



ULTIMATE PROCEDURE GUIDE

# NOSE SURGERY



# What's inside?

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**3-5**

**Nose Surgery  
explained**

**6**

**Am I a good  
candidate?**

**7-10**

**The surgical process**

**11-13**

**Frequently  
asked questions**

**14-15**

**About Gryskiewicz Twin  
Cities Cosmetic Surgery**

**16**

**Real patient  
before & afters**

**17**

**Your next steps**



# Nose Surgery explained

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## What is Rhinoplasty (Nose Job Surgery)?

A Nose Job is a surgical procedure to reshape or reconstruct the nose. Rhinoplasty can enhance the appearance of the nose by adjusting the size, shape, length or other proportions of the nose. Surgery may also be an option to adjust the nose tip or nostril area.

Corrective Rhinoplasty can help restore functionality to the nasal area or reduce breathing problems related to nose injuries or nasal deformities, such as repairing a deviated septum.

## What's involved?

The aim of a Rhinoplasty surgery varies according to the intended outcomes of the procedure and the patient's aesthetic goals. For some, the primary objective may be to improve nose proportions, whereas for others, the objective is breathing related.

Cosmetic Nose Surgery can help change your nose shape and balance your facial anatomy. Rhinoplasty can straighten a crooked nose, reduce a visible nose hump or improve the angle between your nose and your upper lip. Corrective Rhinoplasty may be required following a nose injury.

### Types of Rhinoplasty procedures include:

- Open Rhinoplasty
- Closed (aka Scarless) Rhinoplasty
- Nose Tip Rhinoplasty
- Septoplasty Surgery
- Alarplasty Surgery
- Revisional Rhinoplasty
- Asian Rhinoplasty



# Nose Surgery explained

## Types of Nose Surgery

### Open Rhinoplasty

A common approach to altering the shape of the nose is 'Open Rhinoplasty'.

In an Open Rhinoplasty procedure, a short incision is made across the central part of the base of the nose (the columella).

The skin of the nose is then elevated. The underlying cartilage and nasal bones can then be viewed and reshaped directly by your Specialist Plastic Surgeon.

During the procedure, your Surgeon will use a series of small, highly specialized tools to carve and shape the underlying structures.

### Nose Tip Rhinoplasty

A Nose Tip Rhinoplasty can make some aesthetic improvements to your nasal tip using less invasive surgery techniques.

This procedure specifically aims to create a symmetrical nasal tip with the right projection, rotation and proportion to other parts of the nose.

Leaving the bone structure of the nose intact, your Surgeon reshapes or removes excess cartilage from the nose tip. They may then refine or lift your nose tip and/or refine your nostrils.

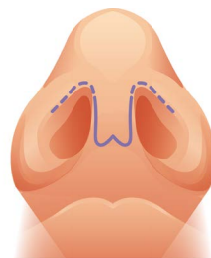
### Closed Rhinoplasty

In some cases, a Rhinoplasty is performed through small incisions that are kept within each nostril called Scarless Rhinoplasty.

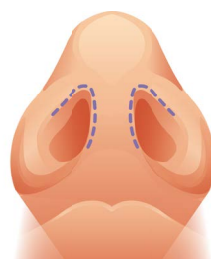
This is often referred to as a 'Closed Rhinoplasty' approach. The advantage of a closed approach is that scars are typically concealed inside the nostrils.

The disadvantage of this type of procedure is that your Surgeon is operating through a very tiny hole. This gives indirect and limited access to the complex structures inside the nose.

Closed 'Scarless Sculpture Rhinoplasty' is a demanding procedure and you should entrust yourself to only the most skilled Rhinoplasty Surgeon.



**OPEN**  
Rhinoplasty



**CLOSED**  
Rhinoplasty

# Nose Surgery explained

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## Types of Nose Surgery

### Septoplasty Surgery

Septoplasty surgery may suit patients who suffer reduced air flow or who have trouble breathing through their nose.

