

A close-up, artistic photograph of a woman's face floating in water. Her eyes are closed, and her expression is peaceful. A hand is visible near her hair, suggesting a gentle touch or a surgical procedure. The water is dark blue, and the lighting creates a shimmering effect on the woman's skin and the water's surface.

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Thinking about Rhinoplasty? A Guide for Prospective Patients

By Narasimhan Plastic Surgery

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Rhinoplasty

If you've been thinking about undergoing rhinoplasty in Tampa, St. Petersburg, Clearwater, or the surrounding area for a long time and are now ready to see a specialist, this guide is a good place to begin learning about the procedure

Rhinoplasty—also called nasal reshaping or a “nose job”—is the most complex of all plastic surgery procedures. It is also one of the most popular, according to statistics from The Rhinoplasty Society and The Aesthetic Society. Rhinoplasty surgically reshapes nasal structures, such as the bridge (dorsum), the tip, or both. It can also involve narrowing the nose, adding or removing projection, or even improving the rotation of the nose. Even though people often use the phrase “nose job” when referring to rhinoplasty, that really doesn't capture the elegance and precision of the procedure.

Because of its complexity, rhinoplasty is best performed by plastic surgeons with unique qualifications and training to perform surgery on the head and neck. Dr. Narasimhan, for example, is certified by both the American Board of Plastic Surgery and the American Board of Otolaryngology. He is also a member of the international organization The Rhinoplasty Society. These types of qualifications are important to note when researching a rhinoplasty surgeon.

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Why Do You Want Rhinoplasty?

Most rhinoplasty patients want to improve the appearance of 1 or 2 aspects of the nose's appearance. For example, someone might say they don't like the hump on their nose or feel the tip is too big. Not all patients' concerns are cosmetic. Some have difficulty breathing through their noses, while others suffered trauma to the nose.

A rhinoplasty treatment plan can encompass both functional and cosmetic concerns. What sets rhinoplasty apart from other facial plastic surgery procedures is it actually changes the proportions of the face, chin, mouth, and eyes. And this can be life-changing!

What Can I Expect?

A plastic surgery consultation can feel a bit intimidating for some patients. Our entire team wants you to feel comfortable and relaxed from the moment you first contact us to when you sit down to discuss your cosmetic concerns with Dr. Narasimhan.

We incorporate computer simulation as part of the consultation process, which helps communicate your potential rhinoplasty results. After the consultation, we schedule your surgery and maintain close communication both before and after the procedure through our patient care coordinator. We want to ensure you follow the post-op instructions to ensure the recovery process goes smoothly.

During the first year after surgery, we schedule 4 to 5 follow-up appointments and yearly appointments after that.

Choosing a Surgeon

Word-of-mouth referrals from a friend or family member are helpful when selecting a plastic surgeon, but many patients rely on the internet to find rhinoplasty surgeons. This can include visiting the surgeon's website and reading reviews posted by previous patients on reputable, independent websites. Before and after photos are another tool to use during the search process. The surgeon's website is often the patient's first contact with a particular practice.

The internet can be helpful and very informative, but patients need to be able to filter honest and useful information. Use the checklist below when searching for a surgeon:

- 1) Is the surgeon certified by the American Board of Plastic Surgery or the American Board of Otolaryngology? The American Board of Medical Specialties (ABMS)—the governing board and gold standard for certification—recognizes these boards. Other boards exist but don't have such rigorous standards. This is not the only requirement when choosing a surgeon but is a bare minimum initial qualification. Visit <https://www.certificationmatters.org/find-my-doctor/> to confirm a surgeon's certification.
- 2) Is the surgeon's website easy to navigate, and does it include useful information about the rhinoplasty procedure, the recovery process, and the surgeon?
- 3) How often does the surgeon perform rhinoplasty? Many surgeons perform multiple types of surgery, but rhinoplasty should be a regular part of their practice.
- 4) Is there a gallery of rhinoplasty before and after photos to view their work?

What Happens During Your Consultation?

During the consultation process, we assess your goals and determine the proper surgical plan. Our patient care coordinator greets you on your first visit and obtains a preliminary medical history. We also take medical-quality photos from multiple angles. These help with pre-surgical planning.

Dr. Narasimhan then meets you, reviews your specific cosmetic concerns, and discusses the procedure and recovery process. He may also perform a computer simulation that allows you to view possible changes. Before leaving, you'll meet with our practice manager to learn about the cost of the procedure and scheduling. The process typically takes about 45 minutes to an hour.

