

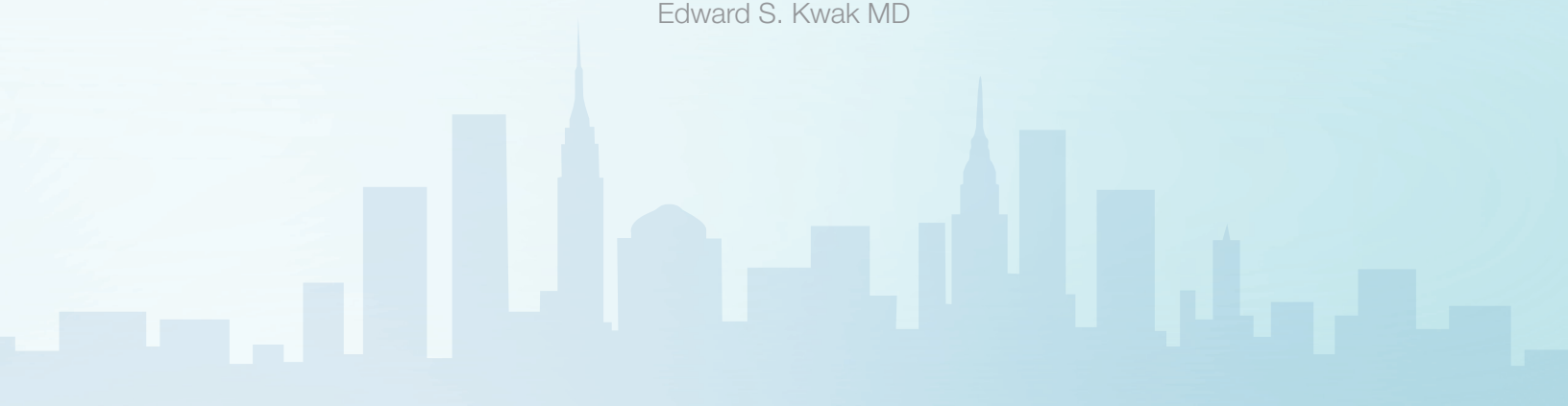


# *Patient Guide*

Rhinoplasty & Revision Rhinoplasty



Edward S. Kwak MD



## Primary Rhinoplasty

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Rhinoplasty is a very technique-oriented surgery.

Each change to the underlying cartilage and bone structure of the nose affects everything else. For example, increasing the height to the tip of the nose will change the way the nostrils appear.

Each step needs to be discussed and planned before surgery, which typically takes 2.5 to 3 hours.

There is no shortage of options when choosing a surgeon yet not every doctor is the right one for you, especially if you're considering nasal surgery of any sort. Here are three reasons to consider a [rhinoplasty specialist](#) over other plastic surgeons.

### 1 A Rhinoplasty Specialist Has Focused and Specific Certification

As there are many types of doctors, so too are there many types of board certifications. There are only two boards which credential surgeons for plastic surgery to the face - the American Board of Facial Plastic Surgery and the American Board of Plastic Surgery. Even choosing a surgeon who is board certified from these recommended groups does not verify the surgeon's ability to do rhinoplasty surgery. When in doubt, choose a surgeon who does a large number of nasal surgeries in his/her practice.

### 2 Choosing a Rhinoplasty Specialist Means Less Risk Of Nasal Dysfunction

Beside being the focal point of our face, the nose has two very important functions that we take for granted, which are breathing and smelling. Even if you may have no problems with the function of your nose, changes done during rhinoplasty surgery may alter these functions. Besides having a good looking nose, it's important to also have a nose that works!

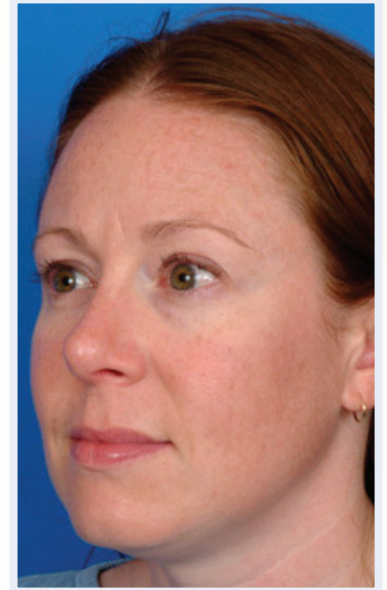
### 3 A Rhinoplasty Specialist Has Lots of Practice

As mentioned above, it is important to choose a surgeon who specializes in this type of surgery. Rhinoplasty surgery is one of the most challenging surgeries to perform. Ending up with a nice looking nose that also is able to breath well is no easy task. Just like a lawyer who does murder trials versus business mergers, rhinoplasty requires a completely different skill set than doing breast augmentations or tummy tucks.

