



Brief Guide to Rhinoplasty

“Everything you need to know about
aesthetic nose surgery.”

Dr. Gabriel Tamburini



Dr. Gabriel Tamburini

Via S. Luigi Versiglia, 36
62012 - Civitanova Marche (MC)
Tel. +39.333.8315560
E-mail: info@gabrielamburini.it

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Rhinoplasty

Introduction

Rhinoplasty, or nose surgery, is one of the most requested and at the same time most delicate procedures in aesthetic surgery. Many patients approach this choice with curiosity, but also with doubts and fears. The information available online is often contradictory or incomplete, leaving those interested in surgery with more questions than answers.

A well-designed brochure can make a difference: it offers a complete and accessible guide, explaining clearly the various aspects of rhinoplasty. From the initial consultation phase to post-operative care, our goal is to provide all the necessary information to face the journey in an informed and calm manner.

This material will help you understand:

- **How the nose works** and what role it plays in breathing and facial aesthetics
- **Modern surgical techniques** and what to expect from an aesthetic and functional perspective
- **Recovery times, potential risks**, and how to minimize them with good preparation and post-operative care
- **Myths to debunk** and answers to the most common questions

A crucial aspect of rhinoplasty is transparency. A well-structured brochure can clearly and thoroughly illustrate the process of selecting a surgeon, providing guidance on how to identify a qualified and trustworthy professional. It can also clarify the costs associated with the procedure, the most modern surgical techniques available, and the differences between aesthetic and functional approaches. This level of clarity allows patients to make informed and realistic decisions, understanding both the potential benefits and the limitations of rhinoplasty.

Finally, a brochure of this kind helps build trust between doctor and patient. Clear and transparent communication demonstrates the

commitment of the surgeon or clinic to the patient's overall well-being, helping them feel welcomed and understood throughout the entire process. This approach not only reduces pre-operative anxiety, but also promotes a calm and informed collaboration.

Before delving into the details of the procedure, it is essential to understand how the nose is structured and what functions it performs.

1 ANATOMY AND FUNCTIONING OF THE NOSE

The nose is a complex structure that combines both aesthetic and functional aspects and is divided into several fundamental components.

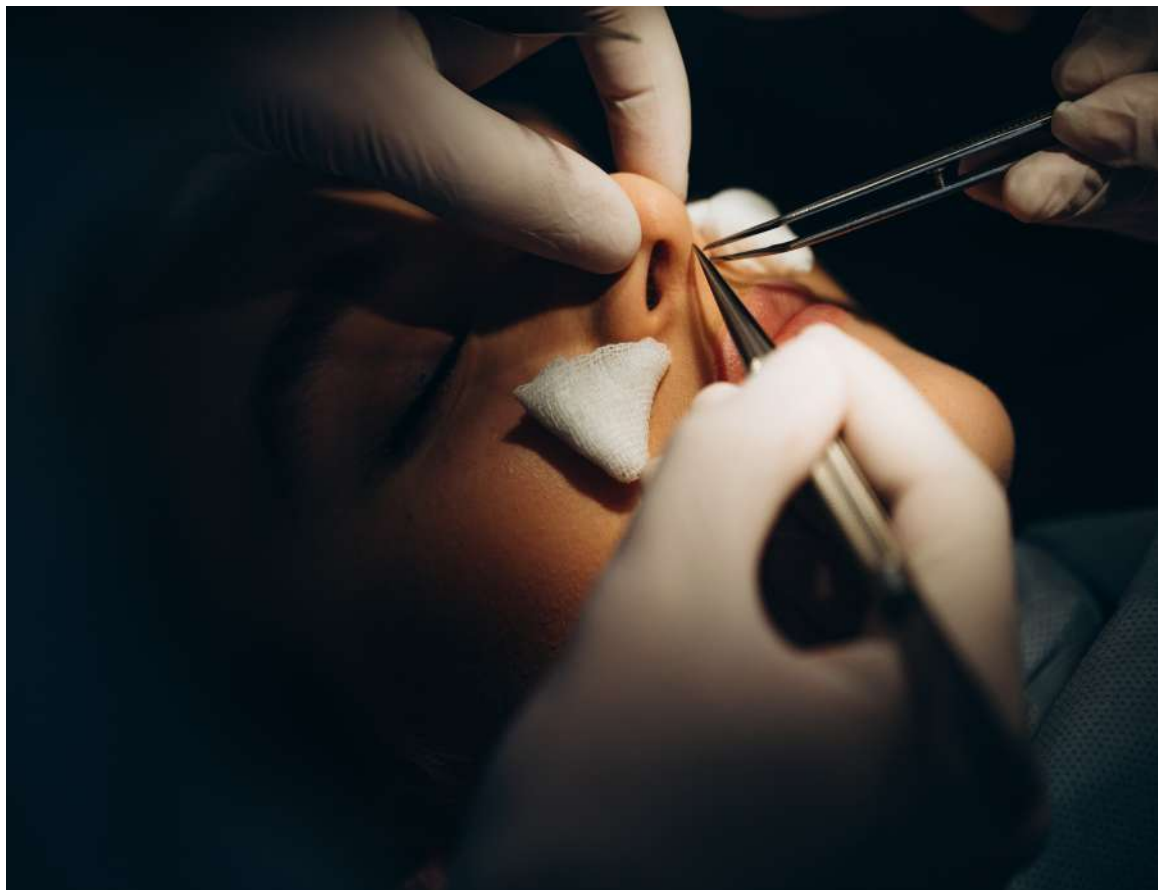
The **nasal pyramid**, which constitutes the visible part of the nose, is formed by a combination of bone and cartilage. Its base includes the nostrils, while its apex corresponds to the nasal root, located at eye level. The upper portion of the pyramid is more rigid, thanks to the presence of the nasal bones and the bony projections of the skull, which provide stability and protection. In the lower portion, the alar cartilage makes the nose more flexible and moldable, allowing a certain degree of mobility and adaptability in facial expressions.