Computer Simulation

We use the computer simulation process to foster open and honest communication between you and Dr. Narasimhan. During all rhinoplasty consultations, we take 6 photographs showing different views of the nose. Dr. Narasimhan then morphs these images to create several simulated views. This is a dynamic process that the surgeon adjusts by listening to the patient's goals and understanding what is surgically attainable. It is a fun, interactive, and helpful process to see what your nose might look like! Dr. Narasimhan performs the simulations himself.

What Happens Before, During, and After Rhinoplasty?

Before Surgery

Staying healthy by exercising regularly and consuming a nutritious diet in the weeks leading up to surgery can help you recover more quickly and minimize the risk of complications. We strongly recommend not smoking or using any nicotine products, such as certain vaping substances and chewing tobacco. Besides being unhealthy, smoke produced by these products can dry the nose and impair healing.

It's also important to stop using any over-the-counter products that thin the blood, such as herbal medications, ginkgo, garlic tablets, fish oil, omega-3, and vitamin E supplements. This helps prevent excessive bleeding and bruising after the surgery. Rhinoplasty results in swelling and bruising, and we want to minimize these issues.

We provide an arnica gel to use on your skin before the procedure to help with postoperative bruising. It's also important to not eat or drink anything the night before your procedure.

Surgery

Dr. Narasimhan performs rhinoplasty surgery at an accredited surgery center. You'll meet with the anesthesiologist on the morning of surgery to have an IV placed and discuss your medications and history. Dr. Narasimhan briefly meets with you to mark your nose and have you sign additional consent forms for the procedure. Rhinoplasty typically takes 1 to 2 hours to perform.

After Your Surgery

Initially, the most important thing you can do is to ICE YOUR EYES after the surgery and keep your head elevated. We provide patients with a kit of items, including ointment, cotton swabs, and saline spray for use after the procedure. We'll remove the external cast a week after the surgery, in addition to any stitches or splints used. Dr. Narasimhan instructs patients on how to tape the nose, which helps reduce postoperative swelling and scar tissue formation. We'll schedule follow-up appointments for 1 month, 3 months, and 6 months.

Recovery After Rhinoplasty

Rhinoplasty recovery occurs in phases, with the initial healing process taking about 1 to 2 weeks. At that point, most patients can return to work or school. Most of the initial bruising and swelling resolves within 2 weeks. You'll see some initial results at this point.

Residual swelling, however, can take 12 to 18 months to resolve completely. That's when you'll see the final outcome of the surgery.

Frequently Asked Questions

Q. Is the surgery painful?

A. Rhinoplasty, in general, is not a very painful procedure. The main discomfort comes from stuffiness and congestion inside the nose during the recovery. We treat patients with oral steroids and advise them to ice their eyes for a week after surgery.

Q. How swollen will I be, and when will I feel comfortable in public?

A. Even though some residual swelling can take more than a year to resolve, most patients look relatively presentable within a few weeks. You can expect the bulk of swelling to be gone within 2 to 3 months.

Q. How long before I can work out after rhinoplasty?

A. We recommend you wait 6 weeks before engaging in strenuous physical activity. You should avoid contact sports for at least a few months.

