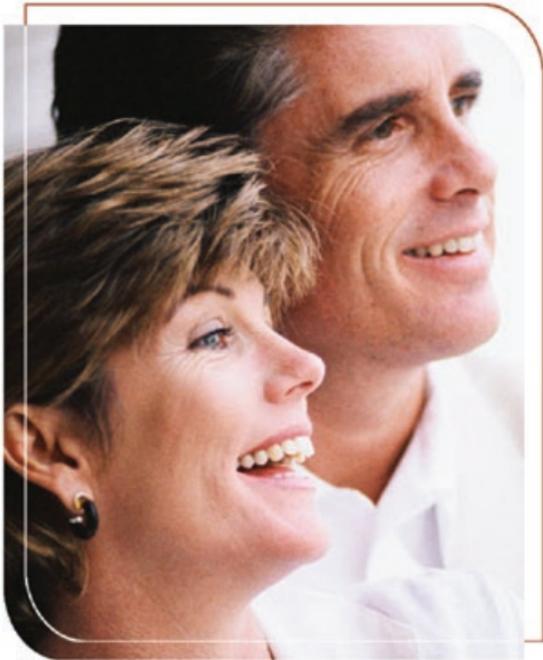


# Aesthetic Surgery of the Nose



Rhinoplasty

*Plastic Surgery @ it's Best*

درمابلاست  
**dermaplast**  
مستشفى الدكتور طارق  
**DR. TARIQ HOSPITAL**

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# *Welcome to* dermaplast

The single most important factor in the success of aesthetic (cosmetic) surgery is the surgeon you select and his team.

Dr. Tariq Saeed is the renowned Bahraini, Plastic, Aesthetic and Laser surgeon who has been in plastic surgery practice since 1983 and trained in Ireland, UK and the USA. Dr. Tariq holds fellowships in surgery from both the Royal College of Surgeons in Ireland and Edinburgh. He holds higher Fellowships in Plastic Surgery from Ireland and the University of Miami in the USA. Dr. Tariq is an assistant professor of Surgery at the Arabian Gulf University in Bahrain and is an external examiner for the Royal College of Surgeons in Ireland. Dr. Tariq is a founding member and past president of the GCC Association of Plastic Surgeons and also a founding member and the Past President of the Pan Arab Association of Burns & Plastic Surgery along with his membership of international medical societies including international membership of the American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery, and International Society of Aesthetic Surgery.

Dr. Tariq regularly attends regional and international congresses to share his vast experience with colleagues and to evaluate and introduce proven and successful new treatment regimes for his patients.

Dr. Tariq's team consists of fully qualified plastic surgeons and dermatologists who have undergone rigorous training in Plastic, Reconstructive Surgery and Dermatology in addition to their continuous training and upgrading of skills under the direction of Dr. Tariq himself.

Dr. Tariq and his team have extensive experience in performing the aesthetic procedures explained in this booklet. If you decide on surgery, you can be assured that our entire staff will provide you with the highest quality medical care.

*Aesthetic (cosmetic) surgery of the nose, also called rhinoplasty, can improve the shape, size and general appearance of your nose. The goal is a nose that looks natural and achieves a harmonious balance with your other facial features.*

*Dr. Tariq and our surgical team want you to be thoroughly informed about the procedure.*

*Reading this brochure is the first step. A personal consultation with one of our plastic surgeons is the best way to obtain the additional information you will need.*

## CONSIDERING RHINOPLASTY

The plastic surgery team usually recommend that patients wait until they are at least 17, and possibly older for boys, before undergoing rhinoplasty. This is because the nose may not be fully developed at a younger age. If you are a teen, our doctors will want to be certain that you have thought carefully about surgery and that the desire to change your appearance is based on your own feelings rather than those of your parents or friends.

Assuming you are in good health, there is no upper age limit for having your nose reshaped. Rhinoplasty is sometimes performed in conjunction with a facelift or other rejuvenative surgery to correct aging changes of the nose such as a drooping tip.

Sometimes certain breathing problems related to the internal nasal structures need to be corrected before nose shaping is performed. You may be referred to a consultant ENT surgeon for evaluation and possible surgery. Some issues can be corrected during rhinoplasty and our surgeons will be able to determine whether these structures should be modified along with reshaping your nose.