Internally, the nose consists of two nasal cavities, separated by the nasal septum, a thin structure that is made of cartilage in its anterior portion and bone in its posterior portion. The nasal cavities are lined with mucous membranes and cilia whose function is to filter, humidify, and warm the inhaled air, protecting the lungs from harmful external agents such as dust and bacteria. These tiny cilia trap particles, which are then expelled or swallowed.

The nose is also the primary organ of smell, thanks to the olfactory receptors located in the upper part of the nasal cavities. These receptors capture odor molecules and transmit signals to the brain, where they are interpreted as smells.

The connection between the external structure of the nose (the nasal pyramid) and its internal functioning is crucial: proper conformation of the nasal septum and cavities ensures optimal airflow, while the cilia and mucous membranes protect against infections and irritation. These aspects are particularly important

not only for respiratory health, but also for overall quality of daily life, linked both to olfactory function and facial aesthetics.



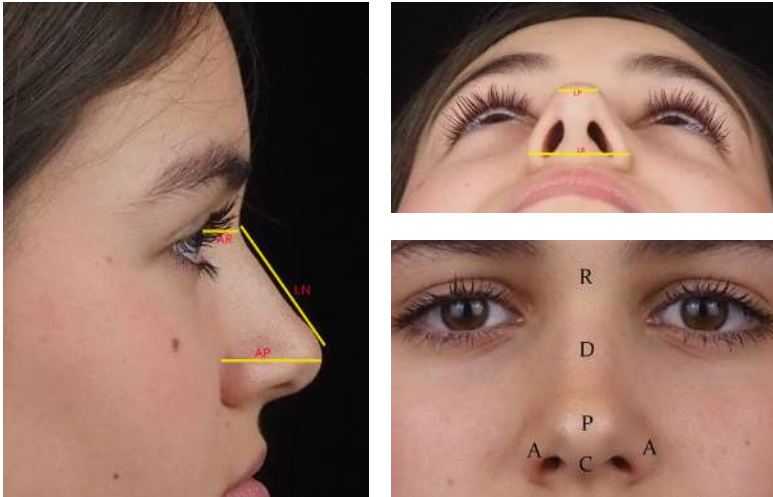
2 HIGH, LOW, WIDE, NARROW, LONG, SHORT... TAILOR-MADE!

How can one define whether a nose is long, short, narrow, or wide? People often wonder what parameters are used to evaluate the size of the nose, and the answer is not as simple as it may seem. The nose cannot be evaluated in isolation; it must always be considered in relation to the overall proportions of the face, the person's sex, and body stature. Every face has unique characteristics, so a nose that may appear large on a small face could instead be perfectly proportioned on a larger face.

To fully understand these differences, it is essential to know how a

nose is measured.

In simple terms, nasal measurements can be divided into two heights, one length, and two widths:



- Height of the nasal root (AR)
- Projection of the nasal tip (AP)
- Length of the nose from root to tip (LN)
- Width of the nasal tip (LP)
- Width of the alar base (LB)

Unlike standard measurements such as blood pressure, there are no universal values that define an ideal nose. Each person has a unique physiognomy, and there is no “perfect nose” that suits everyone. For example, a man who is 1.90 meters tall with an elongated face will require a nose proportionate to his dimensions.

Moreover, it is important to remember that excessively reducing the size of the nose through surgery can create functional problems, such as breathing difficulties. For this reason, it is essential to find a balance between aesthetics and functionality.

In summary, the perfect nose does not exist; there is only the nose that best integrates with your personality and your face. Think of

rhinoplasty like a tailor-made suit: perfect for you, not for someone else.

3 THE MOST COMMON NASAL DEFORMITIES

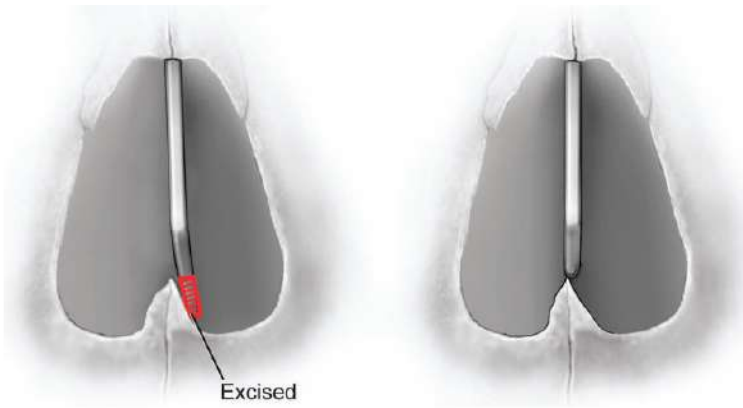
In addition to its complex structure and function, the nose may present various deformities that affect both breathing and facial appearance. These anomalies may be congenital, related to genetic factors, or caused by trauma such as accidents or complications during childbirth. Some nasal deformities may also develop as a result of infections or cumulative damage over time.