Q. Can rhinoplasty treat a deviated septum?

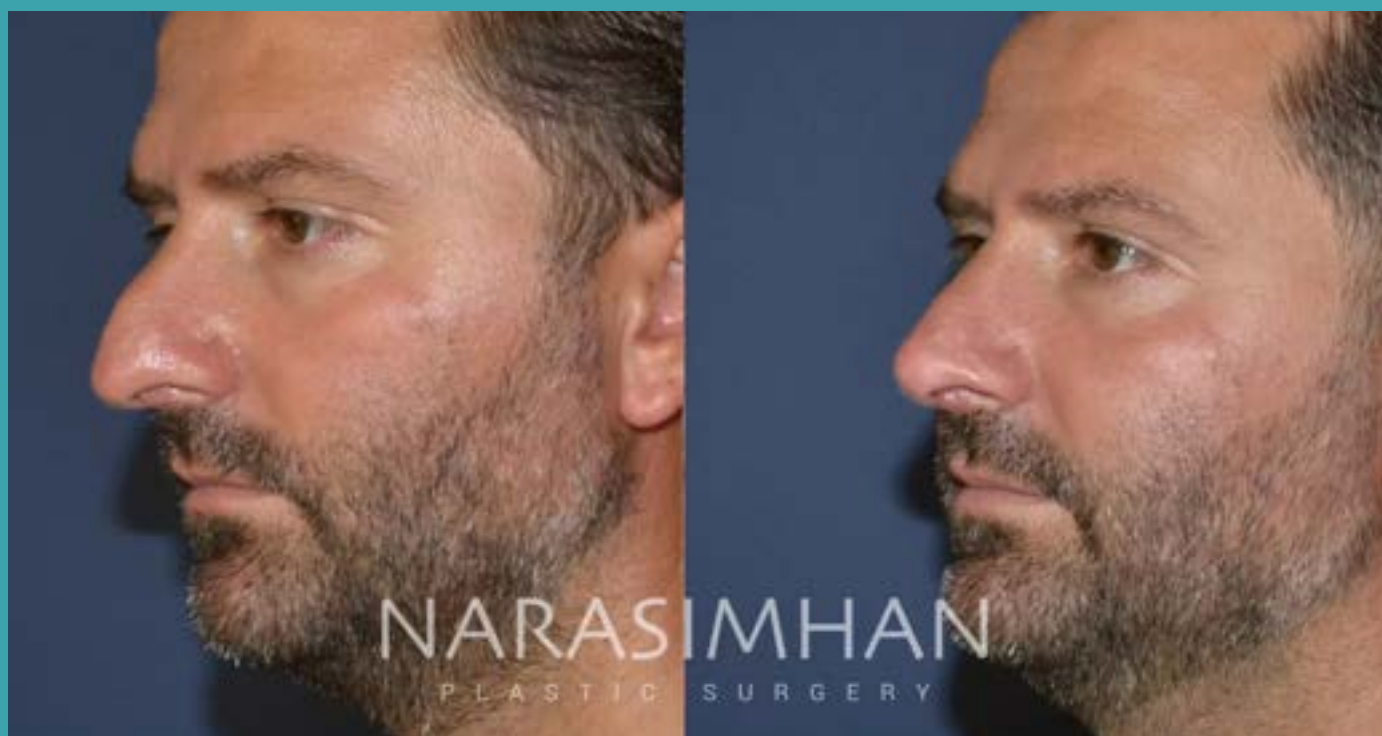
A. Correction and straightening of a deviated septum can be part of rhinoplasty. The septum is always addressed during the procedure.

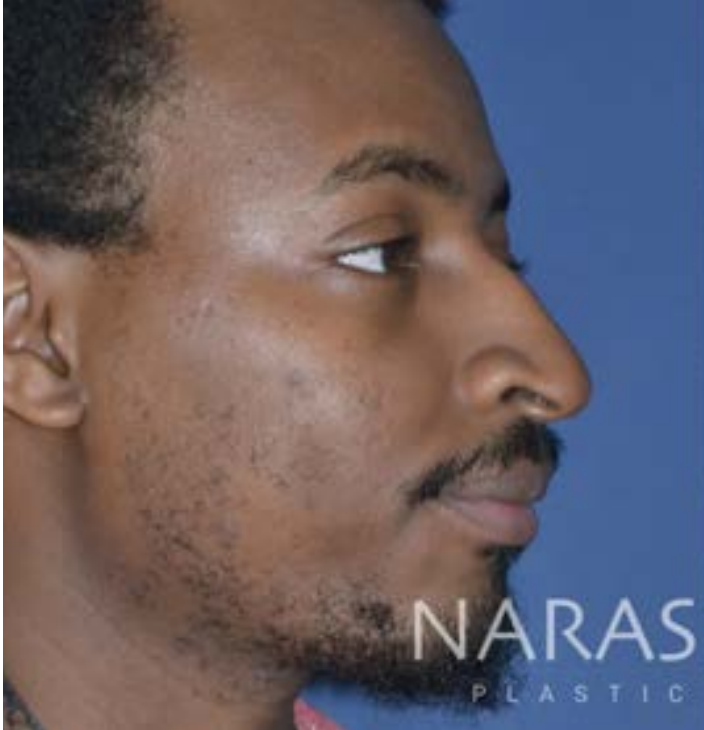
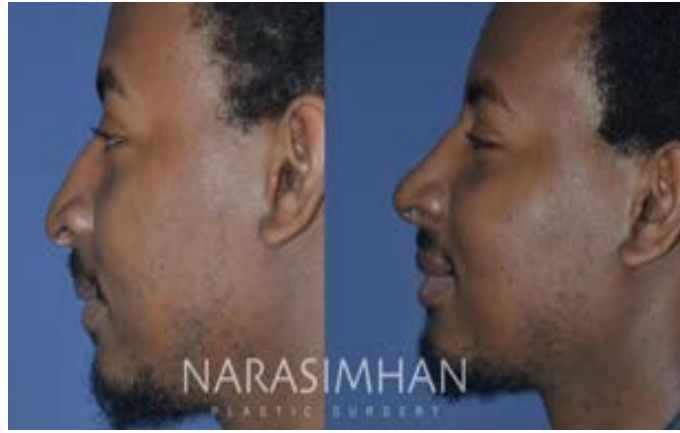
Q. What is “nonsurgical rhinoplasty?”

