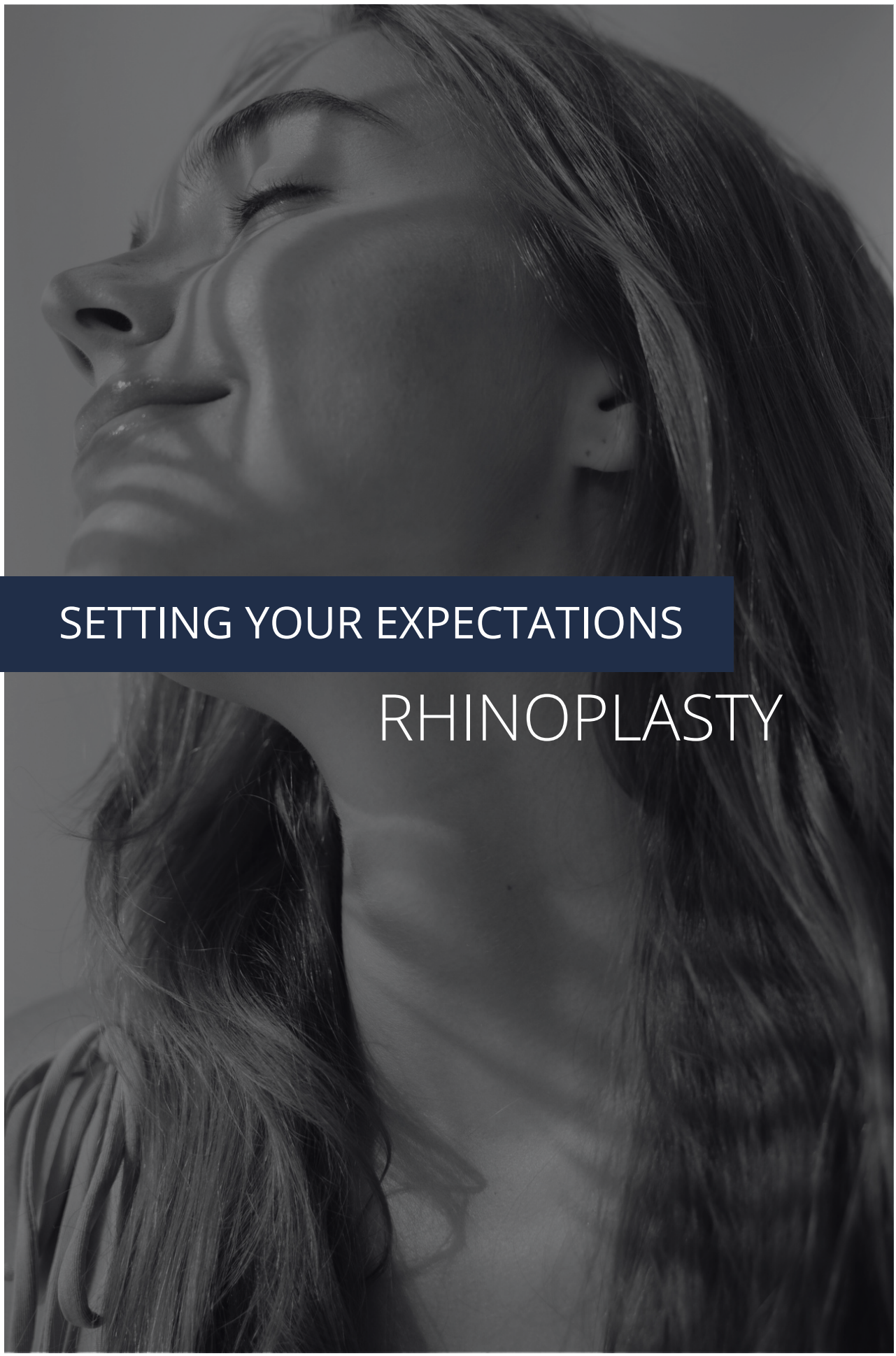

SETTING YOUR EXPECTATIONS

RHINOPLASTY

CosMediTour

WELCOME

Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

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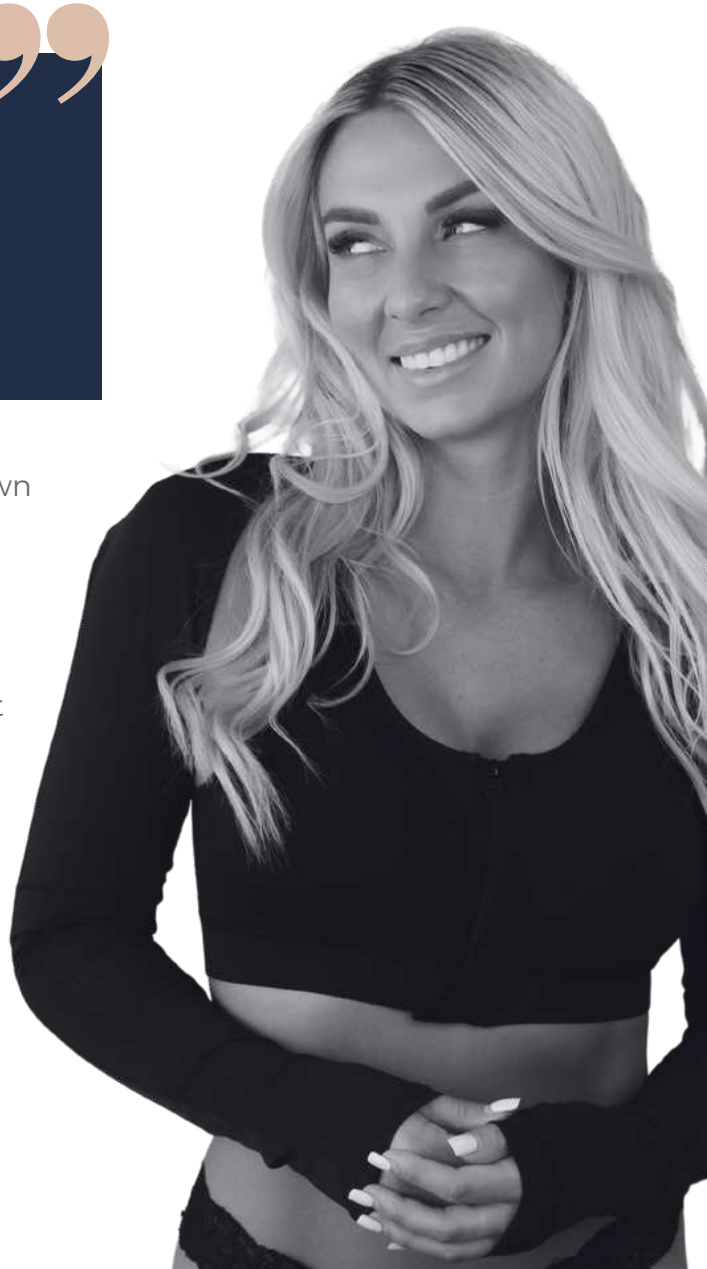
We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

CONTENTS

04 INTRODUCTION

06 PLANNING YOUR PROCEDURE

07 LIMITATIONS

08 BE REALISTIC ABOUT YOUR RESULTS

10 MAINTAIN AN OPEN MIND

11 EXPECT BRUISING & SWELLING

13 RECOVERY TAKES TIME

14 KNOW THE RISKS

15 WE'RE WITH YOU ALL THE WAY

INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

A Rhinoplasty, or as its commonly known 'Nose Job', is an intricate cosmetic and reconstructive procedure. When performed by a skilled and experienced Plastic Surgeon, a Rhinoplasty can:

- Change the shape of the nose
- Change the proportions of the nose
- Address structural abnormalities
- Improve nasal function

There are many, varied concerns that lead clients to seeking a Rhinoplasty which include:

- An overly wide, narrow, or long nose
- Asymmetries
- Nasal bridge lumps/humps/dents
- Drooping tip
- Crooked appearance

PLANNING YOUR PROCEDURE

When planning your Rhinoplasty, there are significant considerations to be aware of. Our Plastic Surgeons will guide you through the planning process and work closely with you to realise your desired outcome.

KEY CONSIDERATIONS

Surgeons can only work with your existing bone and cartilage structure. This means that there are limits to how much you can alter the shape of your nose.

Importantly, Rhinoplasty is one of the most intricate Plastic Surgery procedures. Cartliage has memory and is unpredictable. Similarily, the way your skin reacts and retracts to the cartilage can also effect your results.