Septoplasty allows your Plastic Surgeon to correct the wall between the nostrils and the inner hard structures inside the upper part of the nose.

Correcting a deviated septum or repairing the internal structures of the nose can have beneficial effects.

### Alarplasty Surgery

Alarplasty, also known as nostril reduction, alar trimming, and alar reduction surgery, is a surgical procedure that changes only the width and shape of the nostrils.

It is mostly sought after not only by certain ethnicities, but also by those who want to aesthetically perfect the look of their nose.

Alarplasty surgery can be performed by itself or as part of a rhinoplasty procedure.

### Revision Rhinoplasty

In a number of instances, the outcome of Rhinoplasty is unsatisfactory as a result of technical errors, healing problems, or injuries after the first operation.

While often the area of concern may seem minor, the undertaking of Revision Rhinoplasty cannot be underrated. Even a small correction requires a more complex surgical approach than the original surgery with a longer period of post-op recovery.

Revision rhinoplasty requires experience and dedication from your surgeon, as well as an understanding of the type of changes that the first operation would have created.

### Asian Rhinoplasty

Asian Rhinoplasty is a form of cosmetic nose reshaping that is very specific to individuals with Asian heritage. It often requires a different approach than a generic Rhinoplasty.

Asian Rhinoplasty surgery is unique in that it frequently involves nasal bridge augmentation (upper nose surgery). This helps enhance the nose contours around the eye area and upper cheek area.

Asian Rhinoplasty procedures must be done with the utmost care to achieve a natural-looking outcome that doesn't impede on the function of the nasal area.

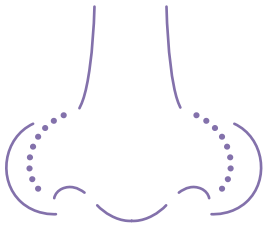
# When to consider Nose Surgery

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## Am I a good candidate for Nose Surgery?

Rhinoplasty Surgery may be a good solution for achieving a more symmetrical, proportionate or facially balanced appearance.

Rhinoplasty Surgery appeals to most individuals who are unhappy with the size, shape or overall appearance of their nose. If you are extremely self-conscious about the appearance of your nose or your side profile, you may want to explore your surgical options.



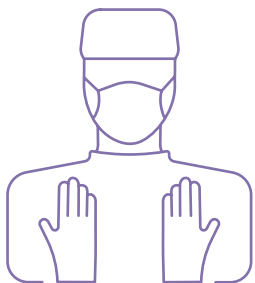
You may require Corrective Rhinoplasty techniques if you suffer from breathing problems, a deviated nasal septum or a collapsed nasal bridge.

To be considered a suitable candidate for Nose Surgery, you must have realistic expectations about what Rhinoplasty surgery can, and cannot, achieve. Whilst nose surgery may improve the appearance of your nose when performed by a highly skilled Surgeon, surgery is unlikely to be life-changing. Revision requests are not uncommon and the revision rates in the best of hands still can run at 15%.

## Common reasons for wanting Nose Surgery

Some of the reasons you may be exploring your Rhinoplasty Surgery options include:

- Dorsal hump or nose bump you want straightened
- Very prominent nose or crooked nose
- Tip of your nose doesn't match your other features
- Feeling unhappy with the dimensions and shape of your nose (such as nose width or how your nose appears from a side-view perspective)
- Nose appears disproportionate or out of balance with facial anatomy
- Overly large, wide, narrow or small nostrils
- Wanting to improve results of a previous botched Rhinoplasty
- Wanting to repair a nose that was impacted by injury or trauma
- Experiencing difficulty breathing through your nose

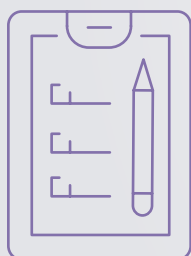


# The surgical process

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## Surgery checklist

**Before you decide on your Surgeon or proceed with Nose Surgery, there are a few important questions to consider.**



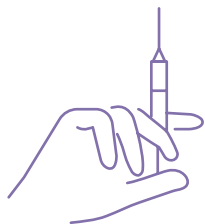
- Is my preferred Surgeon a highly skilled, FACS qualified & experienced Specialist Plastic Surgeon?
- Is my nose surgery going to be performed in a fully accredited Hospital or Outpatient Surgery Center?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what nose surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able and willing to undergo an initial recovery period of approximately 1 week?
- Do I have someone who can assist me during my recovery; and am I willing to wait until all the swelling goes down before I see my final results which always takes a full year or even longer?