A. This procedure involves using filler to mask or hide irregularities in the nose. There is minimal downtime, and it can be done in the office. However, fillers cannot achieve everything surgery can achieve regarding the shape or size of the nose. It's also a temporary treatment that requires periodic filler injections to maintain the results.

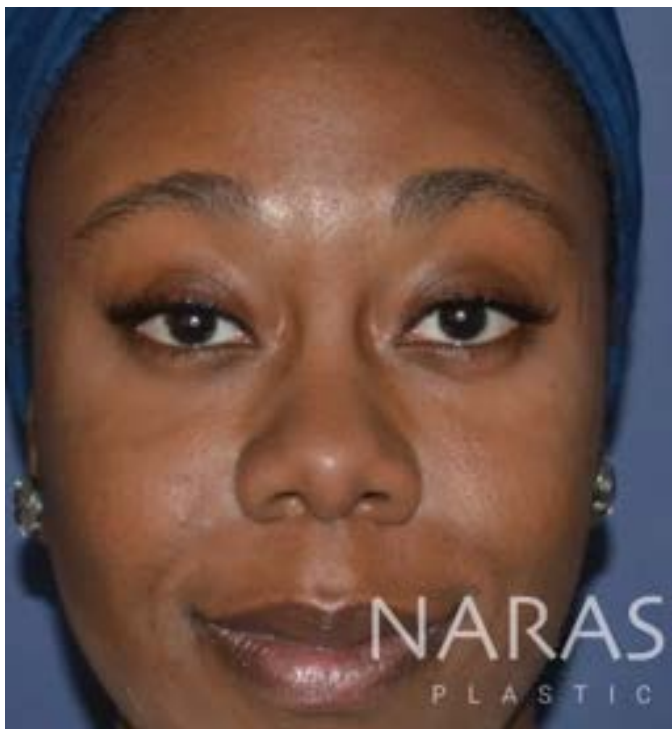
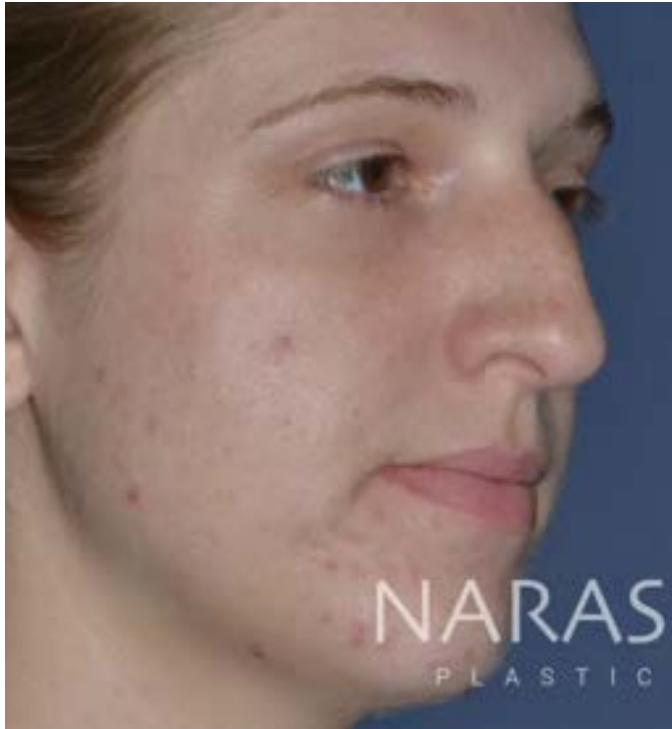


Here are some of our favorite before and after photos









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Addendum
Cutting Edge-Technology and Innovation
at Narasimhan Plastic Surgery

Ultrasonic Rhinoplasty

Dr. Narasimhan performs bone reshaping using the ultrasonic piezotome. He is thrilled to be one of few providers nationally to be using the most cutting edge technology for his Tampa, Clearwater, St. Petersburg, and Florida rhinoplasty patients. Dr. Narasimhan is a leader and national lecturer/instructor in facial plastic surgery and rhinoplasty. Dr. Narasimhan believes his patients deserve the most modern and innovative technology to receive the best results in nasal reshaping surgery. The piezotome ultrasonic device presents a safe, efficacious, and beneficial tool to improve the results of rhinoplasty patients worldwide.

