

THE ULTIMATE GUIDE TO **NOSE RESHAPING**

(Rhinoplasty)




DR. BRYAN
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Refining Natural Beauty

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Do you feel self-conscious about the size or shape of your nose? Is there an aspect of it that you find embarrassing and want to correct?

Being concerned or self-conscious about attributes of your physical appearance is completely normal. But why leave it at that? Why be one of the hundreds of thousands each year that choose to continue living with body image issues, low self-esteem, and self-conscious thoughts?

Advancements in medicine and medical technology have provided access to treatment options to address these types of issues, providing that self-confidence we need to allow our inner beauty to shine through. Cosmetic surgery is a safe, affordable, and effective way to enhance aspects of your body that detract from your self-image and self-confidence.

By choosing a highly trained, board certified plastic surgeon like Dr. Bryan McIntosh, you can be assured that you've made the right decision to have a nose reshaping procedure or "nose job", and achieve a renewed self-confidence because of your attractive new appearance.

Preparing for Plastic Surgery

Plastic surgery spans a wide range of procedures, including: breast augmentation (augmentation mammoplasty), tummy tuck (abdominoplasty), dermabrasion, reconstructive procedures, and many more. According to the American Society of Plastic Surgeons, of the 1.7 million cosmetic surgical procedures performed in 2016, the top 6 were:

1. Breast Augmentation (290,467 procedures—up 4% from 2015)
2. Liposuction (235,237 procedures—up 6% from 2015)
3. Nose Reshaping (223,018 procedures—up 2% from 2015)
4. Eyelid Surgery (209,020 procedures—up 2% from 2015)
5. Facelift (131,106 procedures—up 4% from 2015)
6. Tummy Tuck (127,633 procedures—no change from 2015)

CHOOSE THE RIGHT SURGEON

We believe that choosing the right surgeon is one of the most important factors in your decision to have a breast augmentation surgery. Because it is legal for any licensed physician to offer cosmetic services, a doctor calling themselves a “Cosmetic Surgeon” could be an ENT (Ear, Nose, and Throat) Surgeon, a Dermatologist, a General Surgeon, an Ophthalmologist, a General Practitioner, or an actual Plastic Surgeon. However, in order for a physician to be a “Plastic Surgeon”, they must complete an approved Residency training program specifically in Plastic Surgery. And only a highly-trained and very experienced Plastic Surgeon can become Board Certified by the American Board of Plastic Surgery.

Of course, you should choose a surgeon that is highly-qualified, experienced, talented, and certified in plastic surgery by the American Board of Plastic Surgery. But you should also choose a surgeon who is patient, understanding, able to communicate well, and someone with whom you connect. You need to feel comfortable asking your surgeon a lot of questions, so you can assess whether or not they will be a good fit for you and your needs.

Questions You Should Definitely Ask:

- ✓ Are they a highly-trained plastic surgeon, or merely a “cosmetic surgeon”—a doctor from another field of medicine offering cosmetic procedures? What kind of training have they received? What schools did they attend and graduate from? And what post medical school residencies and fellowships did they complete? (They should have completed a residency or fellowship specifically in Plastic Surgery. You don’t want someone whose only training was a brief, several week course in cosmetic procedures.)
- ✓ Does your surgeon have enough of the right kind of experience performing the type of surgery you desire? How many of these procedures have they performed? (It’s best if your surgeon has performed a lot of these types of procedures over the course of several years.)
- ✓ Are they Board Certified? (It’s best to find a Plastic Surgeon that has been certified by the American Board of Plastic Surgery, as Dr. McIntosh has been.)

UNDERSTAND THE RISKS

Is your plastic surgeon suggesting that your procedure will be risk-free? This should be viewed as a huge red flag, because real professionals know that there is never a risk-free surgical procedure. Every surgery presents some level of risk to the patient, so it’s important to know exactly what these are for you.

During your consultation with Dr. McIntosh, he will be open and honest about the possible risks of a nose reshaping procedure, or any other procedure that may be discussed. In order to fully assess whether a procedure would be a good fit for you, it is vitally important that you fully disclose all of your current health conditions, whether or not you think they are important or would be relevant. Chronic headaches, STD’s, heart disease, or even something as small as a residual chest cold could make the difference between safely performing a procedure next week, having to wait, or not being a candidate at all.