These conditions include deviations of the nasal septum, irregularities of the profile or the nasal tip, each with specific characteristics and consequences that can range from breathing difficulties to alterations in facial harmony.

- **Deviated nasal septum:** the septum separating the two nostrils is displaced to one side, causing breathing difficulties and congestion.
- **Nasal hump:** a bony or cartilaginous prominence on the nasal bridge, often inherited, which can affect the appearance of the profile.
- **Saddle nose:** a depression of the nasal bridge, usually due to trauma or infection, resulting in a “sunken” appearance.
- **Drooping nasal tip:** the tip of the nose lowers, especially when smiling, giving an aged or heavy appearance.
- **Wide or asymmetrical nostrils:** differences in size or shape of the nostrils, which may be congenital or acquired, affecting facial aesthetics.
- **Overly wide nose:** the width of the nasal bridge or nostrils is disproportionate to the face, often due to genetic factors.
- **Crooked nose:** the nose appears visibly deviated laterally, often due to trauma or congenital anomalies, altering facial

symmetry.

- **Bulbous tip:** the nasal tip is round or excessively large compared to the rest of the nose, due to excess cartilage.
- **Aquiline nose:** the nasal bridge forms a pronounced curve, giving a “hooked” appearance, usually congenital.
- **Overly short nose:** the nose appears disproportionately short relative to the rest of the face, compromising facial harmony.
- **Hanging columella:** the columella (the strip of skin between the nostrils) protrudes downward beyond the nostrils, creating a disharmonious appearance.
- **Wide nasal root:** the base of the nose near the eyes is excessively wide, affecting facial balance.



Left deviated nasal septum.



Drooping tip

A closer look at the procedure

1 WHAT DOES “RHINOPLASTY” MEAN?

Let us begin with its etymology: the word rhinoplasty comes from Greek and literally means “to shape the nose.” However, this definition does not fully capture the complexity of the procedure. A more accurate description would be aesthetic, reconstructive, and functional nasal surgery, as the appearance and function of the nose are closely interconnected.

The goal of a well-performed rhinoplasty is twofold: to improve the harmony between the nose and the rest of the face, and to ensure optimal breathing. Thanks to modern surgical techniques, it is now possible to achieve natural, highly personalized results.

From a medical standpoint, **rhinoplasty is considered an elective procedure**. This means that the decision to undergo surgery should be made calmly and consciously, without any sense of urgency.

By contrast, certain surgical procedures are classified as emergencies. For example, the presence of a foreign body in the throat requires immediate intervention to prevent serious risks such as suffocation.

Rhinoplasty, however, is never an emergency. On the contrary, it requires careful and meticulous planning to ensure the best possible aesthetic and functional outcomes.

2 WHY UNDERGO RHINOPLASTY?

The decision to undergo rhinoplasty is usually the result of deep and personal reflection. The reasons may vary, but they can generally be divided into three main categories: aesthetic, functional, and emotional well-being. Each individual follows a unique path, and understanding these motivations helps to appreciate how such a procedure can influence a person’s life.

a Aesthetic reasons

Many people choose rhinoplasty to improve the appearance of their nose. In some cases, this desire is related to facial proportions: a nose that appears too large, too small, or out of harmony with the rest of the face may be perceived as a flaw that negatively affects self-esteem. In other cases, congenital defects such as deformities or asymmetries present from birth may be corrected to achieve a more balanced and pleasing appearance.

These procedures not only enhance facial aesthetics but often help boost self-confidence, allowing individuals to feel more comfortable and satisfied with their appearance.

b Functional reasons

Beyond aesthetic considerations, many patients undergo rhinoplasty to address functional issues. Structural abnormalities such as a deviated nasal septum or other internal malformations can cause breathing difficulties, negatively affecting sleep quality, physical activity, and daily life.

In these cases, rhinoplasty serves not only to improve the external appearance of the nose but also to restore proper respiratory function. Additionally, accidents or trauma—such as fractures or injuries—may require surgical intervention to repair damage and restore both the form and function of the nose, ensuring complete recovery.

c Emotional well-being

In many cases, the decision to undergo rhinoplasty stems from the desire to improve facial harmony and feel more at ease with one's appearance. For some individuals, discomfort related to the shape of the nose can significantly affect emotional well-being, self-esteem, and self-confidence.

Rhinoplasty can therefore represent an opportunity to restore balance and serenity, fostering greater personal confidence. It

is essential that this choice be driven by a genuine and personal need, rather than by external pressures or the desire to conform to imposed aesthetic standards.

3 POSSIBLE TYPES OF PROCEDURES

Each procedure has its own characteristics and addresses different needs, ranging from minor aesthetic refinements to the correction of more complex deformities or breathing difficulties. Below are the main types of intervention.

● **Rhinoplasty:**

Rhinoplasty is a surgical procedure that modifies the shape and size of the nose for aesthetic or functional reasons. It may involve reducing or augmenting nasal structures, correcting deformities, or improving symmetry. The procedure can also address breathing problems by correcting the nasal septum or turbinates.

