

Mr Stephen Kleid MB, BS FRACS
EAR NOSE & THROAT SURGEON



ULTIMATE PROCEDURE GUIDE

NOSE SURGERY

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Nose Surgery explained

What is Rhinoplasty (Nose Job Surgery)?

A Nose Job is a surgical procedure to reshape or reconstruct the nose. Rhinoplasty can enhance the appearance of the nose by adjusting the size, shape, length or other proportions of the nose. Surgery may also be an option to adjust the nose tip or nostril area, particularly if the nose appears asymmetrical or overly prominent in one area.

Corrective Rhinoplasty can help restore functionality to the nasal area or reduce breathing problems related to nose injuries or nasal deformities, such as repairing a deviated septum. This type of surgery is often chosen by patients who experience chronic nasal congestion or obstruction that hasn't improved with other treatments.

What's involved?

The aim of a Rhinoplasty surgery varies according to the intended outcomes of the procedure and the patient's aesthetic goals. For some, the primary objective may be to improve nose proportions, whereas for others, the objective is breathing related.

Cosmetic Nose Surgery can help change your nose shape and balance your facial anatomy. Rhinoplasty can straighten a crooked nose, reduce a visible nose hump or improve the angle between your nose and your upper lip. Corrective Rhinoplasty may be required following a nose injury.

Types of Rhinoplasty procedures include:

- Open Rhinoplasty
- Closed Rhinoplasty
- Nose Tip Rhinoplasty
- Septoplasty Surgery
- Augmentation Rhinoplasty



Nose Surgery explained

Types of Nose Surgery

Open Rhinoplasty

A common approach to altering the shape of the nose is 'Open Rhinoplasty'.

In an Open Rhinoplasty procedure, a short incision is made across the central part of the base of the nose (the columella).

The skin of the nose is then elevated. The underlying cartilage and nasal bones can then be viewed and reshaped directly by your Specialist ENT Surgeon.

During the procedure, your Surgeon will use a series of small, highly specialised tools to carve and shape the underlying structures.

Closed Rhinoplasty

In some cases, a Rhinoplasty is performed through small incisions that are kept within each nostril.

This is often referred to as a 'Closed Rhinoplasty' approach. The advantage of a closed approach is that scars are typically concealed inside the nostrils.

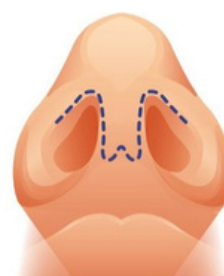
The disadvantage of this type of procedure is that your Surgeon is operating through a very tiny hole. This gives indirect and limited access to the complex structures inside the nose.

Nose Tip Rhinoplasty

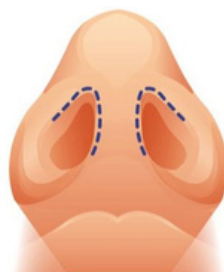
A Nose Tip Rhinoplasty can make some aesthetic improvements to your nasal tip using less invasive surgery techniques.

This procedure specifically aims to create a symmetrical nasal tip with the right projection, rotation and proportion to other parts of the nose.

Leaving the bone structure of the nose intact, your Surgeon reshapes or removes excess cartilage from the nose tip. They may then refine or lift your nose tip and/or refine your nostrils.



Open
Rhinoplasty



Closed
Rhinoplasty

Nose Surgery explained

Types of Nose Surgery

Septoplasty Surgery

Septoplasty surgery may suits patients who suffer reduced air flow or who have trouble breathing through their nose.

Septoplasty allows your ENT Surgeon to correct the wall between the nostrils and the inner hard structures inside the upper part of the nose.

Correcting a deviated septum or repairing the internal structures of the nose can have beneficial effects. For some individuals (but not all), septoplasty can improve airflow through the nasal passages, making it easier to breathe, particularly during sleep or physical activity.

Non-surgical Rhinoplasty

Using fillers to reshape the nose is known as a non-surgical rhinoplasty. A range of fillers can be used to achieve a patients desire results, and these fillers include hyaluronic acid gels which last 9 – 18 months or calcium hydroxyapatite which may last up to two to three years.

Fillers, when introduced by a skilled and experienced Specialist ENT Surgeon also provide tremendous versatility and allow patients who wish to improve their nose without surgery a viable and effective option.

