

## Should I have a rhinoplasty?

The decision to have a rhinoplasty must of course be considered carefully. In appropriate patients this operation can significantly improve their quality of life. The opposite is however true, and for unsuitable patients the operation can often lead to disappointment and unhappiness.

Surgery may be right for you if:

- there are specific features about your nose which you would like to be changed, and these can be identified by your surgeon
- you have realistic expectations, and you will be happy with a nice improvement in the shape of your nose and do not expect a perfect nose after surgery
- you recognise that a rhinoplasty simply aims to improve the shape of your nose and you do not expect all other aspects of your life to also improve
- you enjoy good physical and mental health

Surgery is not right for you if:

- you are overly concerned about minor abnormalities of your nose, or even obsessional about the appearance of your nose
- you think that surgery can create a perfect nose, or a nose that you have seen in a magazine or on the face of a celebrity
- you are not willing to accept that despite the best efforts of your surgeon the result can be disappointing, complications can occur and second operation may rarely be required
- you think that a rhinoplasty will make you successful or improve your relationships with others
- you are too young or immature to undergo a rhinoplasty
- you do not enjoy good physical and mental health