# The surgical process

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## Rhinoplasty surgical procedure



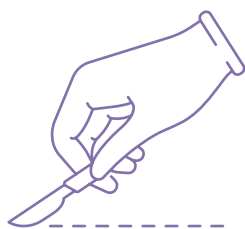
### Anesthesia

Medications and General Anesthesia are administered for your comfort during your Surgical procedure.

### Open Rhinoplasty

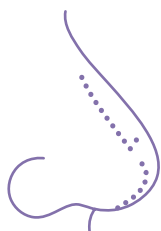
An Open Rhinoplasty will require a small incision across the central part of the base of the nose (columella).

This type of incision allows the entire skin over the nasal cartilage to be lifted up. This allows your Surgeon to access the underlying cartilage and nasal bones, which can then be surgically adjusted or reshaped.



### Closed Rhinoplasty

A Closed Rhinoplasty requires small incisions within the nostrils, therefore resulting in no visible scarring. The Surgeon then completes the procedure through a small hole made inside the nose.



### Reshaping

After the incisions are created, your Surgeon strategically reshapes the inner bones of your nose, reducing or rearranging nasal cartilage as required to provide you with a more aesthetically pleasing nose appearance or improved function.



### Sutures

After your Plastic Surgeon adjusts the nose shape, size, tip, width or other aspects of your nasal structures, sutures are then used to close your incisions.



# Rest and recovery

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## Post-operative recovery

The length of your recovery period after nose surgery will depend on your anatomy, general health and the specifics of your procedure. Your lifestyle and choices after surgery can also impact your healing time and results.

The general rule, however, is that you should allow at least 4-6 weeks for initial recovery following your surgery. Scars can take time to fully mature, sometimes up to a year or more. Swelling may take an extended period of time to fully settle.

You need to be willing to follow the specific instructions given to you by your Surgeon, and attend all post-operative consultations.

Be sure you wear the surgery tapes & splint as instructed and to consult with your Surgeon before returning to daily activities such as driving, lifting and exercise, which will typically be three weeks post-surgery.

Remember, good results depend on numerous factors; so it is very important to follow your Surgeon's specific advice and ensure you get good nutrition & adequate rest. Again, it is imperative that you do not smoke at all.



# Why should I get Nose Surgery?

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## Benefits of Nose Surgery

### Facial Harmony & Balanced Features

The most obvious benefit of Rhinoplasty surgery is a reshaped, resized nose that is more proportionate and in balance with your overall facial features.

For individuals who suffered nose injuries, nose surgery may help return the appearance of the nose to how it looked prior to the injury, although there may be limitations.

### Better Breathing & Sleep

During a Corrective Rhinoplasty, your Surgeon aims to repair the internal structures of your nose. This may improve issues that have led to breathing difficulties.

Nose surgery can also help correct or repair a deviated nasal septum and a collapsed nasal bridge. Some patients are able to breath better after corrective surgery - as well as get a better night's sleep after recovery.

### Confidence

The physical improvements often achieved by Rhinoplasty Surgery may not change your life significantly, but it may help you to feel more confident and self-assured about your appearance.

This may be especially satisfying for people who suffered a nasal injury and found it challenging to adjust to injury-related changes to their nose and face.



# Frequently asked questions

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## Does Nose Surgery hurt?

Most surgery does involve discomfort or pain during the initial post-surgery healing periods. It can be difficult to predict the discomfort levels a patient will experience as there are so many variables to consider.