Augmentation Rhinoplasty

To produce ideal results for each patient, your surgeon can perform specialised surgeries called augmentation rhinoplasties which give patients additional options to achieve their goals.

Augmentation rhinoplasties can build up the nose using fillers, grafts or nasal implants to help patients realise the unique look they hope to accomplish through surgery.

These techniques primarily enhance the shape of the nose, but it can also alter the nose's profile by adding implants or bone grafts to produce a stable and long-lasting result.

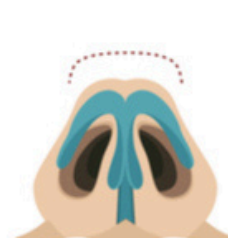
DIFFERENT TYPES OF NASAL TIPS



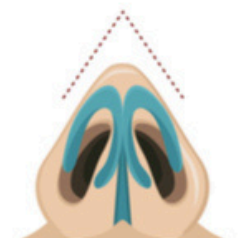
Normal tip



Bulbous tip



Boxy tip



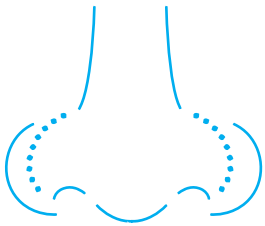
Sharp tip

When to consider Nose Surgery

Am I a good candidate for Nose Surgery?

Rhinoplasty Surgery may be a good solution for achieving a more symmetrical, proportionate or facially balanced appearance.

Rhinoplasty Surgery appeals to most individuals who are unhappy with the size, shape or overall appearance of their nose. If you are extremely self-conscious about the appearance of your nose or your side profile, you may want to explore your surgical options.



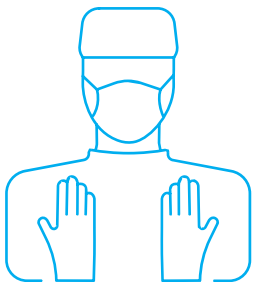
You may require corrective rhinoplasty techniques if you suffer from breathing problems, a deviated nasal septum, a collapsed nasal bridge or some forms of sleep apnea (snoring).

To be considered a suitable candidate for nose surgery, you must have realistic expectations about what Rhinoplasty surgery can, and cannot, achieve. Whilst nose surgery may improve the appearance of your nose when performed by a highly skilled Surgeon, surgery is unlikely to be life-changing. Revision requests are not uncommon.

Common reasons for wanting Nose Surgery

Some of the reasons you may be exploring your Rhinoplasty Surgery options include:

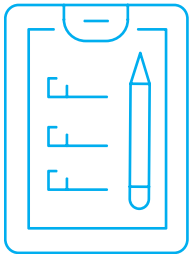
- Dorsal hump or nose bump you want straightened
- Very prominent nose or crooked nose
- Tip of your nose doesn't match your other features
- Feeling unhappy with the dimensions and shape of your nose (such as nose width or how your nose appears from a side-view perspective)
- Nose appears disproportionate or out of balance with facial anatomy
- Overly large, wide, narrow or small nostrils
- Wanting to repair a nose that was impacted by injury or trauma
- Experiencing difficulty breathing through your nose
- Snoring problems, frequent nasal congestion or nose trauma resulting from damaged nasal functions or deformity



The surgical process

Surgery checklist

Before you decide on your Surgeon or proceed with Nose Surgery, there are a few important questions to consider.



- Is my preferred Surgeon a highly skilled, FRACS qualified and experienced Specialist ENT Surgeon?
- Is my nose surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what nose surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able and willing to undergo an initial recovery period of approximately 4-6 weeks?
- Do I have someone who can assist me during my recovery; and am I willing to wait until all the swelling goes down before I see my final results?



The surgical process

Rhinoplasty surgical procedure



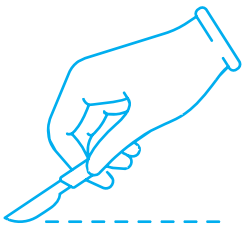
Anaesthesia

Medications and General Anaesthesia are administered for your comfort during your Surgical procedure.

Open Rhinoplasty

An Open Rhinoplasty will require a small incision across the central part of the base of the nose (columella).