Rhinoplasty may be performed to enhance facial harmony or to resolve respiratory difficulties. Depending on the patient's needs, the surgery may be aesthetic, functional, or both.

● **Minimal or conservative rhinoplasty**

This approach aims to improve the appearance of the nose while preserving as much of its natural structure as possible and minimizing invasive changes. It focuses on small adjustments—such as reducing minor humps or improving symmetry—without drastically altering the overall shape of the nose.

The goal is to achieve satisfactory aesthetic results while preserving respiratory function and maintaining resemblance to the original nasal appearance. This technique is often preferred by patients seeking a more natural, less invasive change, with reduced risks and shorter recovery times compared to more radical rhinoplasty.

- **Traditional aggressive rhinoplasty:**

This older surgical approach involves significant alterations to the nasal structure, often requiring the removal of large amounts of bone and cartilage. While it can produce dramatic changes in nasal appearance, it carries higher risks and longer recovery times. It may compromise nasal function and, in some cases, require further corrective procedures over time.

- **Turbinoplasty:**

Turbinoplasty is a surgical procedure aimed at reducing the size of the turbinates—internal nasal structures responsible for filtering and humidifying inhaled air. When enlarged, turbinates can obstruct airflow and cause breathing difficulties. Turbinoplasty improves nasal breathing without altering the external appearance of the nose.

- **Septoplasty:**

Septoplasty corrects a deviated nasal septum, which can cause nasal obstruction and chronic congestion. The procedure straightens the septum, improving airflow through the nasal cavities and relieving associated symptoms. In some cases, it may also influence the external appearance of the nose.

- **Septorhinoplasty:**

Septorhinoplasty combines rhinoplasty and septoplasty in a single procedure. While rhinoplasty modifies the external appearance of the nose, septoplasty corrects septal deviation to improve breathing. This integrated approach optimizes both aesthetics and function in one operation and is ideal for patients seeking both cosmetic enhancement and improved respiratory function.

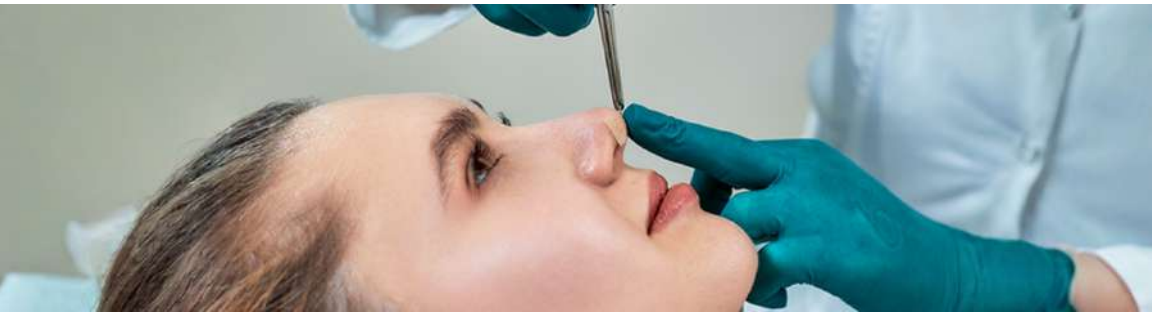


It is important to clarify that rhinoplasty, septoplasty, and turbinateplasty should not be considered separate procedures performed at different times by different specialists. Rather, they represent three components of a single, integrated surgical approach designed to provide a comprehensive solution to the patient's needs. Together, these elements work synergistically to achieve functional, reconstructive, and aesthetic goals in a balanced and effective manner.

The choice of the most appropriate surgical approach should always result from careful evaluation and shared decision-making between the surgeon and the patient.

Preparing for the intervention

Before surgery, it's essential to train with your surgeon, just like an athlete preparing for a race. The consultation is the time to plan your treatment plan, understand your needs, and choose the winning strategy.



10 Common questions before surgery

1 Will the scars be visible?

In rhinoplasty, scars are generally minimal and strategically placed to reduce visibility. There are two main surgical approaches, which differ in incision placement:

Closed rhinoplasty: all incisions are made inside the nostrils, making scars completely invisible externally.

Open rhinoplasty: involves a small incision on the columella, the narrow strip of skin between the nostrils. Even in this case, the scar usually fades well over time and becomes barely noticeable.

In both approaches, an experienced surgeon uses refined techniques to minimize scarring and promote natural, harmonious healing.

2 Is rhinoplasty suitable for adolescents?

Rhinoplasty may be considered for some adolescents, but it is essential to wait until nasal growth is complete, generally between

the ages of 16 and 18, and until adequate physical and psychological maturity has been reached.

The adolescent must have a clear understanding of the procedure and realistic expectations, free from social pressure or external aesthetic ideals. The motivation should be personal and aimed at improving well-being rather than responding to outside influences.

3 Is rhinoplasty suitable for older patients?

Rhinoplasty can address both aesthetic and functional issues related to aging, such as loss of skin elasticity and changes in nasal structures. The procedure may improve both nasal appearance and breathing, contributing to a better quality of life.