## Revision Rhinoplasty

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*Facial plastic surgery requires not only the mastery of exacting surgical technique and an intimate understanding of the intricate relationships between bone, muscle and skin; it also requires a certain amount of artistic vision to meet the patient's appearance expectations.*



Revision rhinoplasty is one of the most technically challenging surgeries performed in the field of facial plastic surgery. Altered anatomy and scar tissue are only a couple of issues a revision rhinoplasty specialist will have to address.

One of the more frequent concerns patients who are inquiring about revision rhinoplasty is for correction of a tip irregularities or tip bossa - (Bossa - is the term used to describe irregularities of the nasal tip region, such as knuckling of the cartilage or asymmetries of the cartilage structures.)

What causes these irregularities are a combination of two factors:

- \* thin skin in the nasal tip region
- \* strong underlying cartilage structures that have been cut unfavorably resulting in sharp edges or bumps that show through.

To correct tip asymmetry, the underlying tip cartilages must be reoriented and sometimes reconstructed so as to create smoother contours in the nasal tip region.



*“Redoing” a prior nose job that left you unsatisfied is a daunting task. To help understand the procedures, here are three factors you should know prior to considering revision rhinoplasty.*

## 1 How long ago was your prior nose surgery? And what region of the nose you are concerned about?

Complete healing from a prior nose surgery can take up to a full year. This is especially true to at the tip of the nose. This region is the most cosmetically sensitive and the last to completely heal. Anxious patients looking to remedy some expected postoperative healing by having another surgery could potentially cause more problems. For patients concerned about the shape or position of their tip, I typically recommend waiting a full year before considering revising the nose. The bridge of the nose is less gravity dependent than the tip and tends to “settle” faster. This region can be assessed earlier than the tip for revisions.

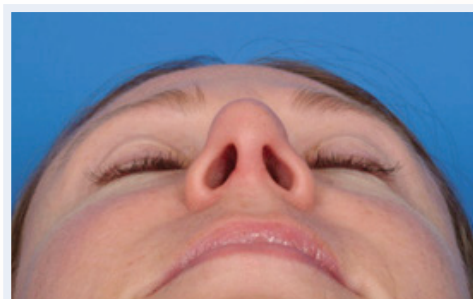
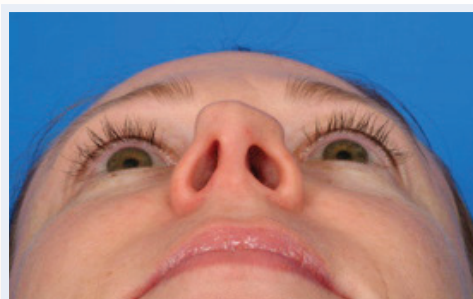
## 2 You may need additional grafts or implants to achieve the revision you are looking for.

When a patient whose surgery was previously done elsewhere comes in for a revision nasal surgery, one of the first things I consider is how preserved is his/her nasal anatomy. In the past, prior nasal surgeries frequently altered the underlying nasal cartilage, weakening the nose and ultimately distorting the shape of the nose. This has potentially impaired the true function of the nose (which is to breathe). When this occurs, the nasal framework needs to be reconstructed. To do so, I recommend using cartilage grafts in the region of the tip.

Ideally the source for this graft would be from inside your nose (the nasal septum) but frequently, prior nasal surgeries have used all available cartilage inside your nose. Alternative sources for cartilage grafting material for revision surgeries can be from your ear, your rib, or banked/donated rib.

## 3 How long will the revision rhinoplasty take to heal?

In general, revision rhinoplasties take longer to heal. Factors that contribute to how long it takes to heal are: amount of grafts used during the surgery and the amount of work done. In general, the nose for redo rhinoplasties takes about one year.