Additionally, *complete symmetry* is never guaranteed. Furthermore, because of the visibility of your nose, even the slightest misalignment will be visible.

TECHNIQUES

No nose is the same. When planning to bring balance to a client's facial features through surgery, there are a number of approaches your Plastic Surgeon can take.

OPEN RHINOPLASTY

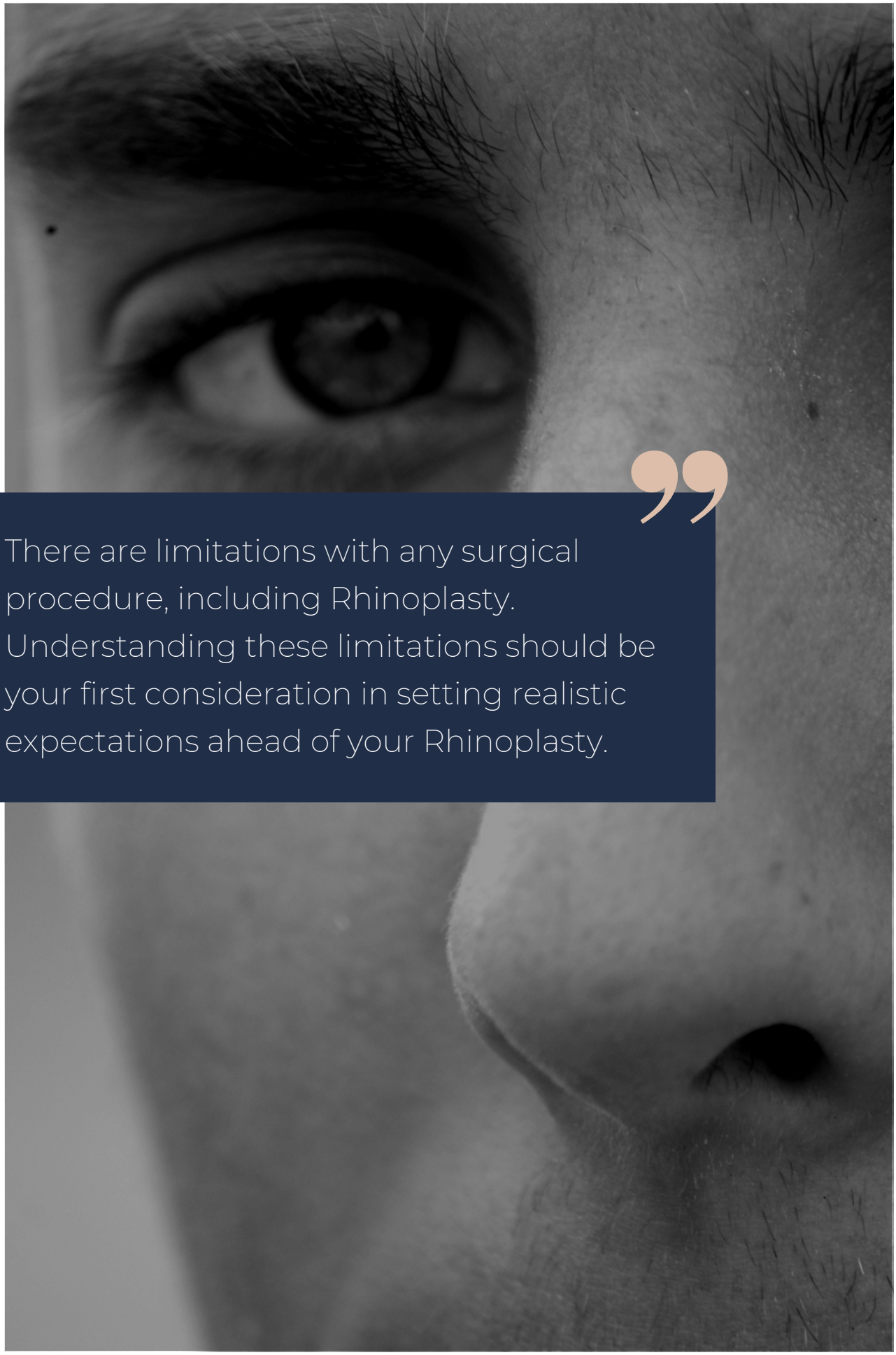
An Open Rhinoplasty (or External Rhinoplasty) allows surgeons to gain direct access to the internal structure of the nose.