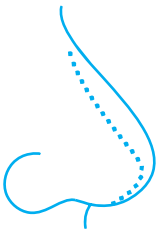
This type of incision allows the entire skin over the nasal cartilage to be lifted up. This allows your Surgeon to access the underlying cartilage and nasal bones, which can then be surgically adjusted or reshaped.



Closed Rhinoplasty

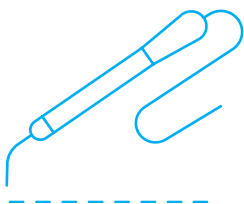
A Closed Rhinoplasty requires small incisions within the nostrils, therefore resulting in no visible scarring. The Surgeon then completes the procedure through a small hole made inside the nose.

Because the nasal skin is not elevated or lifted, this typically means your Surgeon will have less ability to make precise changes. Hence, this type of nose surgery may not suit most patients.



Reshaping

After the incisions are created, your Surgeon strategically reshapes the inner bones of your nose, reducing or rearranging nasal cartilage as required to provide you with a more aesthetically pleasing nose appearance or improved function.



Sutures

After your ENT Surgeon adjusts the nose shape, size, tip, width or other aspects of your nasal structures, sutures are then used to close your incisions.

Rest and recovery



Post-operative recovery

The length of your recovery period after nose surgery will depend on your anatomy, general health and the specifics of your procedure. Your lifestyle and choices after surgery can also impact your healing time and results.

The general rule, however, is that you should allow at least 4-6 weeks for initial recovery following your surgery. Scars can take time to fully mature, sometimes up to a year or more. Swelling may take an extended period of time to fully settle.

You need to be willing to follow the specific instructions given to you by your Surgeon, and attend all post-operative consultations.

Be sure you wear the surgery tapes and splint as instructed and to consult with your Surgeon before returning to daily activities such as driving, lifting and exercise.



Post-surgery recovery kit

The patient care team provide a post-surgery recovery pack to all patients.

It contains evidence-based products to help facilitate your healing, as well as nurturing products to help you relax while you recover.

Your Recovery Pack will also include a guide book with helpful information that can assist you through your healing and recovery period.

Good results depend on numerous factors; so it is very important to follow your Surgeon's specific advice and ensure you get good nutrition and adequate rest. Again, it is imperative that you do not smoke at all.



Why should I get Nose Surgery?

Benefits of Nose Surgery

Facial Harmony and Balanced Features

The most obvious benefit of Rhinoplasty surgery is a reshaped, resized nose that is more proportionate and in balance with your overall facial features.

For individuals who suffered nose injuries, nose surgery may help return the appearance of the nose to how it looked prior to the injury, although there may be limitations.

Better Breathing and Sleep

During a Corrective Rhinoplasty, your Surgeon aims to repair the internal structures of your nose. This may improve issues that have led to breathing difficulties and may help reduce some forms of snoring.

Nose surgery can also help correct or repair a deviated nasal septum, a collapsed nasal bridge and selected cases of sleep apnea. Some patients are able to breath better after corrective surgery – as well as get a better night's sleep after recovery.

Confidence

The physical improvements achieved by Rhinoplasty Surgery may not change your life significantly, but it can help you to feel more confident and self-assured about your appearance.

This may be especially satisfying for people who suffered a nasal injury and found it challenging to adjust to injury related changes to their nose and face.

Unanswered Questions?

For a bigger list of FAQs and more information on the surgical process, visit our wesbite.

You can also talk to a member of our Patient Care Team by calling our clinic.

Frequently asked questions

Does Nose Surgery hurt?

Most surgery does involve discomfort or pain during the initial post-surgery healing periods. It can be difficult to predict the discomfort levels a patient will experience as there are so many variables to consider.

Discomfort after surgery is also partially subjective. Each patient has a unique perception or sensitivity to pain and discomfort. Fortunately, most pain during your recovery (particularly just following your Surgery) can be managed by closely following your Surgeon's recommendations and post-surgery instructions.

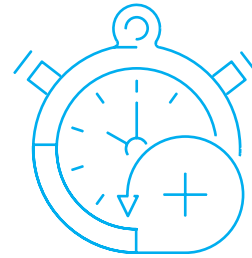


What steps can be taken to minimise pain?