### ***Am I a good candidate for rhinoplasty?***

Some of the indications that you may be a good candidate for rhinoplasty are:

- your nose appears too large for your face
- there is a bump on the nasal bridge when viewed in profile
- your nose seems too wide when viewed from the front
- the nasal tip droops or plunges
- the tip is thickened or enlarged
- your nostrils are excessively flared

- your nose is off-center or crooked
- previous injury has made your nose asymmetrical

It is important that you have a clear idea of how you would like your nose to look and, at the same time, realize that there are limitations to the procedure. Patients with sufficient physical and emotional maturity who undergo rhinoplasty because they want to enhance their self-image are usually very satisfied with their decision.



Rhinoplasty can recontour the nasal profile, change the angle between the nose and upper lip and reshape the nasal tip.



The goal of rhinoplasty is a natural-looking nose that “fits” with the rest of the face.

## YOUR PERSONAL CONSULTATION

During the initial consultation, you may be asked to look in a mirror and point out exactly what you would like to see improved. This will help your surgeon to understand your expectations and determine whether they can realistically be achieved.

### ***How will my plastic surgeon evaluate me for rhinoplasty?***

You should come to the consultation prepared to discuss your medical history. This will include information about any medical conditions you may have, medical treatments you have received, previous surgeries including repair of nasal injuries, and any medications that you are currently taking. Our plastic surgeon may also ask whether you have difficulty breathing through your nose, suffer from allergies that may cause nasal stuffiness, or are a chronic user of nasal sprays. It is important for you to provide complete information.

In evaluating you for rhinoplasty, our plastic surgeon will conduct a routine and painless examination of your internal nasal structures. Your skin quality as well as the size and shape of your nose and its relationship to your other facial features will be carefully studied. In some instances, our plastic surgeon may recommend surgery of your chin, making it either more or less prominent, to improve facial balance. This procedure can be done at the same time as your rhinoplasty.

### ***When will I learn about the cost of surgery?***

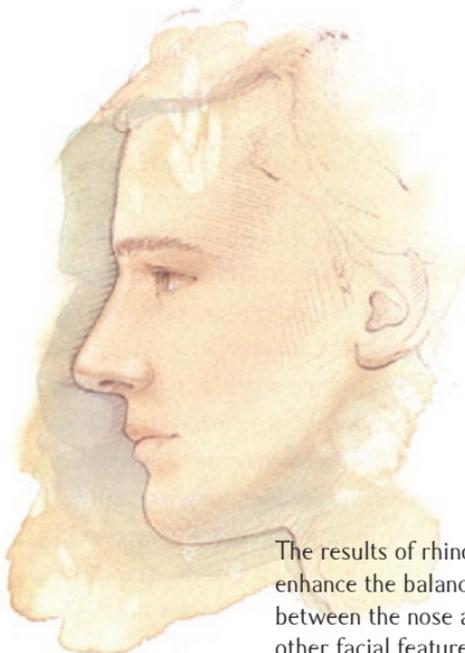
It is understandable that you would like to have information about the cost of surgery as soon as possible. However our surgeon must first

complete a thorough evaluation before your individualized surgical plan can be developed. Following this, the fees required for your surgery will be discussed with you.

While most insurance plans will not pay for aesthetic nose reshaping, sometimes they will cover surgery performed on the internal structures of the nose to improve breathing problems.



Alternations can be made to decrease the nasal bridge and reduce the size of the nose.



The results of rhinoplasty enhance the balance between the nose and other facial features.

## HOW RHINOPLASTY IS PERFORMED

Because of individual factors, not everyone will achieve the same results from rhinoplasty. Our surgeon's goal is to obtain the best possible results for you.

### *Where are the rhinoplasty incisions placed?*

Alterations may be made to increase or decrease the nasal bridge, reduce the size or width of the nose, narrow the nostrils, change the angle between the nose and upper lip, or reshape the tip. The surgical techniques employed will depend primarily on the goals established mutually by you and our plastic surgeon. In many instances, all of the incisions will be placed inside your nose, where they will not be visible. If the base of the nose is narrowed or the nostrils reduced, small wedges of skin at the base of the nostrils will be removed. Incisions are hidden in the natural crease where the nostril joins the cheek.