## Augmentation Rhinoplasty



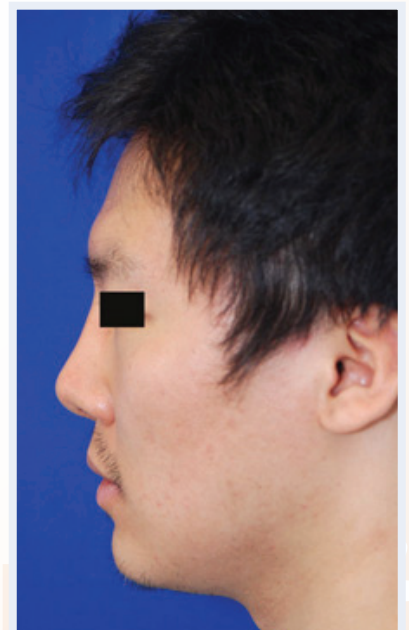
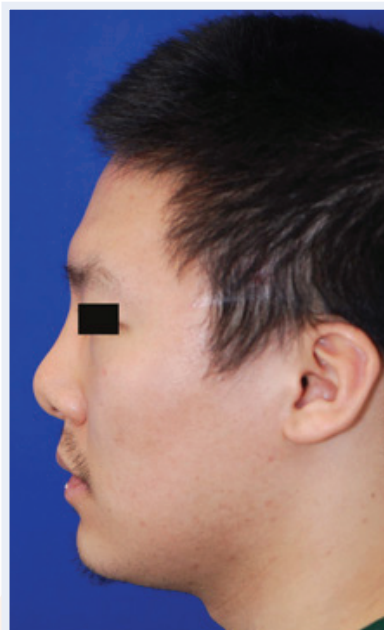
Augmentation rhinoplasty is a term used to describe nasal surgery in which the shape of the nose is increased. Although many of the patients undergoing augmentation rhinoplasty are non-Caucasian, this type of surgery is performed on patients of all ethnicities.

Whether the nose requires a larger bridge or a more pronounced tip region, grafts or implants are frequently necessary for the required changes. A graft is a term used to describe a material harvested from your own body, and transferred to another location. Septal cartilage grafts are typically the first line option used in nasal surgery. Other cartilage options for augmentation rhinoplasty include rib and donor rib (irradiated costal cartilage).

The most frequently used grafts are cartilage grafts from inside your nose (septal grafts). Septal cartilage grafts are typically the first-line option used nasal surgery.

Sometimes the amount of material needed is greater than the amount of grafting material available, in which implants may be an option. Implants are synthetic materials designed to use in the nose.

There are several implants available for augmentation rhinoplasty. Common implants used include: polytetrafluoroethylene (Gore-Tex), Silicone, and porous polyethylene (MedPor). Although no ideal implant exists, these implants can be safely used in nasal surgery.



## Reduction Rhinoplasty

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Reduction rhinoplasty is the medical term used to describe nasal surgery intended to reduce the overall size of the nose. When I talk to patients about nasal aesthetics, specifically reduction rhinoplasty, I tell them that the nose should be addressed in two distinct subunits: the bridge and the tip regions.

- \* Most patients interested in reduction rhinoplasty, want the “bump” on their nose to be taken down. This typically refers to the nasal dorsum or bridge of the nose.
- \* Other patients wanting to reducing the size of the nose may have a tip position aesthetically too far from the face (sometimes referred to as a Pinocchio nose).

To address these changes and to maintain proper nasal proportion, reduction rhinoplasty frequently needs to address both regions of the nose. Meaning changes to the bridge will affect the tip appearance and vice versa.

## Post-Traumatic Nasal Surgery

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*The nasal bones are the most frequently fractured bones in the face. Unfortunately many of us can speak first hand on this type of injury. Besides causing external changes to the nose, trauma to the nose can alter anatomic structures inside the nose.*

One area inside your nose particularly sensitive to nasal trauma, is the internal nasal valve. This portion of the nose is the narrowest region in the nose, as such this region significantly influences nasal airflow. Trauma to the cartilage structures comprising this region of the nose can lead to collapse of the internal nasal valve, which can lead to a chronic sensation of nasal congestion (stuffy nose).

Beside resetting the fractured nasal bones to a straighter position, Dr. Kwak may need to address the middle portion of your nose to correct a collapse internal nasal valve. If you have had nasal trauma in the past and have persistent nasal obstruction, you may be a candidate for a procedure to correct your breathing problems.

## Rhinoplasty for a Deviated Septum

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*Are you stuffed up a lot? Do you suffer from frequent nosebleeds or sinus infections? Do you snore? Chances are you might have a deviated septum.*

### What Is A Deviated Septum?

The septum is the internal wall that divides your nose into its left and right sides. In an ideal world, both sides are equal, but this is often not the case. While a slightly deviated septum is not a problem, some septums are so crooked that they block airflow. Some people are born with severely deviated septums. Others find their septums shifting as they age. Septums can also be easily knocked out of place by sports injuries or traffic accidents.