Health conditions, medications, herbal medicines, and even herbal supplements can all affect you while under anesthesia, during surgery, or during your recovery. Full disclosure will allow Dr. McIntosh to minimize the risks associated with a nose reshaping procedure, and keep you safe and healthy while helping you achieve your goals.

VERIFY YOUR INSURANCE COVERAGE

Generally, cosmetic procedures such as nose reshaping are not typically covered by insurance, unless deemed medically necessary. So it is very likely that the surgery will not be covered by your insurance company. This means that you should plan to pay for the entirety of the procedure out of your own pocket, or through special financing.

While there are certain procedures that may be covered by insurance, this typically only applies if they are deemed medically necessary by your insurance provider. Examples of this might include an eyelid lift (blepharoplasty) to improve impaired vision, or a nose job (rhinoplasty) to repair a deviated septum. It is rare that nose reshaping for purely cosmetic reasons would be considered medically necessary by an insurance company.

If you feel that your cosmetic surgery may be able to qualify for insurance coverage, call your individual insurance carrier to discuss the possibility of filing a claim or obtaining prior approval. We'd be happy to write a letter to your insurance company to assist you in obtaining pre-authorization for a procedure as well.

UNDERSTAND YOUR PROCEDURE

It is important that you have a clear understanding of all that your desired surgical procedure entails. A thorough knowledge of the procedure itself, how to prepare, what to expect during recovery, and a realistic expectation of the results and what to expect in the years to come is the best way to ensure your overall satisfaction.

Tell your surgeon what your goals are, and how you think the specific surgery you're requesting will fulfill them. While many things can be modified and improved by plastic surgery, there may be some limitations to what can actually be achieved. You should not go into any surgery with unrealistic expectations of the outcome. Having an open and honest discussion with your plastic surgeon about this will ensure that you are not disappointed with the results of your procedure, but instead are thrilled and inspired!

KNOW THE COSTS

The cost of plastic surgery varies greatly. Not including anesthesia, elective cosmetic procedures can range in cost anywhere from \$500 to \$10,000 or more. These costs will vary according to the type of surgery being performed, what type of sedation or anesthesia is needed, and whether or not an overnight stay is required.

Because plastic surgeons understand that the costs of surgery can be high, and that some patients may not be able to afford to pay the full amount that's required at the time of surgery, most offices, ours included, have partnered with lenders who

specialize in providing healthcare financing options that accept payment plans. We don't want financial burden to hinder you from achieving the look that you've been longing for and dreaming about for years.

HAVE REALISTIC EXPECTATIONS

Of course, making the choice to have plastic surgery should not be one that is entered into lightly or too quickly. The decision to have your body and physical appearance permanently altered through surgery is a serious one, and you should have realistic expectations of what cosmetic surgical procedures are able to achieve for you in helping you attain your desired appearance.

Becoming educated about the procedures that you desire, and having honest and open conversations with a trusted plastic surgeon will help move you closer to achieving your individual goals.

Understanding the Nose Reshaping Procedure

In 2016, over 223,000 nose reshaping or “rhinoplasty” procedures were performed. Rhinoplasty, commonly referred to as a “nose job” has been one of the highest ranking cosmetic procedures for decades, and has only continued to increase in popularity. Each year, more and more men and women are choosing to have rhinoplasty to improve the appearance and functionality of their nose, and are loving the results because they can breathe easier and feel more confident in the way that they look!

Rhinoplasty, also referred to as “nose reshaping” and more commonly by patients as a “nose job”, seeks to enhance facial harmony and the proportions of your nose. It can also correct impaired breathing caused by structural defects in the nose.

What a rhinoplasty surgery can improve:

- ✓ Nose size in relation to facial balance.
- ✓ Nose width at the bridge or in the size and position of the nostrils.
- ✓ Nose profile with visible humps or depressions on the bridge.
- ✓ Nasal tip that is enlarged or bulbous, drooping, upturned or hooked.
- ✓ Nostrils that are large, wide or upturned.
- ✓ Nasal asymmetry.