However, the patient's overall health and any pre-existing medical conditions must be carefully evaluated. Experienced surgeons adopt a personalized approach, selecting techniques tailored to each patient's needs to achieve natural results while minimizing risks and supporting optimal recovery.

4 Is rhinoplasty painful?

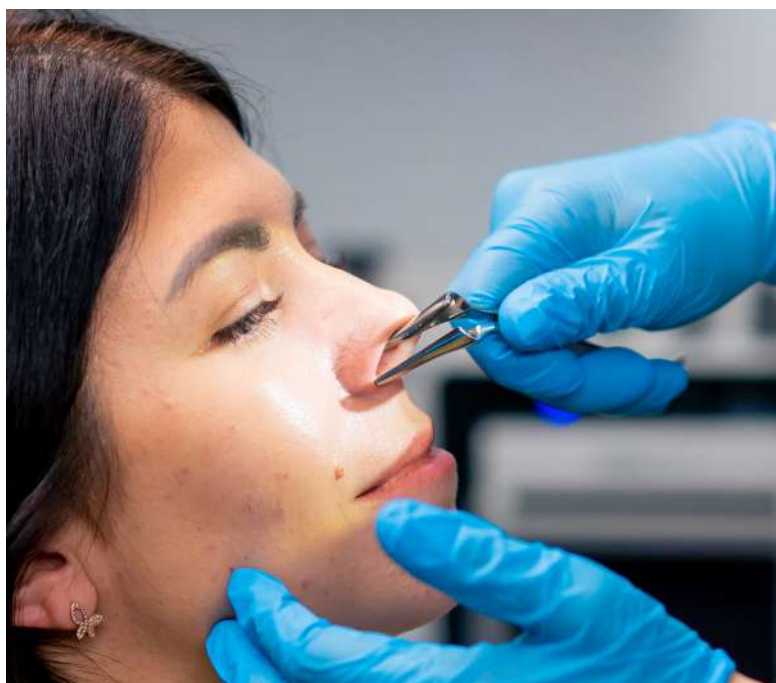
Rhinoplasty is often perceived as a painful procedure, largely due to outdated accounts from patients who underwent more invasive techniques in the past. Modern surgery, however, has made significant advances: thanks to refined instruments and less invasive methods, the procedure is now considerably less traumatic. A key factor is the surgeon's skill and delicacy during surgery. An experienced professional minimizes tissue trauma, reducing post-operative discomfort and promoting faster, more comfortable recovery.

Choosing the right surgeon is therefore essential, not only for aesthetic results, but also for a smoother, less painful surgical experience.

5 What is the recovery time?

Recovery after rhinoplasty is now much faster and more comfortable thanks to modern, minimally invasive techniques that reduce tissue trauma. While recovery time may vary slightly depending on age and physical condition, most patients can resume light daily activities within a week with minimal discomfort.

Strenuous physical activity should be avoided for about one month. Swelling and bruising begin to subside within a few days, and noticeable improvement is often seen within the first few weeks. Final results stabilize over 6 to 12 months, revealing a harmonious and natural transformation.



6 Are menstruation cycles a problem?

Menstruation itself is not a contraindication for rhinoplasty. However, patients are advised to inform the surgeon if surgery coincides with their menstrual cycle, as some women may feel more sensitive or fatigued during this period. In certain cases, the surgeon may suggest rescheduling to ensure maximum comfort.

7 Can I take oral contraceptives?

It is generally recommended to discontinue oral contraceptives before undergoing surgery such as rhinoplasty, to ensure optimal safety. Physicians often advise stopping the pill approximately four weeks prior to surgery and resuming it after recovery. Personalized guidance should always be discussed with both the surgeon and the patient's primary physician.

8 How much does it cost?

Surgical costs are generally divided into three main categories:

- Surgeon's fees
- Anesthesiologist's fees
- Costs related to hospitalization, medications, consumables, and operating room use

Post-operative follow-up visits are typically included and do not incur additional costs, providing ongoing support throughout recovery.

Payment is usually required a few days before surgery or upon hospital admission, allowing for efficient administrative management and enabling the patient to focus fully on their health and recovery.

9 Could a second surgery be necessary?

In rare cases, a second procedure—known as revision or secondary rhinoplasty—may be required. This usually occurs if the initial results do not meet aesthetic expectations or if complications arise. When the primary surgery is properly performed, revision procedures are typically less complex and focus on targeted refinements.

10 Is rhinoplasty suitable for everyone?

Rhinoplasty is highly customizable and suitable for many individuals, but not for everyone. Candidates must have realistic expectations and personal motivation. Surgeons evaluate factors such as age,

general health, and nasal structure to determine suitability. Clear communication between patient and surgeon is essential to achieve satisfactory results. With proper consultation and preparation, rhinoplasty can positively enhance self-perception and confidence.

Other aspects worth addressing...

Listening to understand: the role of communication

It is not uncommon for patients to want to improve the appearance of their nose or face but struggle to articulate exactly what they wish to change. In such cases, it is crucial for the surgeon to guide the patient through a calm and thorough dialogue to understand their true expectations.

When uncertainty exists, there is a risk that decisions may become unilateral and misaligned with the patient's real needs. Collaboration and communication therefore remain fundamental pillars of successful surgery.

When is the right time for surgery?

