

## Rhinoplasty.

Rhinoplasty is an effective way to improve your appearance and it gives a boost to your self-confidence. Rhinoplasty surgery is not done only for cosmetic reason. It can correct breathing troubles, chronic stuffiness, post-nasal drip and even snoring. But this kind of surgery is not suitable for everyone. People with overall good health and having realistic expectation from their rhinoplasty achieve best result. Sometimes it is combined with other surgical procedure to achieve better results. Patients who understand the possibilities and limitations of the procedure become satisfied and pleased with their results.

Rhinoplasty is a procedure intended to improve your physical appearance and eliminate nasal problems. Many times people feel uncomfortable about the way they look; rhinoplasty makes them feel good about themselves. Newer techniques have developed which makes the procedure easy and safe with fewer side effects. Today it is one of the most popular facial surgeries. Depending on the patient's case and the surgeon, rhinoplasty approach varies. There are many types of rhinoplasty techniques and options available in the market.

The cost involved is a very important thing to consider. Cost can vary depending on the surgeon and type of rhinoplasty you are undergoing. The most accurate way of learning about the cost is to set up a consultation with the surgeon. Most of the surgeons offer free consultation while some charge for it. Some of the insurance company sponsors the consultation fee if rhinoplasty is done due to health problems. During the consultation you can take with you a picture of what you would like to look like after the surgery. This will help the doctor to evaluate your case and advise you accordingly about the cost required. Some surgeons use computer imaging to show how your nose will look like after the surgery.

Before undergoing rhinoplasty you should know what to expect from it including length of healing and recovery time. You need to take special care after the surgery. Generally the patients are returned home immediately after surgery. Most surgeons prescribe antibiotics and pain medications post-surgery. Cold compresses are recommended for 1 or 2 days after surgery followed by alternate hot and cold compresses for 1 or 2 weeks after surgery. You should apply sunscreen and protect your nose from the UV rays as they prevent healing. There are external sutures that are removed 4 to 5 days after surgery. The external cast is removed after one week and the internal stents within 2 weeks of the surgery. The bruise usually lasts two weeks and there is moderate shifting and settling of the nose over the first year.

You can also avail a non-surgical process of rhinoplasty if it suits you. It is performed in the outpatient basis without anesthesia. The most common type of this is injecting some substance that reshapes the nose. The results may last up to several months after which you have to redo the process. Another method is to use some flexible nose inserts that will help to restructure the nose when worn.

## About the Author

William Hall is the author of this article on [Rhinoplasty](#). Find more information about [Rhinoplasty Surgery](#) here.

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