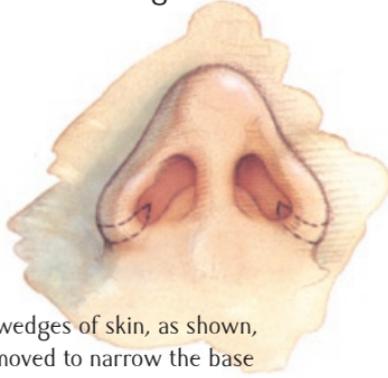
Sometimes a very short incision is made across the vertical strip of tissue that separates the nostrils, called the columella. This technique is called an "open rhinoplasty." Whatever incisions are used to reshape your nose, they will ultimately be very inconspicuous.

### *How is my plastic surgeon able to reshape my nose?*

Through the small incisions described previously, work is done on the cartilage and bone that form the framework of your nose.

Sometimes, the position of certain bones may need to be altered slightly in order to make your nose look narrower and straighter. If your nose needs to be built up in some areas, this

can be done using nasal cartilage, or perhaps bone or cartilage from another site. The skin and soft tissues then redrape themselves over this new “scaffolding.”



Small wedges of skin, as shown, are removed to narrow the base of the nose or reduce the width of the nostrils.



Incisions are placed inside the nose to provide access to the cartilage (blue shaded area) and brown (light brown shaded area) that form the nasal framework.

## UNDERSTANDING RISKS

Fortunately, significant complications from rhinoplasty are infrequent. Every year, many thousands of people have their noses reshaped, experience no major problems and are pleased with the results. Anyone considering surgery, however, should be aware of both the benefits and risks.

***I understand that every surgical procedure has risks, but how will I learn more so that I can make an informed decision?***

The subject of risks and potential complications of surgery is best discussed with your doctor at the hospital during your consultation.

Some of the potential complications that may be discussed with you include bleeding, infection and reactions to anesthesia. Numbness of the skin following rhinoplasty may occur but is usually temporary. Occasionally, if the surgical outcome needs further improvement, additional surgery may be necessary.

You can help minimize certain risks by following the advice and instructions of your plastic surgeon and his team, both before and after your surgery.

## **YOUR SURGICAL EXPERIENCE**

The goal of our surgical team and the entire staff is to make your surgical experience as easy and comfortable for you as possible.

***How should I prepare for surgery?***

If you are a smoker, you will be asked to stop smoking well in advance of surgery. Aspirin and certain anti-inflammatory drugs can cause increased bleeding, so you should avoid taking these medications for a period of time before surgery. Your plastic surgeon will provide you with additional preoperative instructions.

If your rhinoplasty will be performed on an outpatient basis, be sure to arrange for someone to drive you home after surgery and to stay with you at least the first night following surgery.

### ***What will the day of surgery be like?***

Your rhinoplasty will be performed at the hospital in the operating theatre.

Medications are administered for your comfort during the surgical procedure. You and the surgical team will have decided in advance what type of anesthesia is to be used, either intravenous sedation or general anesthesia.

For your safety during the operation, various monitors are used to check your heart, blood pressure, pulse and the amount of oxygen circulating in your blood.

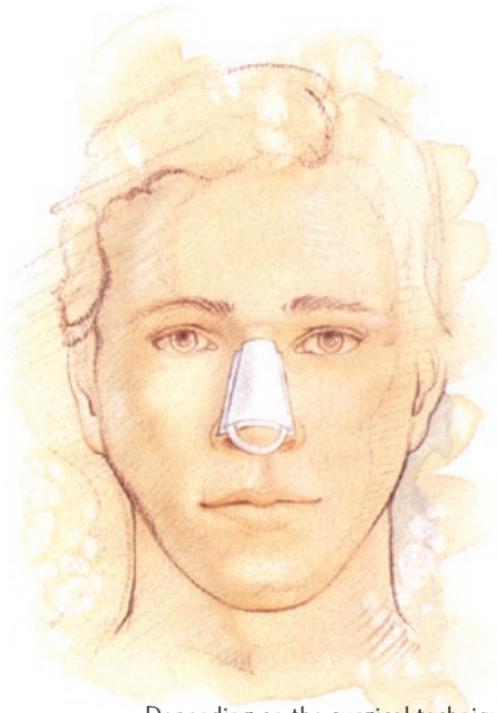
When surgery is completed, you will be taken into a recovery area where you will continue to be closely monitored. There may be some discomfort, but this can be controlled by medication which you may continue taking at home. Depending on the surgical technique used, a splint may have been placed on the bridge of your nose for the purpose of holding the tissues in place until they have stabilized. The splint will protect your nose while you sleep and shield it from accidental bumps. Frequently, you may also have a small triangular bandage beneath the tip of your nose. Packing or soft internal splints are sometimes used inside the nostrils, especially if work has been done to improve your breathing. You probably will be permitted to go home after a few hours, although some patients may stay overnight in the hospital or surgical facility.