Our approach to facilitating your healing and recovery is to help you get back to your normal life as soon as possible.

We are dedicated to keeping you as comfortable as possible during your pre-operative sessions, your procedure and your healing time following surgery.

A post-surgery recovery pack is provided to patients which includes products proven to accelerate your healing. Getting good sleep can also help.



When can I return to work after Nose Surgery?

The time taken to recover before returning to work or other daily activities, such as driving, often varies from patient to patient, and will depend on the type of Rhinoplasty procedure you have, as well as the type of work undertaken.

Typically most patients find they can return to work 2-3 weeks following surgery. If your work is highly physically demanding, it may take longer before you are able to return. If possible, allow 4 to 6 weeks of adequate healing time before resuming certain activities.

TIP: Surgery advice is individualised. Your chosen ENT Surgeon will be able to give you personalised advice on when you can return to work and other daily activities.

Will I need to stay in Hospital overnight after Surgery?

A day stay in Hospital is generally required for most Rhinoplasty procedures. This helps patients receive post-surgery monitoring and quality care.

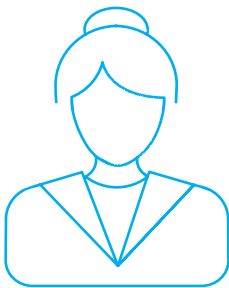
As part of an individually tailored surgical plan, your Surgeon will be able to advise you on the most suitable option(s) for you.

Frequently asked questions

Will I need to stop smoking prior to Nose Surgery?

Healing is detrimentally impacted in individuals who smoke. Patients must refrain from smoking as it decreases the oxygen that is carried in your blood to your skin to help heal your surgical incisions. Patients who smoke have delayed healing and increased wound complications.

If you are not yet a non-smoker, your Surgeon will advise you to stop smoking completely at least 6 weeks prior to your scheduled surgery date; otherwise you will have higher risks of complications and poor healing.

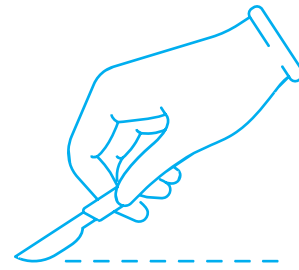


How long should I wait to return to exercise?

It is typically advised that you should wait at least 4-5 weeks before returning to mild to strenuous forms of exercise.

However, you must advise your Surgeon before you return to any form of exercise or other similar activities.

It is important to work together with your Surgeon and keep them informed throughout your recovery and healing period.



What can be done to minimise any post-surgery scars?

An Open Rhinoplasty procedure typically requires a small incision across the central part of the base of the nose which may result in some small but visible scarring. Incisions for a Closed Rhinoplasty, however, will only be made inside the nostrils and are not visible.

Be sure to follow your post-operative instructions carefully and wear your surgical tapes and splint as advised by your Surgeon.

Scar Minimisation using Fraxel Laser, Healite II Low Level Light Therapy or Dermapen is available to patients when required. Be sure to talk to your chosen Surgeon about the scar minimisation techniques available and what level of scarring you can generally expect.

Will I need to wear a nasal splint after Surgery?

Your Surgeon will typically require you to wear a nasal splint for around 5-7 days following Surgery. This may be longer depending on your individual circumstances.

Your Nasal splint will help to reduce swelling and prevent your nasal cartilage from shifting. Your splint is a vital aspect of your healing, and will help to ensure you achieve the intended results from surgery.

Frequently asked questions

What is the typical cost of Nose Surgery?

Your surgeon can offer you a price range for your surgery depending on the type of procedure, hospital and how long you are in hospital.

At your initial consultation, you will be given a detailed Quote for your chosen procedure. This will include a Surgeon's fee, Anaesthetist fee, Surgical Assistant fee and the Hospital fees.

An approximate range of out-of-pocket expense for your Nose Job surgery can be provided over the phone from a Patient Care Team member.



Do I need a referral from a GP to book a consultation?

You need to have a medical referral (from a GP or specialist) to book a consultation with your surgeon.

Having a referral to see a specialist is mandatory and can allow you to claim a small rebate (around \$70) on the cost of your first consultation back from Medicare.