Scheduling surgery requires careful consideration of timing. Important commitments—such as work deadlines, exams, or tropical vacations—should be avoided immediately after surgery. Activities like sports competitions, sun exposure, motorcycle riding, and swimming should be postponed for about one month.

How to behave after surgery



a Waking up

After the procedure and upon awakening under the anesthesiologist's supervision, it is important to calmly follow a few simple measures to make the first post-operative hours as comfortable as possible. To begin with, you will need to breathe through your mouth, since your nose will be temporarily blocked. Do not worry, this is completely normal. Try to keep your mouth slightly open to make breathing easier.

As for pain, it is not at all certain that your nose will hurt once you wake up. You may instead feel a mild burning sensation in your throat, similar to a light sore throat. This sensation is caused by the disinfectants used and by the breathing tube placed during anesthesia. Again, there is nothing to be concerned about. A simple throat lozenge will usually relieve this minor discomfort.

b Post-operative fever

In some cases, a mild fever may occur, and this is entirely normal. After surgery, it is common to develop a temperature generally between 37.5°C and 38.5°C. This is a typical response of the body while it recovers from the procedure and from anesthesia. To help manage fever, it is advisable to drink a cup of fluids every hour while awake to maintain good hydration.

In rare cases, fever can be a sign of infection, especially if it appears a few days after surgery. If your temperature rises above 38.5°C or persists for more than 48 hours, you should contact your surgeon.

In the meantime, taking paracetamol, provided you are not allergic, may help reduce fever and support a calmer recovery.



c Recovery guidelines...

Once you are transferred to your hospital room, only a few simple measures are needed to make your recovery more comfortable:

- Keep your head slightly elevated using two pillows, to reduce swelling and support faster healing
- Gently apply an antibiotic ointment to the nostrils, and replace the gauze pad under the nose whenever it becomes soaked with secretions or blood.
- Try to rest in a quiet environment, limiting visits from family and friends. Soft lighting and a calm atmosphere help promote relaxation.

One final tip: avoid hot showers during the first few days. You will not have to wait long to enjoy warm water again, but in the meantime focus on a smooth, restful recovery.

d At home...

Once you return home, it is important to continue the routine recommended before surgery, with a few additional measures that support healing:

- Perform nasal irrigations with saline solution four to six times a day to keep the nose clean.
- After irrigation, use a neonatal nasal aspirator to gently remove nasal secretions. Take care not to touch the stitches.
- After suctioning, apply an antibiotic ointment with a cotton swab inside the nostrils and on the columella.
- When washing your hair, tilt your head backward to avoid wetting the nose or dressings.
- Gently move the eyes, neck, forehead, and mouth, as this encourages facial lymphatic drainage.
- Avoid very hot meals, as they can increase swelling.
- During the first four days, gently remove nasal crusts using a swab moistened with hydrogen peroxide, paying close attention to incision sites to avoid trauma.
- Avoid holding newborns or small children, as they may accidentally touch or dislodge the nasal dressings.

e Cultivating patience

Approaching the post-operative period with patience is essential for good healing. Being ready to accept minor inconveniences calmly will make this phase easier. It is important to follow the instructions you have received carefully, including taking prescribed medications regularly and adhering to the recommendations in this booklet.

Becoming familiar with these instructions will not only increase your sense of security, but also support a more peaceful recovery. Remember that good preparation before surgery proves invaluable

in the hours and days that follow. By adopting a positive, patient attitude, you will find that your body needs time to adjust and recover. With the right approach, every small step forward becomes a source of reassurance.



f Restoring nasal function quickly

Breathing through the nose is essential to overall well-being, and its importance is felt in everyday life. During the post-operative period, caring for the nose and maintaining good hygiene are key to restoring nasal function smoothly and quickly. Secretions that accumulate at the nostril openings can be gently removed using cotton swabs moistened with hydrogen peroxide, taking care not to pull or rub the surgical incision area.

During the day, repeated endonasal saline rinses are recommended to keep the airways clean and unobstructed, for example using a saline nasal spray such as Tonimer Normal. In the evening, before going to bed, applying a moisturizing nasal gel, such as Tonimer Gel, helps prevent the formation of small crusts inside the nostrils. These crusts can interfere with airflow and cause minor discomfort. By following these simple measures, nasal breathing usually returns

more quickly and comfortably, allowing you to breathe naturally and with ease.

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Additional advice for a calm recovery

Facing the post-operative period with a positive mindset and a proactive attitude is essential to achieving satisfying results. Each patient can support their own well-being by following a few simple guidelines. Attention to detail and good self-care can make a real difference during healing. Here are practical recommendations to help you navigate this phase with calm and confidence:

- **Endonasal rinses:** perform nasal rinses at least three times a day for one month, and apply a moisturizing gel in the evening before bed for the first ten days. This helps keep the nasal passages clean and hydrated.
- **Handle the incision with care:** apply an ointment containing gentamicin, such as Fucidin, to the columellar incision three times a day for ten days. This supports proper healing.
- **Choose fresh foods:** avoid very hot foods and drinks, as they can irritate the nose and increase swelling.
- **Follow prescriptions:** make sure you take all medications prescribed at discharge regularly, as this is an important part of healing.
- **Do not miss follow-up visits:** post-operative check-ups are essential to monitor progress and ensure that healing is proceeding correctly.
- **Safety first:** always wear a seatbelt in the car and avoid cycling or using motorcycles until full recovery.
- **Sun protection:** avoid direct sun exposure and tanning beds. When outdoors, use total sunblock and wear a hat to protect your face.
- **Be cautious with children:** if you have a child, avoid holding them, as they may try to touch or remove the dressing.