Ultrasonic rhinoplasty, uses a handheld vibrating mechanical device to help reshape the patients' bone and cartilages. It represents an evolution in instrumentation. Ultrasonic rhinoplasty can be used for a wide nose, asymmetries in the nose, and for removing a large hump on the bridge of a nose. It can also be used to perform septoplasty and harvest cartilage grafts from the septum.

- The old method of instrumentation for rhinoplasty involves archaic and old-school chisels and hammers, which have been utilized for hundreds of years. Chisels can lead to irregular breaks in the bone and occasional deformities. While the old instruments work, the ultrasonic device in Dr. Narasimhan's practice sculpts the bone in a more precise manner, without breaking the bones.
- The Piezotome ultrasonic device uses a vibrating ultrasound technology to finely cut and saw bone. It is similar to the fine instrumentation used in dental and oral surgery. The efficiency is like using an electric saw versus a handheld saw to cut wood.
- The softness and the precision of ultrasonic technology allows for greater precision for open or closed rhinoplasty. Nasal bones do not need to be broken, they can be filed down efficiently. This is all done very atraumatically.
- Piezo ultrasonic rhinoplasty can remove a large hump on the bridge, narrow the nose, and perform septoplasty.

Other benefits of ultrasonic rhinoplasty...

In older patients, bones can be sculpted in a more precise and softer way, without breaking them.

- Bruising can be less, recovery is quick and patients have been outcomes.
- Dr. Narasimhan uses the device to allow high-frequency ultrasonic waves directly to the nasal bone, allowing him to remove specific bone fragments and rigid cartilage

Piezo ultrasonic technology can be utilized in both open rhinoplasty and closed rhinoplasty. Bones that are not inadvertently fractured or splintered standard, older rhinoplasty instruments.

In Many Cases,

Ultrasonic Rhinoplasty can be performed through a closed, scarless approach.

- Candidates For Piezo Ultrasonic Rhinoplasty Candidates for ultrasonic rhinoplasty are individuals who desire improve the size and/or shape of their nose.
- Piezo Ultrasonic Rhinoplasty Recovery The healing process posted following ultrasonic rhinoplasty is more better than traditional rhinoplasty; While Dr. Narasimhan emphasizes a 6 week recovery, often patients undergoing piezo rhinoplasty see their final results sooner than traditional rhinoplasty.Piezo
- Ultrasonic Rhinoplasty in Tampa bay, Fl with Dr. Narasimhan Dr. Narasimhan is a Board-Certified Plastic Surgeon and national rhinoplasty expert. Contact us today to schedule your personal consultation and find out if Piezo ultrasonic rhinoplasty is a right option for you.

Preservation Rhinoplasty

At Narasimhan Plastic Surgery, we strive to perform the highest quality and cutting edge techniques and are proud to bring the technique of preservation rhinoplasty to our practice. As a clinical instructor at Rhinoplasty symposia like the Dallas Rhinoplasty Meeting, Dr. Narasimhan is an expert in world-class nasal reshaping surgery and providing his patients the best patient outcomes, quality, and experience with a good recovery.

What is preservation rhinoplasty

Preservation rhinoplasty describes a new breakthrough and philosophy in rhinoplasty or nasal reshaping in which many of the natural elements of the nose such as the nasal tip cartilages, and the bridge of the nose are not taken apart or destroyed but rather reshaped and altered to ensure function and stability of the nose.

Instead of destroying the cartilage structures of the nose and then rebuilding, we are maintaining the structural integrity of the nose while modifying specific aspects of the bridge and tip to improve nasal aesthetics. The result is better recovery and better outcomes, particularly in the nasal tip and the dorsal aesthetic lines (nasal lines along the side of the nose)

Traditional, older methods of rhinoplasty are more destructive. In order to reduce a dorsal hump (hump on the bridge of the nose), traditional techniques rely on completely taking apart the bone and cartilage then reconstructing. The problem is that this complex area of the bridge (keystone) has complex anatomy and healing can be variable. As a result, there can be unpredictability with using traditional methods.

By contrast, preservation involves maintaining the important relationships of the bone and cartilage. The whole nose is mobilized and repositioned thus achieving a more natural aesthetic look to the nose. Dr. Narasimhan is board certified in plastic surgery and ENT, and an active member of the rhinoplasty society. Ask Dr. Narasimhan about preservation rhinoplasty today!



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