Please note that a GP referral to a ENT Surgeon is valid for 12 months, and a Specialist referral to another Specialist only has a 3 month validity.



What can I expect at my initial consultation?

At your initial appointment with your ENT Surgeon you will typically:

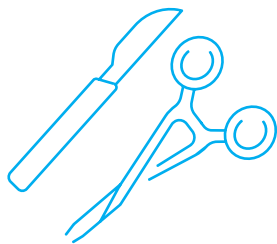
- Have your photos taken.
- Have a physical examination.
- See before and after photos from previous patients.
- Find out more about your surgical options.
- Receive detailed information about your selected surgery option(s).
- Go through possible risks and complications associated with surgery.
- Find out about surgery pricing and available surgery dates.
- Have your questions answered; bring a friend or family member with you.

Choosing the right surgeon

Plastic vs. Cosmetic Surgeons

Not all Surgeons have the same experience or intensive training and testing qualifications. Be sure you learn the differences between a Plastic Surgeon and a General Surgeon, Cosmetic Surgeon or other type of Surgeon.

Anyone with an MBBS Qualification (Bachelor of Medicine or Surgery) can call themselves a 'Cosmetic Surgeon', however they may not have had the minimum 12 years experience and rigorous training that is required to become a ENT Surgeon.

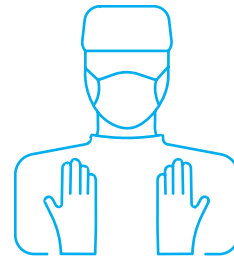


Qualifications & experience

It is important to research a Surgeon's qualifications and experience before deciding on the Surgeon who will perform your procedure.

It is highly recommended that you choose a Specialist ENT Surgeon who is accredited by a recognised association AND performs surgery in an accredited Hospital rather than a 'back room'. Look for members of FRACS, ASPS, ASAPS or ISAPS as some of the qualifications of your ENT Surgeon.

It may also be helpful to consider the recommendations of your friends and family, to have a better understanding of a Surgeon's experience and previous outcomes.



Optimise your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a cheaper option for your surgery, choosing a highly qualified, experienced ENT Surgeon who practices in Australia should always be a higher priority than the price tag. Your life is valuable.

Corrective Surgery can be extremely costly, painful and does not guarantee the results you originally wanted as not everything can be fixed. Whilst a cheaper option might look better for your wallet, it won't guarantee great results and many patients actually end up spending more than they bargained for on Corrective Surgery in an attempt to fix the mistakes of a less experienced surgeon.

So, what should I look for?

- A local *Specialist ENT Surgeon*, with the appropriate qualifications and recognised associations.
- A Surgeon who operates in an accredited hospital, not in the back-room of a clinic.
- Proven experience & examples from real patients or recommendations from your friends, family or GP.

About Dr Stephen Kleid



Dr Stepehn Kleid

SMB, BS FRACS

Dr Stephen Kleid is a highly experienced Ear, Nose and Throat ENT Surgeon based in Melbourne, with a passion for Nose Surgery, Septo-Rhinoplasty, Septoplasty and a strong interest in Rhinoplasty Revision.

Dr Kleid has performed over 1000 nose procedures and 500 Rhinoplasties in over 20 years of Nose Surgery.

Experience / Qualifications

- Dr Kleid studied Medicine at Melbourne University and the Royal Melbourne Hospital Clinical School, where he graduated with Honours in Surgery and Obstetrics/Gynaecology in 1977.
- Fellowship at the University of Florida Medical School to gain further experience and knowledge.
- Dr Kleid has been the senior ENT/Head & neck tumour surgeon at the Peter MacCallum Cancer Centre since 1989 and was a surgeon at Royal Melbourne for 20 years, eventually becoming Head of the Department.

Memberships

- Fellow of the Royal Australian College of Surgeons (**FRACS**)
- Member of the Australian Association of Facial Plastic Surgeons (**AAFPS**)
- Member of **ANZ Head & Neck Cancer Society**
- Member of **American Head & Neck Society**
- **Member of the American Academy of Otolaryngology**, Head and Neck Surgery, from which all ENT information stems. Visit entnet.org

Dr Stephen Kleid MBBS FRACS is a registered ENT Surgeon (Otolaryngologist) MED0001052799. All surgical or invasive procedures carry risks and complications, find more Information about risks. We recommend seeking a second opinion from an appropriately qualified medical practitioner before proceeding with any surgery.