Discomfort after surgery is also partially subjective. Each patient has a unique perception or sensitivity to pain and discomfort.

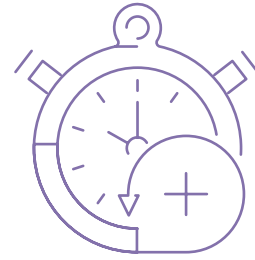
Fortunately, most pain during your recovery (particularly just following your Surgery) can be managed by closely following your Surgeon's recommendations and post-surgery instructions.



## What steps can be taken to minimize pain?

Our approach to recovery is to do whatever we can to get you back to your normal life as soon as possible. We call this the 'quick recovery approach' which will be discussed at your consultation.

Our team are dedicated to keeping you as comfortable as possible during your pre-operative sessions, your surgical procedure and your healing time following surgery.



## When can I return to work after Nose Surgery??

The time taken to recover before returning to work or other daily activities, such as driving, often varies from patient to patient, and will depend on the type of Rhinoplasty procedure you have, as well as the type of work undertaken.

Typically most patients find they can return to work 8 days following surgery. If you work online from home, you can return to work in a day or two, once you are off your pain medication.

If your work is highly physically demanding, it may take longer before you are able to return. If possible, allow 2 weeks of adequate healing time before resuming certain activities.

**TIP:** Surgery advice is individualized. Your chosen Plastic Surgeon will be able to give you personalized advice on when you can return to work and other daily activities.

## Will I need to stay in Hospital overnight after Surgery?

Rhinoplasty surgery is performed as an outpatient procedure at Gryskiewicz Twin Cities Cosmetic Surgery, therefore no overnight stay is required.

# Frequently asked questions

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## Will I need to stop smoking prior to Nose Surgery?

Healing is detrimentally impacted in individuals who smoke. Patients must refrain from smoking as it decreases the oxygen that is carried in your blood to your skin to help heal your surgical incisions. Patients who smoke have delayed healing and increased wound complications.

If you are not yet a non-smoker, your Surgeon will advise you to stop smoking completely at least 6 weeks prior to your scheduled surgery date; otherwise you will have higher risks of complications and poor healing.

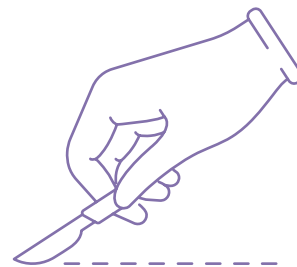


## How long should I wait to return to exercise?

We typically advise that you should wait at least 2 weeks before returning to mild to strenuous forms of exercise.

However, you must advise your Surgeon before you return to any form of exercise or other similar activities.

It is important to work together with your Surgeon and keep them informed throughout your recovery & healing period.



## What can be done to minimize any post-surgery scars?

An Open Rhinoplasty procedure typically requires a small incision across the central part of the base of the nose which may result in some small but visible scarring. Incisions for a Closed Rhinoplasty, however, will only be made inside the nostrils and are not visible.

What you do after surgery also has an impact on scar formation. Be sure to follow your post-operative instructions carefully and wear your surgical tapes & splint as advised by your Surgeon.

Be sure to talk to your chosen Surgeon about the Scar Minimization techniques available and what level of scarring you can generally expect.

## Will I need to wear a nasal splint after Surgery?

Your Surgeon will typically require you to wear a nasal splint for around 7 days following your Rhinoplasty procedure.

Your Nasal splint will help to reduce swelling and prevent your nasal cartilage from shifting. Your splint is a vital aspect of your healing, and will help to ensure you achieve the intended results from surgery.

# Frequently asked questions

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## What is the typical cost of Nose Surgery?

At your initial consultation, you will be given a detailed quote for your chosen procedure. This will include a Surgeon's fee, as well as surgery center and anesthesia fees.



## How long does it take for a Nose Job to heal fully?

The initial healing stage of rhinoplasty can take approximately 2-3 weeks.

During this period, you will experience swelling and bruising and you may feel some discomfort.

