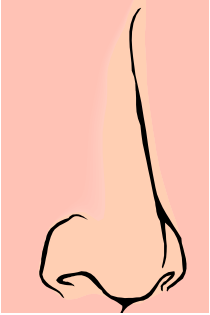


Plastic Surgery of the Nose

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The ideal goal of cosmetic nasal surgery is to provide a natural appearing nose that suits the patient's facial features with more balance and harmony. Even small changes in a nasal tip or a "bump" can have a very positive impact on how someone's face is perceived. It is therefore no surprise that rhinoplasty is one of the most common plastic surgery procedures. As a plastic surgeon, I truly enjoy performing rhinoplasty surgery because it is one of the most artful and creative operations. Gently sculpting nasal features may result in subtle physical changes that occasionally lead to dramatic social and emotional changes. Often patients report feeling less self-conscious and more comfortable with their appearance. Let's answer some common questions:

Am I a good candidate for plastic surgery of the nose?

A patient with specific complaints about their nasal shape can often have their problems addressed effectively with surgery. Common patient requests include improving the nasal profile by removing a bump over the bridge of the nose and refining an overly wide or droopy tip. More complicated problems include a crooked or twisted appearing nose, previously operated on noses, or severely injured noses. The best candidates have realistic expectations about what surgery can and cannot achieve. Our job is to help teach you about the changes we can accomplish.

How can I avoid looking "operated" on?

With a good rhinoplasty result, it is virtually impossible to tell if someone has had surgery. I strive to provide individualized changes that are appropriate for each patient's facial features and ethnicity. Overly reducing a hump or elevating and tightening a tip may contribute to an unnatural result. The best tool for providing an ideal result is thorough communication. I will always spend the time needed to fully understand each patient's goals and expectations. Some patients may even bring in photos from family events or magazines that highlight their wishes and concerns.

Will surgery help my breathing?

Patients who complain of difficulty breathing through their nose may have improved airflow after surgery. This is particularly true in the case of a deviated nasal septum or inflamed turbinate glands. The internal nasal structure will be evaluated during the initial consultation.

What is the recovery period like?

After 1 to 2 hours of surgery, patients wake up, spend a few hours in a recovery area, and then go home. Pain is usually well controlled with prescription tablets. Bruising and swelling of the nose and eye areas are very prominent during the first few days to week. Avoiding exertion, heavy lifting, and bending down will help prevent excess pain and swelling. Patients can usually go out in public with minimal bruising by 7-14 days. Feeling 100% back to normal may take weeks.

What is the best age to have rhinoplasty?

Patients of all ages seek plastic surgery of the nose. Many people in their teen years request rhinoplasty. I closely evaluate younger patients to ensure their level of maturity and sufficient understanding to make healthy decisions about surgery that they will not regret in the future. I also wait until facial growth has stabilized, often by 15-17 years. Some of the most gratifying patients are those in their 30s, 40s or older, who come for the rhinoplasty they always wanted but for one reason or another never had.

Who is not a good candidate for surgery?

Plastic surgery cannot miraculously provide happiness or self-confidence. Patients who are generally unhappy or anxious but cannot specify what they want changed about their nose may be seeking surgery for the wrong reasons. Also, patients who seem overly concerned with very minor deformities may have unrealistic expectations about what surgery can achieve.

How can I make an appointment to meet Dr. Suzman?

Please call us any time at (914) 682-6499 so we can arrange a consultation or answer any questions you may have.