- **Sleeping position:** sleep with two or three pillows under your head to improve circulation and reduce swelling.

Remember that every small step toward recovery is a step toward well-being. It is normal to have questions or uncertainties during this phase, so do not hesitate to contact your surgeon if you need clarification. By following these recommendations, you can approach recovery with peace of mind and prepare for a smooth return to your daily routine.

h Scar care

Scar care is essential to ensure optimal healing of nasal incisions, both external skin incisions and internal mucosal incisions. To achieve the best possible outcome, it is important to follow a few simple but essential instructions, both before and after the stitches are removed.

- **Apply appropriate dressings:** use antibiotic ointments or creams prescribed by your doctor to protect the incisions and support healing.
- **Perform endonasal rinses:** carry out regular saline nasal rinses to maintain good hygiene and help prevent infection.
- **Avoid sun exposure:** protect scars from direct sunlight, as ultraviolet rays can interfere with healing and negatively affect the final appearance of scars.
- **Prevent trauma:** avoid bumps, pressure, or trauma to the nasal area, as this can hinder the healing process.

These measures are especially important during the first thirty days after surgery, when the skin is more vulnerable and needs extra care. Following these recommendations helps promote a strong, stable healing process and long-lasting results.

i Smoking and nicotine

Stopping smoking before and after rhinoplasty or septoplasty is strongly recommended to support optimal healing and improve both aesthetic and functional outcomes. Nicotine temporarily reduces oxygen delivery to tissues, slowing wound healing and increasing the risk of swelling and complications.

Quitting at least two weeks before surgery helps the body prepare, improves circulation, and supports faster tissue regeneration. After surgery, continuing to avoid smoking reduces the risk of infection and promotes smoother healing. This temporary pause can be decisive in achieving better results and supporting long-term well-being.

j Glasses after surgery: how long should you wait?

During the post-operative period, it is essential to avoid any pressure on the nose so that the bones can stabilize properly. Wearing glasses immediately after surgery can be risky, because the weight resting on the nasal bridge may affect the new structure, which is still delicate and healing. Even a small shift or minor bump can transmit unwanted pressure.

If you need glasses for reading, there is a practical solution: you can secure the glasses to your forehead with a strip of adhesive tape so they do not touch the nose. Your surgeon will show you how to do this safely. The timing for returning to normal glasses wear without precautions depends on your individual healing and will be determined during follow-up visits. In any case, there are no restrictions on contact lenses, which can usually be worn immediately without concern.

k The most common complications

It is essential to emphasize that serious complications during rhinoplasty are truly rare, especially when surgery is performed

by an experienced surgeon and the patient is well informed and cooperative. Post-operative discomfort is generally minimal. The main inconvenience may be nasal blockage due to increased secretions. Following the instructions provided and having patience during the first few days is important, as this situation improves quickly.

After surgery, patients who previously had nasal obstruction may initially find the increased airflow unusual or uncomfortable. This is simply a matter of getting used to a new sensation. Excessive bleeding is an uncommon complication in nasal surgery, with an incidence reported between 2% and 5%. In such cases, management may include nasal packing or, preferably, selective cauterization of the bleeding vessel under endoscopic visualization.

Although very rare, wound infections can occur after any surgical procedure. A severe infection is extremely uncommon in nasal surgery, but if it occurs it may damage nasal tissues. Follow-up visits play a crucial role in identifying early signs of infection and managing them appropriately.

Minor trauma, sneezing, or accidental manipulation of the nose may shift recently operated structures. If this is recognized promptly, it may be possible to correct the issue without the need for further surgery.

It is also important to be aware that certain factors predispose to abnormal scarring, including vascular, clotting, or nerve-related abnormalities, nutritional deficiencies, the use of antineoplastic medications, diabetes, and smoking. In some cases, scars may develop abnormally, leading to hypertrophic scars or, more rarely, keloids. If abnormal scarring causes internal or external deformities, the situation can almost always be improved through medical treatments or surgical procedures.

Septal perforations occur rarely, and when they do, corrective surgery may be required.

In rare cases, patients may notice changes in the perception of smell.

Although all the complications listed above are uncommon, knowing about them is important in order to have a complete and informed understanding before surgery.

I **Contraindications to rhinoplasty**

Rhinoplasty can make a meaningful difference in both the appearance and function of the nose, but certain conditions should be considered to ensure it is the right choice for each individual. Below are some contraindications to keep in mind, so the process can be approached with clarity and peace of mind:

- **Serious medical conditions:** uncontrolled health problems such as significant cardiovascular disease or advanced diabetes can increase surgical risk.
- **Bleeding or clotting disorders:** coagulation problems may complicate healing and raise the risk of bleeding.
- **Active nasal infections:** any infection, such as acute sinusitis, should be treated before proceeding with surgery.
- **Unrealistic expectations:** clear and realistic expectations are essential to benefit fully from the procedure.
- **Incomplete nasal growth:** in very young adolescents, the nose may not be fully developed, so timing must be evaluated carefully.
- **Significant psychological issues:** psychological conditions can influence how surgical results are perceived and should be addressed appropriately.
- **Substance misuse:** alcohol or drug misuse can interfere with healing and increase post-operative risks.