3 weeks after Rhinoplasty Surgery, you will be able to resume most activities, but some swelling will persist.

It can take up to a full year to see the final rhinoplasty results.



## What can I expect at my initial consultation?

**At your initial appointment with your Plastic Surgeon you will typically:**

- Have a physical examination.
- Have your photos taken.
- See Before & After photos from past patients.
- Find out more about surgical options.
- Receive detailed information about your selected surgery options.
- Go through the possible risks and complications associated with surgery.
- Find out about surgery pricing and available date(s).
- Have your questions answered; you can bring a friend or family member with you for support & an "extra set of ears".

### Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit [www.tcplasticsurgery.com](http://www.tcplasticsurgery.com).

You can also talk to a staff member to answer any of your questions Monday thru Friday by calling or texting our office at 952.435.0177.

# Choosing the right surgeon

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## How to find the best Plastic Surgeon for you

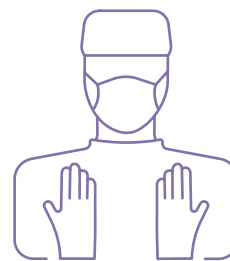
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to address your concerns:

- **Check a surgeon's board-certification and research their training.** With most plastic surgeons maintaining an online presence, you can easily find out about a surgeon's educational background and whether they've obtained certification from the American Board of Plastic Surgery.

This can narrow down your options and help you find a highly experienced plastic surgeon to perform your cosmetic surgery.

- **Find out whether they specialize in your procedure of interest.** It's generally in your best interest to enlist a plastic surgeon who specializes in, or frequently performs your chosen treatment.
- **Review patient gallery.** There is usually no better indication of what can potentially be achieved with a given procedure than a plastic surgeon's before-and-after photos.
- **Read patient reviews.** Feedback from individuals who have already been under a plastic surgeon's care can be invaluable to the research process.

Peruse online reviews from a multitude of third-party platforms, such as Facebook, Google, and Realself, to gain a comprehensive idea of a prospective surgeon's reputation.



## Optimize your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a less expensive Surgeon for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in the US should always be your highest priority.

### So, what should I look for?

- A surgeon that is certified by the American Board of Plastic Surgery.
- A surgeon who operates in an accredited surgery center or hospital.
- Review before and after pictures on your surgeon's web site or social media Get recommendations from friends, family or your personal physician.
- Be sure you have a board certified anesthesiologist performing your anesthesia.

# About Dr. Joe Gryskiewicz



## About Dr. Joe Gryskiewicz MD, FACS

For more than 30 years, Joe Gryskiewicz, MD, FACS (*pronounced Gris-KA-vitz*) has practiced medicine in the Twin Cities of Minneapolis and St. Paul. He is a Clinical Professor at the University of Minnesota Cleft Palate Clinics School of Dentistry and is the past Chief of Surgery at Fairview Southdale Hospital in the Minneapolis suburb of Edina.

Dr. Joe is certified by the American Board of Plastic Surgery and received a certificate of special training in cosmetic surgery from the American Society of Aesthetic Plastic Surgery (ASAPS). He has also been an official spokesperson for the American Society of Plastic Surgeons (ASPS).

In addition to being in private practice, Dr. Joe is a writer and international speaker. He has traveled the world delivering over 500 presentations to professional organizations on plastic surgery.

## Experience & qualifications

- University of St. Thomas, Bachelor's Degree in Nursing
- University of Minnesota, Medical School
- University of Wisconsin, Fellowship
- Fellow American College of Surgeons (FACS)
- The American Board of Plastic Surgery
- American Society of Aesthetic Plastic Surgery (ASAPS)
- American Society of Plastic Surgeons (ASPS)
- International Society of Aesthetic Plastic Surgery (ISAPS)
- The Aesthetic Surgery Education and Research Foundation (*Past President*)
- The Rhinoplasty Society (*Past President*)
- Minnesota Society of Plastic Surgeons (*Past President*)