### ***How will I look initially?***

It is important to realize that the amount of time it takes for recovery varies greatly among individuals. The first couple of days after surgery, you should restrict your activities and sleep with your head elevated. This will help

to minimize swelling and reduce the possibility of minor bleeding, which is not uncommon. Remember, you must not take aspirin or certain anti-inflammatory medications.

Generally, bruising around the eyes and cheeks is most apparent during the first three days following surgery. Most discoloration will disappear within a week. A few days after surgery, you can begin to use makeup as a concealer, if desired. Noticeable swelling may last for several weeks. Minor residual swelling, most frequently affecting the nasal tip, may continue for many months, but generally this should not be apparent to others. If packing was used, it will either dissolve by itself or be removed three to seven days after surgery. Stitches may also be removed at that time. You may need to continue wearing the nasal splint for up to a week, during which time you should avoid getting it wet.



Depending on the surgical technique used, a splint may be placed on the bridge of the nose for the purpose of holding the tissues in place until they have stabilized.

### ***When can I resume my normal activities?***

Straining, bending and lifting should be avoided during the early postoperative period. In many instances, you may be able to return to work within a week or ten days after surgery. Most normal activities including exercise can usually be resumed within three weeks.

It will be a few months before you can expose your reshaped nose to direct sunlight. Your nose will be sensitive during this time, and you must be conscientious about using a sunblock to protect your skin. If the bones of your nose were altered, it may be a number of weeks before you can wear glasses without special support such as tape.

## **RESULTS OF YOUR RHINOPLASTY**

The goal of rhinoplasty is a nose that looks natural and blends harmoniously with your other facial features.

Since the healing process is gradual, you should expect to wait up to one year to see the final results of your rhinoplasty. You are likely, however, to begin enjoying your new look within weeks of your surgery.

Occasionally, a touchup may be desired to further improve the results. If this is the case, the additional procedure is usually less extensive than the original operation.

### ***How long will the results last?***

In most instances, the results of rhinoplasty are permanent, except for possible changes associated with the normal aging process.

## **MAINTAINING CONTACT WITH OUR HOSPITAL**

You will return to Dr. Tariq Hospital for follow-up care at prescribed intervals, at which time your progress will be evaluated.

Once the immediate postoperative follow-up is complete, many surgeons encourage their patients to come back for periodic checkups to observe and discuss the long-term results of surgery.

Please remember that the relationship with your surgical team does not end when you leave the operating room. If you have any questions or concerns during your recovery, or need additional information at a later time, you should contact the hospital and speak to one of the surgical team.

*Once you determine that having your nose reshaped is something you would like to do for yourself, then you are ready to proceed with planning for your operation.*

*Our surgical team understands that is an important decision in your life.*

*Your surgeon is first and foremost a medical doctor who cares about your total well being. Using surgical skills that have been developed over many years of intensive training and experience, we can help you achieve the personal benefits of rhinoplasty.*



## Rhinoplasty

### المواعيد Appointments

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website: www.dermaplast.com.bh موقع الإنترنت:

To make an appointment للحصول على موعد الرجاء  
please contact the above الإتصال بالأرقام الموضحة  
numbers. أعلاه.

If you must cancel, we إذا أردت إلغاء الموعد  
ask that you please الرجاء إخبارنا وذلك  
notify us by telephone, بالإتصال هاتفياً أو إرسال  
sms or e-mail as early as رسالة قصيرة أو عبر  
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