Discussing these aspects openly with your surgeon helps ensure the safest and most satisfactory path, with decisions tailored to your individual situation.

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Costs of revision surgery

When an additional corrective procedure is deemed necessary and both patient and surgeon agree on the indication for revision, the surgeon's professional fee may be significantly reduced or even waived. However, the patient will still be responsible for costs related to the anesthesiologist and the healthcare facility. If the patient chooses a different surgeon for the revision, this financial arrangement generally does not apply.

A final reflection

Rhinoplasty is not magic, nor is it a miraculous intervention. It is a process. Every decision and every surgical gesture is the result of study, technique, and meticulous attention. A skilled plastic surgeon is like a painter working on a canvas. The goal is not simply to remove, but to shape, creating a result that enhances the beauty of each detail. Every line and every curve is designed for the individual patient in front of the surgeon, and for no one else. Surgery is not a universal solution, but a personalized response to a unique story.

Up to this point, I have discussed rhinoplasty in an objective and technical manner. I would like to add a few words about what it represents to me. There is immense joy in seeing the smile of a patient who finally feels comfortable with their reflection in the mirror. Each operation is a journey I share with those who choose to trust me, from the initial anxiety and curious questions to the satisfaction of the final result. It is deeply rewarding to know that, in my own way, I can help restore confidence and serenity. Because in the end, a successful procedure is not measured only by the shape of a nose, but by the light in the eyes of the person who rediscovers their own beauty.

A few words about Dr. Tamburini

In 1999, I graduated with honors in Medicine and Surgery from Alma Mater Studiorum, University of Bologna. In 2004, I completed my specialization with honors in Otolaryngology and Head and Neck Surgery at the same university. Since 2005, I have held the position of Consultant ENT Surgeon at the Otolaryngology Department of Civitanova Marche and Macerata Hospital. Since 2020, I have served as Head of the Simple Operative Unit of Head and Neck Oncologic Surgery.

Throughout my career, I have developed extensive experience in all areas of otolaryngology, with particular expertise in functional and aesthetic nasal surgery, as well as in lacrimal pathway surgery.



Before / After



Rhinoplasty Recovery Timeline and Results

First 24 hours

Minimal pain. Thanks to the no-packing technique, you can breathe through your nose. Complete rest is recommended.

01

Days 2 to 7

You will wear a small protective nasal splint. Bruising and swelling around the eyes may appear and will gradually begin to decrease.

02

Days 7 to 15

Removal of the splint and external stitches. First look at the new shape of the nose.

03

First month

Swelling is almost completely resolved. The nose appears more defined. Light physical activity may be resumed.

04

6 to 12 months

Final result.

Definitive outcome with a natural-looking rhinoplasty.

05

F.A.Q.

When can I return to work?

After about 10 days.

When can I resume sports?

Light activity after 3 to 4 weeks.

Contact sports after 6 weeks.

Can I blow my nose?

No, for approximately 2 weeks.

How long does swelling last?

It improves within 2 to 3 weeks and stabilizes over 6 to 12 months.

When are tapes and splints removed?

After 6 to 7 days.

Can I sleep on my side?

It is best to avoid this for 2 to 3 weeks.

Can I wear glasses?

Not before 4 to 8 weeks, especially if they are heavy.

When can I be exposed to the sun?

After 2 to 3 months, using high-protection sunscreen.

Is bruising normal?

Yes. Mild bruising is common and usually resolves within 10 to 14 days.

When will I see the final result?

Between 6 and 12 months.

What to do

What to Avoid

Sleep with your head elevated	Blowing your nose
Use ice packs during the first 48 hours	Sun exposure or intense heat
Follow the prescribed therapy	Sports or strenuous physical activity
Keep nasal mucosa hydrated with saline sprays	Wearing heavy glasses
Keep tapes and splints clean	Alcohol consumption and smoking
Avoid impacts and protect the nose	Sleeping face down or on the nose
Wash your face gently	Hot baths or sauna
Eat soft foods	Taking non-authorized medications
Limit excessive talking or smiling during the first few days	Removing tapes on your own
Attend scheduled follow-up visits	Touching or manipulating the nose



Dr. Gabriel Angel Tamburini

MEDICAL DOCTOR
Specialized in Rhinoplasty

Required Tests for Surgery

- Complete blood count with differential
- Albumin
- Blood glucose
- Blood urea nitrogen
- Electrolytes
- Creatinine
- LDH
- CPK
- AST
- ALT
- Cholinesterase
- Gamma-GT
- Alkaline phosphatase
- Coagulation tests including PT, PTT, fibrinogen
- HbsAg
- HCV
- Chest X-ray
- Electrocardiogram
- Urinalysis

Signed
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Patient: _____

Cone beam CT scan of the nose and paranasal sinuses without contrast medium is requested for preoperative evaluation of the nasal septum, turbinates, and paranasal sinuses.

Signed

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Via S. Luigi Versiglia, 36 - 62012 - Civitanova Marche (MC)

Tel. +39.333.8315560 - E-mail: info@gabrielatamburini.it