During an Open Rhinoplasty, three incisions are made. The first two are made in each of the nostrils and the third, across the columella (the strip of tissue that separates the nostrils at the base of the nose). From there, the surgeon will lift the top portion of the nose to work on the structures beneath.

OPEN RHINOPLASTY WITH CARTILAGE GRAFTING

This approach is used to provide additional support, reshape the nasal tip, correct asymmetry and reinforce weaked areas of the nose.

During this procedure, cartilage is harvested from the rib, ear or Cadarvic Cartilage sources. The harvested cartilage is then placed to achieve the desired changes in the nasal structure.



There are limitations with any surgical procedure, including Rhinoplasty. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your Rhinoplasty.

BE REALISTIC ABOUT YOUR RESULTS

RHINOPLASTY IS NOT GOING TO GIVE YOU SOMEONE ELSE'S NOSE

When it comes to the overall look, please remember that Rhinoplasty is just enhancing what is naturally there. It's not giving you someone else's nose, it's enhancing your nose. Therefore, any characteristics that you notice now, will still be noticeable to some degree after surgery.

Rhinoplasty is a procedure that delicately reshapes the cartilage and bone beneath your skin. It's crucial to understand that the thickness of your skin plays a role in how noticeable the changes will be. The thicker your skin, the less obvious the changes underneath it will be, while thinner skin may result in more apparent changes.

Your experienced surgeon will thoroughly discuss your skin's thickness and how it may impact your final results, ensuring that you have a clear understanding of what to expect.

ASYMMETRY & DEVIATION

The shape of your nose and nasal passages is influenced by both the nose and your facial anatomy. Just as a solid foundation is crucial for a house, your facial bone structure affects the final result. The nose's cartilage can be resilient, potentially returning to its original shape (cartilage memory), particularly in cases of deviated septums. Complete symmetry is not guaranteed.

INCISION LINE & SUTURES

Incision lines are discreetly placed across your lower columella. Sutures inside your nose may occasionally be visible or felt. Avoid removing them; instead, consult your surgeon by sending a photo for guidance.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

Additionally, your CosMediTour Surgeon will balance your desired outcomes with your health & wellbeing to customise a Treatment Plan, specifically to you.

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your Rhinoplasty than you were expecting. It's important to understand the Surgeon will do everything they can to get you as close to your desired result as possible, but they never go so far as to compromise the functionality of the nose.

Please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior & and long-lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

