

# HE KNOWS RHINOPLASTY...

## When is the best time for rhinoplasty?

Just like any cosmetic surgery, this is truly a personal choice. Anyone interested in rhinoplasty surgery should be old enough to understand the risks and benefits of rhinoplasty surgery. The patient should also be done growing—performing rhinoplasty too early could lead to unexpected changes to the nose. Lastly, the patient should be prepared for the recovery period, which lasts 1-2 weeks. For this reason, most patients prefer to wait until they have time off from school or work.

## How do we know what my nose will look like?

During your consultation, Dr. Daraei will discuss the specific attributes of your nose that make it unique. Depending on your goals, you and he will discuss what changes can be made in a safe and aesthetically appealing manner. We will also take photos before you sit down with Dr. Daraei. During the consultation, he will review the photos with you and use photo-editing software to make changes. This way, both you and Dr. Daraei can discuss your goals in a visual, transparent manner.

## How long is the recovery process?

Each patient has a different recovery course. After surgery, you will have a splint on the outside of your nose, holding the bones and cartilage in place as you heal. This splint is removed 1 week after surgery. At that one-week appointment, some of the swelling will have subsided. Bruising is variable, but if it occurs, it is usually

“My patient’s dreams are the driving force for everything I do.”

mild and around the lower eyelids. Once the splint has been removed, swelling will slowly decrease over the next few weeks to months. Depending on the type of rhinoplasty, skin type, and other patient characteristics, mild swelling may last up to 6 months to a year.

## Who is a good candidate for a rhinoplasty?

There are two main reasons why people want a rhinoplasty: to improve the shape of their nose and to improve their breathing. Patients should be realistic about their overall goals, what they wish the shape of their nose to be, and how it fits the face. Patients who are interested in rhinoplasty should be in overall good health. Some patients with bleeding disorders or other soft tissue disorders may not heal well, and this will be discussed during your consultation.

## What risks are involved?

Just like any surgery, there are risks associated with rhinoplasty surgery. However, risks with rhinoplasty are few and far between. Often, the goal of rhinoplasty surgery is to improve the shape of the nose and improve breathing. However, sometimes changing the shape of the nose can worsen breathing. Other risks include mild irregularities in the bone and cartilage, numbness, nosebleed, and rarely, infection. Because of these risks, it's important to have an open and transparent conversation with your surgeon to understand fully the risks of your individual situation.

## ATLANTA'S NOSE GUY Paul P. Daraei, MD



### EDUCATION:

**MEDICAL SCHOOL:** Emory University School of Medicine

**RESIDENCY:** Otolaryngology, Department of Head & Neck Surgery, Emory University School of Medicine

**BOARD ELIGIBLE:** American Board of Otolaryngology - Head and Neck Surgery

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