FRACS



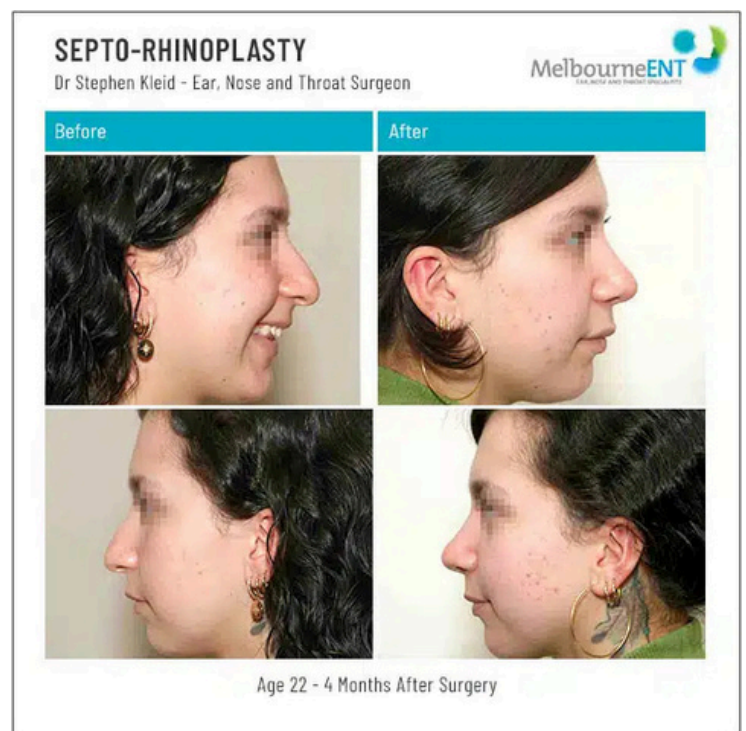
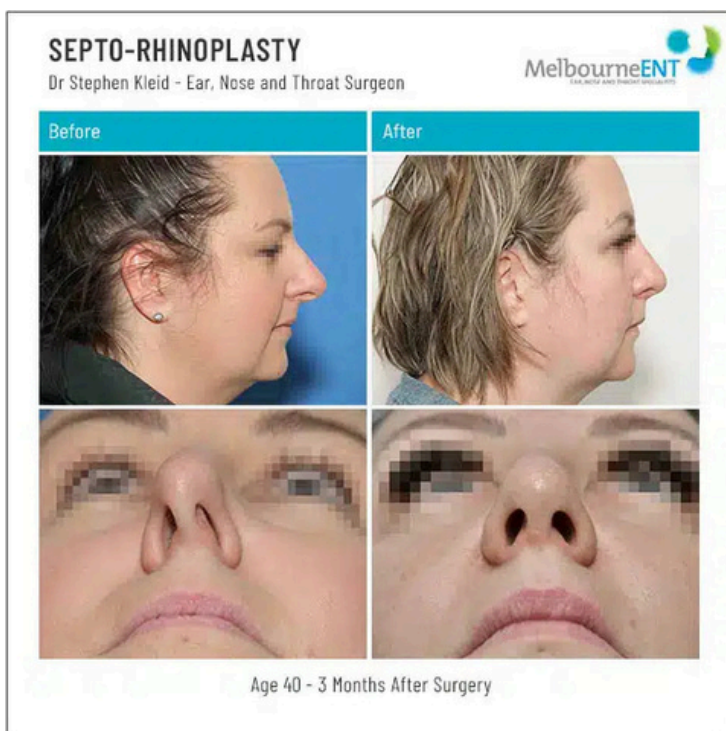
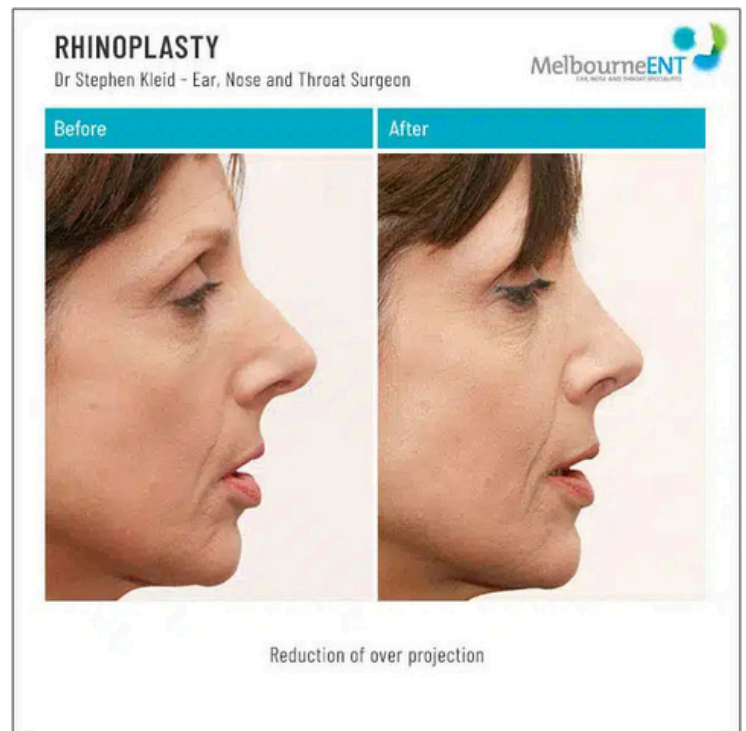
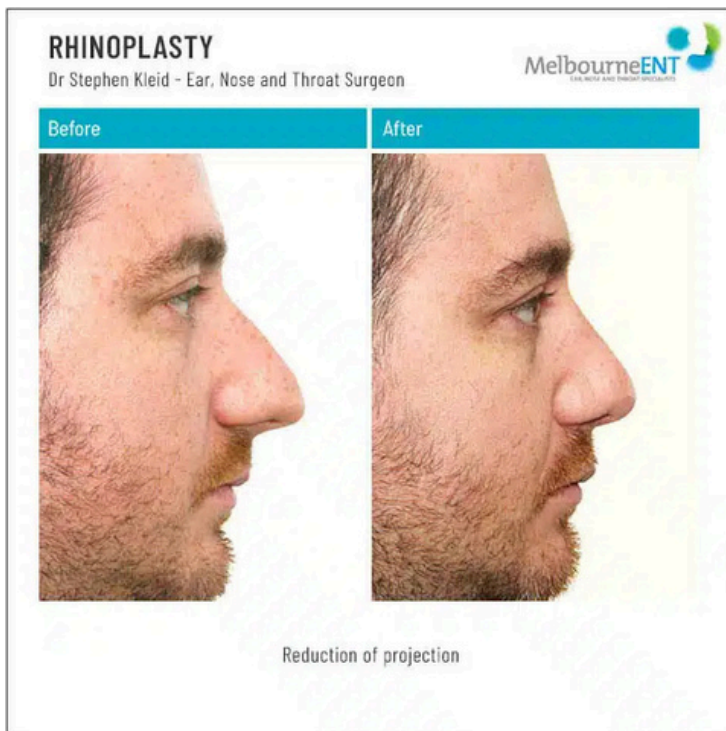
Australasian Society
of Aesthetic Plastic Surgery



Before and Afters

Dr Stephen Kleid

Scan the QR Code to see all of Dr Kleid's past patient before and after photos or go to our website <https://melbourne-ent.com.au/before-after-photos/>



Your next steps...

Get in touch

Schedule a confidential consultation with Dr Stephen Kleid by phone or by sending us an enquiry via our website.



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<https://melbourne-ent.com.au>



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Join our online community



Find us on Facebook at [/drstephenkleid](https://www.facebook.com/drstephenkleid) to keep up with the latest in Plastic Surgery and Clinic news.



Follow [@drstephenkleid](https://www.instagram.com/drstephenkleid) on Instagram for more information, insightful updates and real patient before and after images.

General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients. © Copyright 2025 | All Rights Reserved | Policies | AHPRA Registration: Dr Stephen Kleid MBBS FRACS ENT Surgeon (Otolaryngologist) MED0001052799