If you desire a more symmetrical nose, keep in mind that everyone's face is asymmetric to some degree. Results may not be completely symmetric, although the goal should be to create facial balance and correct proportion.

Nose reshaping to correct a deviated septum:

Nose surgery that's done to improve an obstructed airway requires careful evaluation of the nasal structure as it relates to airflow and breathing.

Correction of a deviated septum, one of the most common causes of breathing impairment, is achieved by adjusting the nasal structure to produce better alignment.

WHO IS A GOOD CANDIDATE FOR NOSE RESHAPING?

Individuals that are over the age of 18 (the nose continues to grow until approximately this age) and who are in good health are excellent candidates for rhinoplasty. Those who have suffered from a deviated septum or cleft palate are likely to desire some cosmetic procedures to modify their appearance.

Most individuals are extremely happy with their rhinoplasty surgery, and they report increased positivity, self-confidence, and quality of life following the procedure.

Preparation for a Nose Reshaping Procedure

The first thing you need to do is find an excellent plastic surgeon who is trustworthy, board certified, experienced in breast augmentation procedures, and someone with whom you feel comfortable. During your consultation, it is important that you ask questions and understand the answers that you are given. Having a candid discussion with your plastic surgeon about your personal goals and desires for your appearance following the procedure will help to ensure that you are pleased with the results.

PREPARING YOUR BODY

Before undergoing a nose reshaping procedure, you should:

- ✓ Have a thorough knowledge of the procedure, including the length of recovery and possible complications.
- ✓ Quit smoking at least four weeks before your scheduled surgery. It is important that smoking is stopped completely, as the use of tobacco makes complications more likely, and it also tends to slow the healing process. You should also not smoke for an additional 4 weeks following the procedure. If necessary, you may need to purchase nicotine patches. If this is the case, be sure to discuss this with your plastic surgeon upon your initial consultation.
- ✓ Eat well. Fresh fruits, vegetables and whole grains have high nutrient density which will help your body recover more quickly. Do not participate in any rigorous dieting or fasting for at least several weeks before your procedure.
- ✓ Tell your surgeon about any prescription medications, herbal medicines, or herbal supplements that you are taking. Your surgeon may instruct you to stop taking one or more of these of these medications for a span of time prior to and following your surgery.

- ✓ Have any blood tests done that your plastic surgeon recommends.
- ⊘ Do not take Aspirin, Ibuprofen, or similar drugs for at least 10 days prior to your surgery.
- ⊘ Do not eat or drink anything during the 8 hours before surgery.
- ⊘ Do not consume alcohol for at least 48 hours prior to surgery.

PREPARING YOUR HOME

You'll also need to devote some time to preparing your home for your return after surgery. There will be several days during which you will need lots of rest and quiet. Being well-prepared beforehand is key.

If you have family members, especially children, you will want to have an open discussion with them regarding the fact that you will be having surgery. Explain to them that after the surgery your face may be swollen and bruised, but that this is normal and should not upset them. Also, communicate that they may need to be very quiet for several days, because you will require lots of rest. If it is possible, it can be a good idea to send the children to stay with friends or family members for a couple of days after the surgery to ensure that you get the rest that you need.

Similarly, if you have pets that require a lot of attention, you may want to board them for the first week following the procedure.

Before your procedure, you'll want to get a few things ready:

- ✓ Ice packs and cold compresses.
- ✓ Any prescriptions or over-the-counter pain killers recommended by your doctor.
- ✓ A dim, comfortable area of your home to rest in while recuperating. It may be several days before you are able to return to normal activities. Make arrangements beforehand to take vacation from work, preferably 10 days or more.
- ✓ Because your face and eyes may be swollen or tender following the surgery, audiobooks may be a good form of entertainment for you. Television may also be enjoyed if the swelling does not interfere with the ability to wear glasses or contacts.
- ✓ You'll need a family member or friend to collect you following the surgery as you will not be able to drive yourself home. It's advised that they also spend the night with you, if possible, to ensure you will have assistance in case any complications arise.