## Areas of expertise

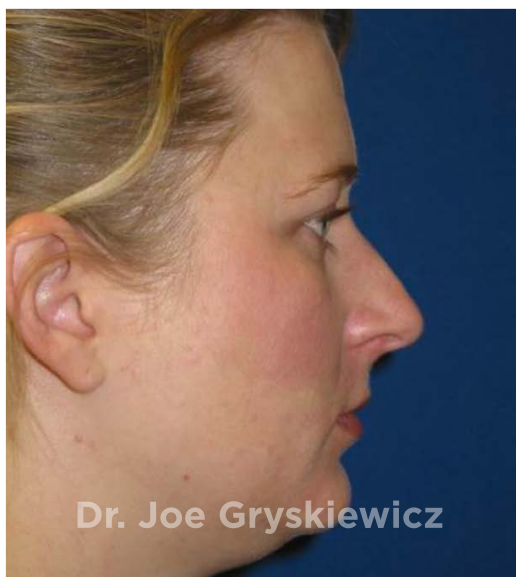
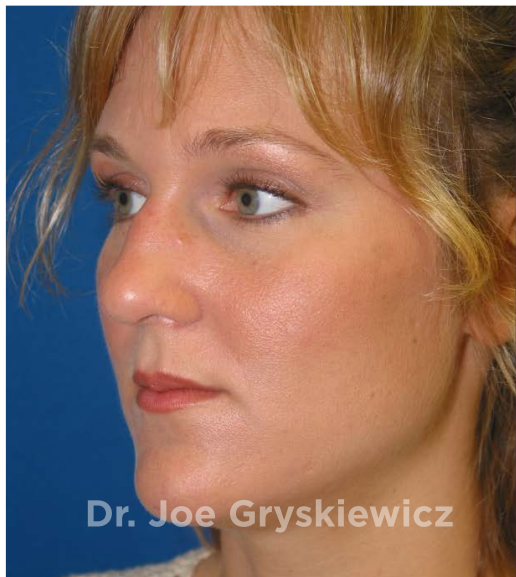
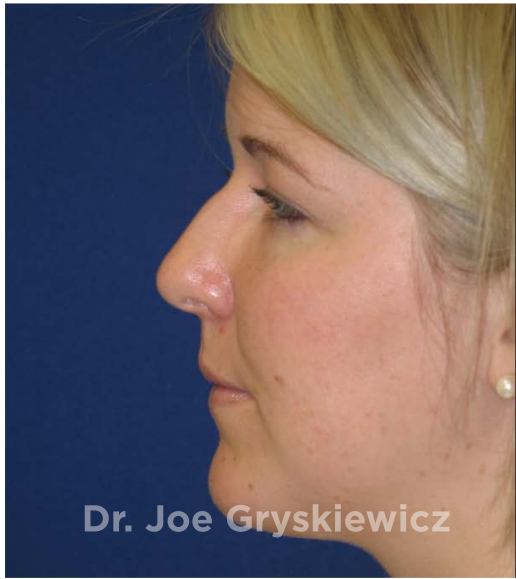
Although he has extensive training in all aspects of cosmetic and plastic surgery, Dr. Gryskiewicz's special medical interests are Breast Augmentation, Rhinoplasty, Facial Plastic Surgery, and Body Contouring.

Dr. Joe and his team have an intense passion for helping patients achieve a happier, more beautiful self, through advanced treatments. His expertise in plastic and reconstructive surgery has been showcased through years of exceptional patient results



# Before and afters

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Scan the QR code below to view more real patient before and afters:





# Your next steps...

## Get in touch

Schedule a confidential consultation at Gryskiewicz Twin Cities Cosmetic Surgery by phone or submitting an inquiry via our website.



Edina: 952-295-3987  
Burnsville: 952-800-3518



[www.tcplasticsurgery.com](http://www.tcplasticsurgery.com)



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**Burnsville**  
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Burnsville, MN 55337

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Follow **@tcplasticsurgery** on **Instagram** for more information, insightful updates and real patient before & after images.

*General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.*