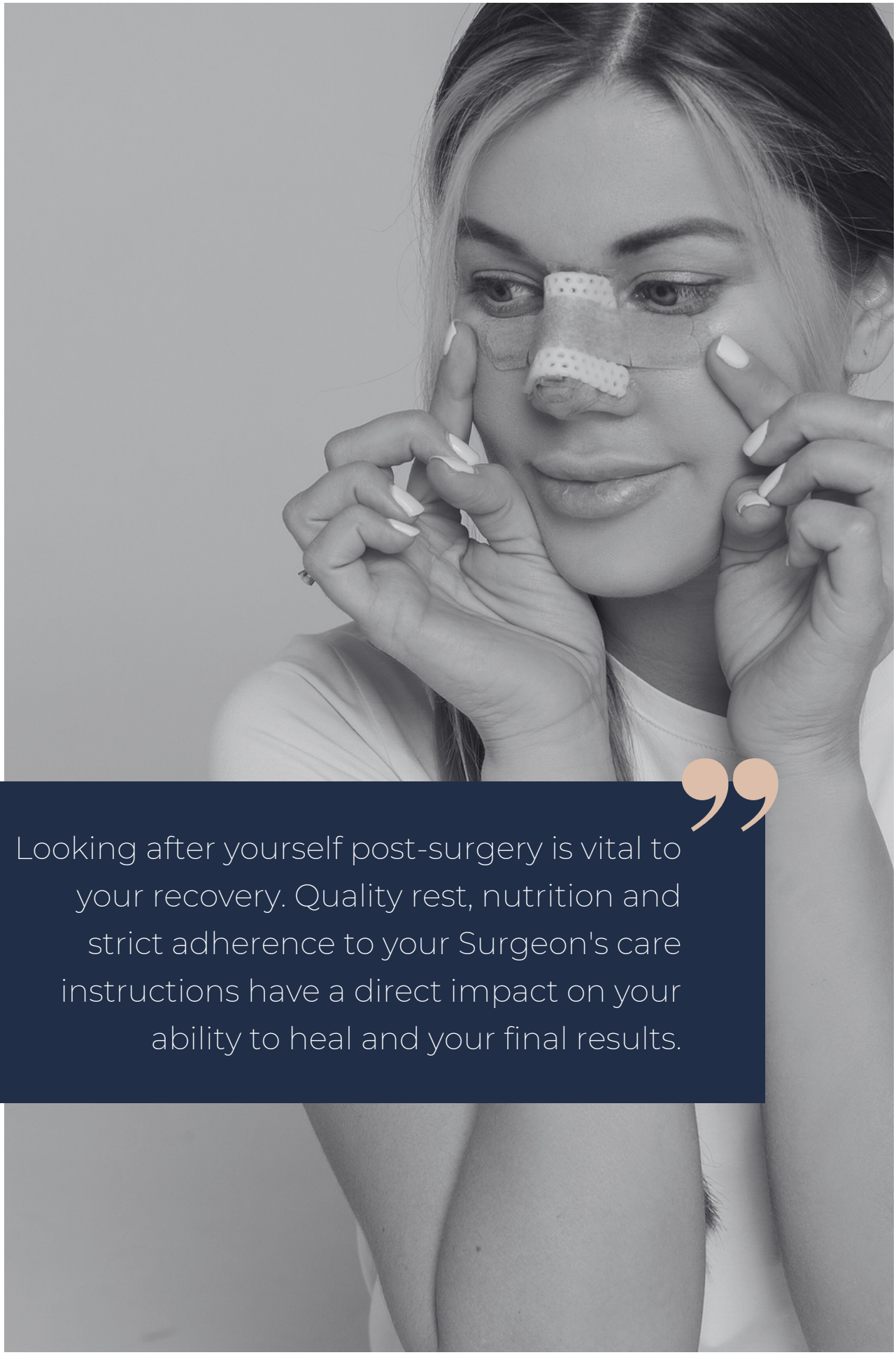
EXPECT BRUISING & SWELLING

After surgery, immediate swelling and bruising will be noticeable for approximately 2 weeks. Yet, there's also a more subtle, long-term swelling. This isn't typically visible to others but primarily affects the tip and bridge of the nose, and it may take over 12 months to fully subside. Therefore, patience is essential as you await your final result.

PATIENCE IS KEY

Exercising patience is crucial in the post-Rhinoplasty period.
Here's why it matters:

- ☑ Bruising and swelling are inherent components of the recovery process. It's important not to rush this natural course and allow your body the necessary time to heal.
- ☑ Every individual's healing journey is unique. Some clients may experience longer or shorter healing periods than expected.
- ☑ Rhinoplasty results are dynamic and continue to change over time. The initial appearance of your nose immediately post-surgery may not mirror the final outcome.



Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 6 weeks for post-surgery recovery. During this time, it's important to trust the process and closely follow the tailored advice provided by your Surgeon. CLICK HERE for more information on Rhinoplasty Recovery.

We're here to support you. If you'd like to discuss your Recovery, or if you have any concerns, please reach out to your Client Manager.

HOSPITAL STAY | Half Day - Overnight

In Australia, Rhinoplasty is typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing Rhinoplasty in Thailand are required to stay overnight.

REST TIME | 2 Weeks

Following Surgery, pain is typically mild and can be effectively treated with prescribed medication. Bruising, particularly around the eyes, can last for 10 days. To aid recovery:

- A Nose Splint must be worn for the first week to assist with the swelling and hold the nose in place.
- Clients can generally resume normal activities (ie work and light exercise) after 2 weeks.
- Sleep upright for as long as recommended by your surgeon to facilitate healing.
- Avoid blowing your nose for at least 6 weeks. It's normal to feel congested after surgery.

RECOVERY TIME | 6 Weeks

To ensure optimal healing, strenuous activities and contact sports must be avoided for at least 6 weeks. Exposing the nose to excess water can also be harmful while the incisions heal - so no swimming for at least 6 weeks, or until the surgeon advises.

SETTLING PERIOD | 6 - 12 Months

Clients will need to be patient for their final result. As prolonged swelling of the tip and bridge of the nose can take 6-12 months to reside.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

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CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.