

# rhinoplasty explained

Whether performed for aesthetic or health reasons, patients find nose surgery gives them greater confidence.

**Lise Petersen reports.**

**R**hinoplasty, or nose surgery, is an effective method of improving the appearance of the face and enhancing a patient's self-esteem. It can also help patients who experience difficulty breathing or who have suffered trauma to the nose.

After discussing the look the patient requires and taking into account what can realistically be achieved, the surgeon then selects one of a number of different

**'Nostrils can be narrowed, humps minimized and bridges built up'**

types of surgical procedures to reshape the nose, including the 'open' and 'closed' methods. With the open method, incisions are made both inside the nose and under the tip of the nose and the skin is peeled back. The closed method, on the other hand, requires only incisions inside the nose.

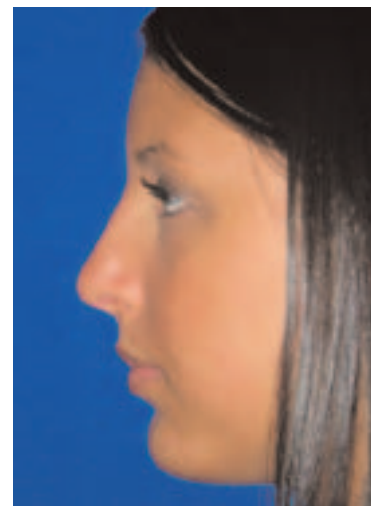
Much can be achieved with rhinoplasty surgery. The nostrils can be narrowed, a hump minimized and the bridge built up. In addition, injuries can be fixed and twisted septums straightened.

The procedure takes two to three hours to perform depending on the amount of work that needs to be completed. A small splint needs to be worn afterwards for a week to protect the nose and keep it stable. Swelling takes from one month to three months to subside and it can take up to a year to see the final result.

Most patients are highly satisfied with the results of the procedure and find it helps to improve their self-esteem. **cbm**



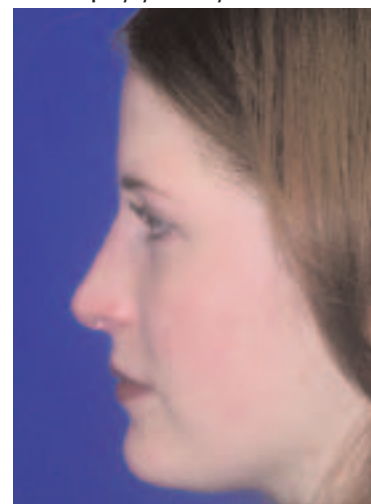
BEFORE



AFTER rhinoplasty by Dr. Joe Gryskiewicz



BEFORE



AFTER rhinoplasty by Dr. Joe Gryskiewicz



BEFORE



AFTER rhinoplasty by Dr. Joe Gryskiewicz