

## Patient's Guide to Rhinoplasty from Dr. Jae Kim

### What Is Rhinoplasty?

Rhinoplasty, commonly known as a "nose job," is a surgical procedure that reshapes and restructures the nose. It can change the nose's appearance by altering the bone, cartilage, skin, or all three. Common reasons people seek Dr. Jae Kim for rhinoplasty include:

- Removing a bump on the nose
- Changing the height of the nasal bridge
- Changing the projection, rotation, and shape of the nasal tip
- Narrowing large nostrils
- Straightening a crooked nose
- Improving breathing issues



### Choosing Your Rhinoplasty Surgeon

Selecting a qualified, board-certified plastic surgeon with extensive rhinoplasty experience like Dr. Jae Kim is crucial for achieving your desired results. Look for a surgeon who:

- Is certified by the American Board of Facial Plastic and Reconstructive Surgery or the American Board of Plastic Surgery
- Performs surgery at accredited medical facilities
- Provides before and after photos of other rhinoplasty patients
- Makes you feel comfortable discussing your rhinoplasty goals

### The Consultation

During the consultation with Dr. Kim, be prepared to discuss your motivations, concerns, and desired outcome for the surgery. He will evaluate your nasal anatomy and may use computer imaging to preview potential results. Be upfront about any breathing issues, previous nasal injuries, or medical conditions.

## Types of Rhinoplasty

There are two main approaches to rhinoplasty:

- Open Rhinoplasty - an external incision is made across the columella (the skin between the nostrils) to allow more complete visualization of the entire nasal structure during surgery. This approach may increase swelling and recovery time.
- Closed Rhinoplasty - all incisions are made inside the nostrils to reduce swelling and operating time. This approach may not be suitable for certain outcomes.

Dr. Jae Kim performs both techniques and will make recommendations according to what best suits your desired rhinoplasty outcome.

## Preparing for Surgery

Rhinoplasty is a potentially life-changing surgery. As much as Dr. Kim reviews your goals and his approach to your surgery before the date of surgery, you want to be prepared physically, mentally, and emotionally.

Reinforce your support system, especially friends and family who will help take care of you as you recover.

Trust in your surgeon. Dr. Jae Kim will do his very best for you in the operating room and address any and all concerns during the healing process, in addition to all of the scheduled postoperative followup visits.

Eat healthy foods. In particular, increase protein intake for improved healing, as well as fruits and vegetables for vital minerals and antioxidants. Eating pineapple before surgery and during recovery will help decrease swelling and bruising. The fruit is better than juice, as the juicing process may break down nutrients that are good for your healing.

Avoid certain medications that will increase your likelihood of swelling and bleeding. Common medications to avoid are Aspirin, Warfarin, Eliquis, and other blood thinners. These also include supplements including fish oil, ginger, ginkgo biloba, vitamin E, and others. For a more complete list, see the [following](#). If you have chronic medical conditions that you take medication for, you may need further guidance from your primary doctor about how long before surgery to stop and when to restart your medication.

Stop smoking at least four weeks before and four weeks after. Nicotine severely inhibits the healing process after surgery and is potentially dangerous when considering rhinoplasty.

## What to Expect the Date of Surgery

Rhinoplasty is typically an outpatient procedure performed under general anesthesia. The surgery involves sculpting the underlying bone and cartilage to reshape the nose. You will wake up with a cast and tape over the nose, as well as splints inside the nose to help with the first few days of healing.

## Recovery

After surgery, you can expect:

- Bruising and swelling around the nose and eyes for 7-10 days
- Stuffiness and drainage from the nose for a few days
- Avoiding strenuous physical activity for 3 weeks
- Not wearing glasses for 4 weeks
- Wearing a cast and splints for the first week



During the first week, Dr. Kim recommends diligent irrigation of the nostrils during the first week to reduce stuffiness and mucus buildup. Also refrain from blowing your nose, and make sure to sleep in a recliner with your head elevated. Dr. Kim's surgery gift bag will include a nasal irrigation kit and some other supplies.

You can expect to return to normal life (minus strenuous exercise) in about one week. It can take up to a year, sometimes longer, for all residual swelling to subside and see your final rhinoplasty results.

## Risks and Considerations

Like any surgery, rhinoplasty comes with risks like infection, bleeding, numbness, scarring, and the potential for revision surgery. Choosing an experienced surgeon like Dr. Jae Kim and following pre-op and post-op instructions can help minimize complications.

Rhinoplasty is a highly personal decision. By understanding the procedure, finding a qualified surgeon, and having realistic expectations, you can make an informed choice about pursuing a nose job. To learn more and schedule a consultation with Dr. Jae Kim, a double board-certified facial plastic surgeon, please visit [www.jaekimmd.com](http://www.jaekimmd.com) and let's start your rhinoplasty journey!