### What Surgical Solutions Are Available For A Deviated Septum?

Septoplasty, a surgical procedure to fix a deviated septum, is usually covered by insurance. Typically, a small incision is made inside the nose to separate the mucous membrane from the septum. The portion of the bone or cartilage that is causing the deviations to the septum is addressed to reposition the septum to the midline. Typically, surgery typically take one hour. In fact, people often schedule the procedure for a Friday as a weekend usually provides enough recovery time.

### What Is Septorhinoplasty?

People can get aesthetic improvements made to their nose at the same time their septum is fixed. This explains why so many celebrities who go in for a deviated septum also emerge with new noses! Reshaping the external appearance of the nose is called [rhinoplasty](#). When you get both the inside and the outside work done at the same time, it's called septorhinoplasty.

Besides having a good looking nose, we want to make sure your nose can perform what it is intended to do, which is to breathe.

## Scheduling & Consultation

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### How long does it take to get an appointment?

We can often see you the same week that you contact our office.

### What if I live out-of-town?

Many patients travel from out-of-town to seek Dr. Kwak's surgical and non-surgical procedures. If you're considering traveling to Manhattan for a cosmetic procedure, or time is tight, we can help you get started and save you a trip by scheduling an online consultation.

Dr. Kwak will answer any questions that you have and will discuss your cosmetic goals with you before your visit to his practice. Your information is kept confidential and any communications are 100% secure. Simply give us a call or sign-up on our website to get started.

### What happens in the appointment?

During your consultation, Dr. Kwak will discuss the specific concerns you have regarding your appearance. After a thorough discussion, Dr. Kwak will examine your facial structures and perform a comprehensive analysis of your face and eyes.

To help communicate your desired changes and also realistic surgical goals, Dr. Kwak uses a computerized image of your face during this consultation to allow you to see anticipated goals for your surgery. Sometimes a weak chin can confuse the true shape of the nose or cause facial disharmony. Dr. Kwak may recommend a [chin implant](#) to correct for this.

### What is the cost?

Some patients benefit from a combination of procedures, and that is why Dr. Kwak carefully discusses your appearance goals during your initial consultation. We offer financing through [Care Credit](#) – which offers low monthly payments and no upfront costs or pre-payment penalties.

**CareCredit**<sup>®</sup>  
Patient Payment Plans





## What should my expectations be?

When deciding to undergo a cosmetic surgery procedure, it is important to be realistic about what facial plastic surgery can and cannot achieve. Cosmetic surgery CAN:

- \* correct flawed or damaged facial features
- \* change the size and shape of certain facial features, making them more proportionate and attractive
- \* improve your appearance and give your self-confidence a healthy boost  
...but it cannot magically change your personality or your lifestyle.

## What happens after surgery?

Bruising and swelling are expected. Bruising around the eyes tends to last for around a week. As the bruising settles, you can expect the bruise to go from purple to amber to a yellowish hue. The amount of swelling can vary, but most patients are comfortable seeing friends usually 10-14 days after surgery. To ensure optimal results, frequent follow up visits are scheduled after surgery.

“ One of the aspects I most enjoy about my work is the immediate and direct benefit it has on my clients' quality of life. ”

During follow-up visits, patients will often seem more themselves and less introverted than before surgery. It's as if addressing what's bothered them about their appearance finally allows their true personality to shine through.

## ESK Philosophy

My work with clients starts well before surgery in the pre-op consultation phase. It's important that I understand each person's aesthetic goals and expectations and take the time to communicate what's possible technically. By the time patients enter surgery, they have a true understanding of how they will look post-surgery. Often times when I meet with a client for their six-month follow-up, I ask if they've run into friends they haven't seen for a while. The comment people hear the most is that they look great, but they can't pinpoint what's changed. Their new nose has improved their appearance while maintaining their individuality and identity.

*This natural and subtle improvement to their looks is an ideal goal for any plastic surgery and epitomizes my personalized – as opposed to mass production – approach.*

## About Dr. Kwak

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Dr. Edward S. Kwak is a New York City facial plastic surgeon, dual board-certified by the American Board of Facial Plastic and Reconstructive Surgery and by the American Board of Otolaryngology - Head & Neck Surgery. His focus is cosmetic surgical procedures strictly limited to the face and neck region.

- \* Dual Board-Certification in Facial Plastic Surgery and Head and Neck Surgery
- \* Fellowship Trained in Facial Plastic and Reconstructive Surgery
- \* Clinical Assistant Professor - Head & Neck Surgery - New York Medical College
- \* Partner - Faces of Honor

*To schedule a consultation with Dr. Kwak,  
give us a call at:*

**(212) 229-1100**