- ✓ Make sure that you have enough groceries to last you several days, as it strongly recommended that you avoid driving and any physical exertion for several days after the procedure.

ON THE DAY OF YOUR PROCEDURE

On the day of your nose reshaping surgery, plan to arrive about 15 minutes before your scheduled appointment time. This will allow you time to complete any unfinished paperwork, or ask any additional questions that you have regarding the procedure.

When you go in for your surgery, keep these things in mind:

- ✓ Wear loose-fitting, comfortable clothing.
- ⊘ Do not wear contact lenses.
- ⊘ Do not wear jewelry.
- ⊘ Do not wear makeup.
- ⊘ Do not wear nail polish.

Once you are moved into the operating room, your doctor will administer the chosen method of sedation. Most surgeons will advise a general anesthesia during rhinoplasty, as a local anesthetic will allow you to hear the scraping and grinding of the bones and cartilage in your nose. This can be very disturbing for patients. You will have discussed this with your plastic surgeon during your preoperative consultation.

If you do not have a general anesthesia, your surgeon will most likely use an intravenous sedative, combined with an oral medication. You will be awake, but will not feel pain—only pressure—and you will be aware of what is happening.

During the rhinoplasty procedure, the plastic surgeon will make an incision along the underside of your nose to access the bones and cartilage. These incisions are usually made inside the nose so that they are invisible after the surgery. Depending upon the desired result, bones and cartilage may be removed, and/or tissue may be added. Additional tissue is either taken from another area of the body, or a synthetic filler will be used.

Once the nose has been reshaped, the surgeon will re-drape the skin and tissue over the reformed nose structure. A splint will then be placed along the nose to provide support as it heals.

The entire procedure usually takes approximately two hours. Rhinoplasties are an outpatient procedure, though some patients may require an overnight stay if there are complications or health concerns.

DURING YOUR RECOVERY

Minor swelling and bruising of the face is normal following a rhinoplasty. The splint and bandaging will be removed approximately one week following the procedure.

Expect for your face to feel puffy for some time. It is normal for bruising to surround the eyes and extend across the cheek tissue. The use of ice packs or cold compresses will help to reduce swelling and minimize pain. Your physician will advise which pain medications are safe and recommended for you to take during your recovery.

Expect a full 10-14 days before the bruising and swelling subside. Keep your head elevated and stay still for the first week following surgery. It is advisable that you take several days vacation from your job to ensure a healthy recovery. It will be several weeks before you can return to any strenuous activities.

POSSIBLE COMPLICATIONS

As with any surgery, there is always the possibility that complications may occur, including:

- Excessive bleeding.
- Infection (your doctor will likely prescribe antibiotics for you to take following surgery to prevent this).
- Injury or holes to your septum (the wall that separates your nostrils).
- Serious nasal blockage caused by swelling or accumulation of scar tissue.
- Complications with the anesthesia.
- Irritation or necrosis of the skin caused by tape, bandaging, or tissue graft.

If, at any time during your recovery, you begin to experience increased pain, swelling, or any other signs of illness, it is important that you contact your doctor right away.

Keep in mind that, for several months following your surgery, you should be extra cautious to keep your nose protected from excessive sunlight. This new, healing skin will be tender, even after the swelling and bruising subside.

ENJOYING YOUR NEW LOOK

Nose reshaping is one of the most instantly gratifying procedures, because it can completely change your appearance. Most individuals are very satisfied with their new nose, and they report a tremendous increase in their self-image and positivity.

Personalized Consultation

Welcome to the new and improved version of you! Dr. McIntosh specializes in performing nose reshaping surgeries as well as many other procedures to help patients look and feel their best. He loves to help patients uncover new beauty and gain self-confidence. Our patients are consistently pleased with their results.

We would love to connect with you during one of our consultations to hear your concerns, and learn how you would like to rejuvenate your appearance. Our goal is to help eliminate any feelings of self-consciousness you may have about your physical appearance so you can be confident in your beautiful new body.

Contact us to schedule a personalized consultation for Nose Reshaping:

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