

Rebecca's RHINO- PLASTY

Rebecca Rosenblat psychotherapist, radio host and TV host from *Sex at 11 with Rebecca* shares her experience of how her rhinoplasty surgery helped her in her career and life.



Dr. David Buss studied nearly a hundred-thousand people across 80 cultures and found that men crave sex objects, and women success objects. But while men's quest to succeed is admired and encouraged, women are often seen as vain for wanting to appear sexy. Throw into that mix that most females have a hard time doing something just for themselves—not to mention, fear judgment—and you end up with a lot of women who are afraid of addressing something that's always bothered them. How fair is that? Although I am a big advocate of self-acceptance, I also believe that women have the choice to do what makes them feel good—without censure—provided it's healthy and truly just for themselves.

THE JOURNEY

For as far back as I can remember, I hated my nose! Plus I also experienced an injury that made it all the worse, esthetically as well as functionally, thanks to my deviated septum, which impacted my breathing. I fantasized about getting a rhinoplasty, but I was terrified of it, having heard horror stories of botched procedures.

Then one day, a friend of mine who I'd commiserated with, walked up to me with the most beautiful nose that was visibly different from what she had before. I applauded her for having the courage to risk surgery. But she explained that it had nothing to do with risk, since she'd done her research by checking out and consulting with various specialists, before she found one who she could trust with her face, Dr. Richard Rival.

This gave me the encouragement I needed to start my own process.

I booked a consultation with Dr. Rival, to discuss a possible rhinoplasty. I felt a little anxious because many of my friends who perform cosmetic surgeries for a living had told me that my frenulum was too short, my skin too thick and my nose too asymmetric and flat for me to be able to expect much change. But Dr. Rival answered my barrage of questions pertaining to those fears, while reassuring me that he could do enough for me to be pleasantly surprised. He would straighten out my septum, narrow the bridge, do a cartilage graft to raise the tip and make it a bit longer and close up my flared nostrils. My anxiety soon changed to excitement, and we booked a date for a septo-rhinoplasty.

PHOTOGRAPHY: JANDAK

"FOR AS FAR BACK AS I CAN REMEMBER, I HATED MY NOSE! PLUS I ALSO EXPERIENCED AN INJURY THAT MADE IT ALL THE WORSE, AESTHETICALLY AS WELL AS FUNCTIONALLY – THANKS TO MY DEVIATED SEPTUM, WHICH IMPACTED MY BREATHING. I FANTASIZED ABOUT GETTING A RHINOPLASTY..."

THE SURGERY

I woke up from general anesthetic to find a mini-cast on my nose and some bruising and swelling beneath my eyes. But I looked worse than I felt, since discomfort was rather minimal. By day six, the cast was off. I was still swollen but managed to camouflage my bruises with concealer and went shopping where nobody seemed to notice anything. When my family came over, they immediately saw a difference. Even in its swollen state my nose looked better than before.

POST-OP FEELINGS

I'm thrilled with the results, love what I see in the mirror and on TV, and people's compliments are an added bonus. I did it for me, which I feel is the only good reason for anyone to attempt a cosmetic procedure (provided they don't suffer from body image issues). My only regret: I wish I'd done it sooner!

ASK THE DOCTOR

As told to Amanpreet Dhani
 Dr. Richard Rival, MD, FRCS
 Cosmetic Surgery in Toronto
 rivalcosmeticsurgery.com

ELEVATE What concerns did Rebecca have when she visited you for an initial consultation?

DR. RIVAL: She had concerns about her breathing through her nose and the appearance of her nose in that she had a previous injury. She felt her nose looked unnatural and that you could see too much nostril. Because she does work on television, with HD television especially, she feels more and more that things are seen and exposed. Those were her main concerns, breathing and appearance of the nose, mainly the width and the over exposure of her nostrils.

ELEVATE What procedures did you recommend for Rebecca, and why was she a good candidate for these procedures?

DR. RIVAL: I recommended doing a septo-rhinoplasty, so improving the breathing

and the appearance of the nose at the same time. She was a good candidate because she was very realistic about the expectations. I had operated on a colleague of hers so she actually knew someone who had a gone through it and was happy with the outcome. So she already had a description of what it was like and knew what to expect. Her expectations of what the problems were matched my perception of her problems, so I felt we were on the same page in terms of what we wanted to accomplish. Being a positive person with a strong self-image made her a good candidate.

ELEVATE What does the procedure(s) involve?

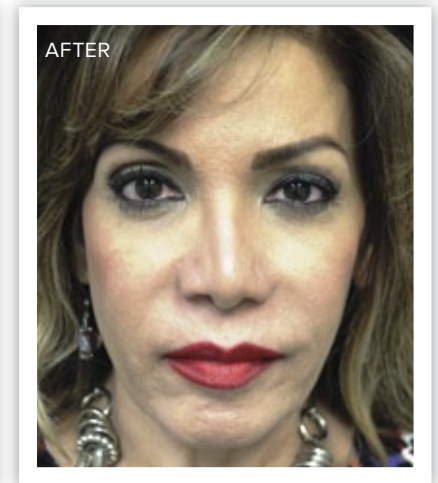
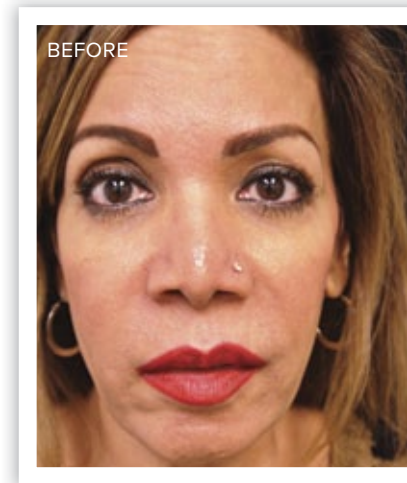
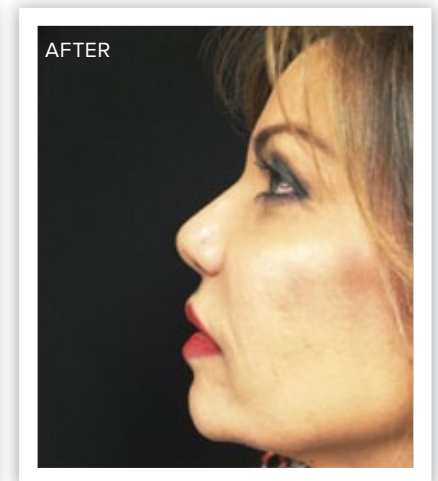
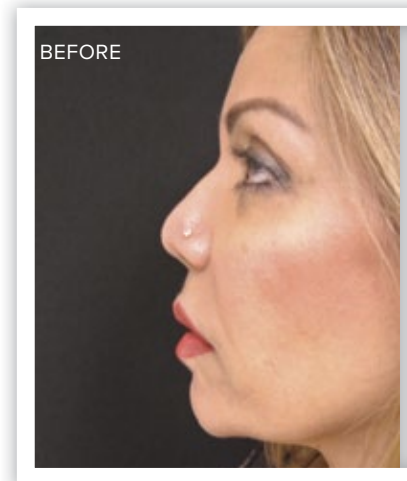
DR. RIVAL: It was done under general anesthetic; in total it took about two

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hours. We straightened the inside of the nose so she could breathe better and we lowered and narrowed the tip of the nose, as well as the nostril of the nose to make the tips narrower and so the nostrils were not as visible.

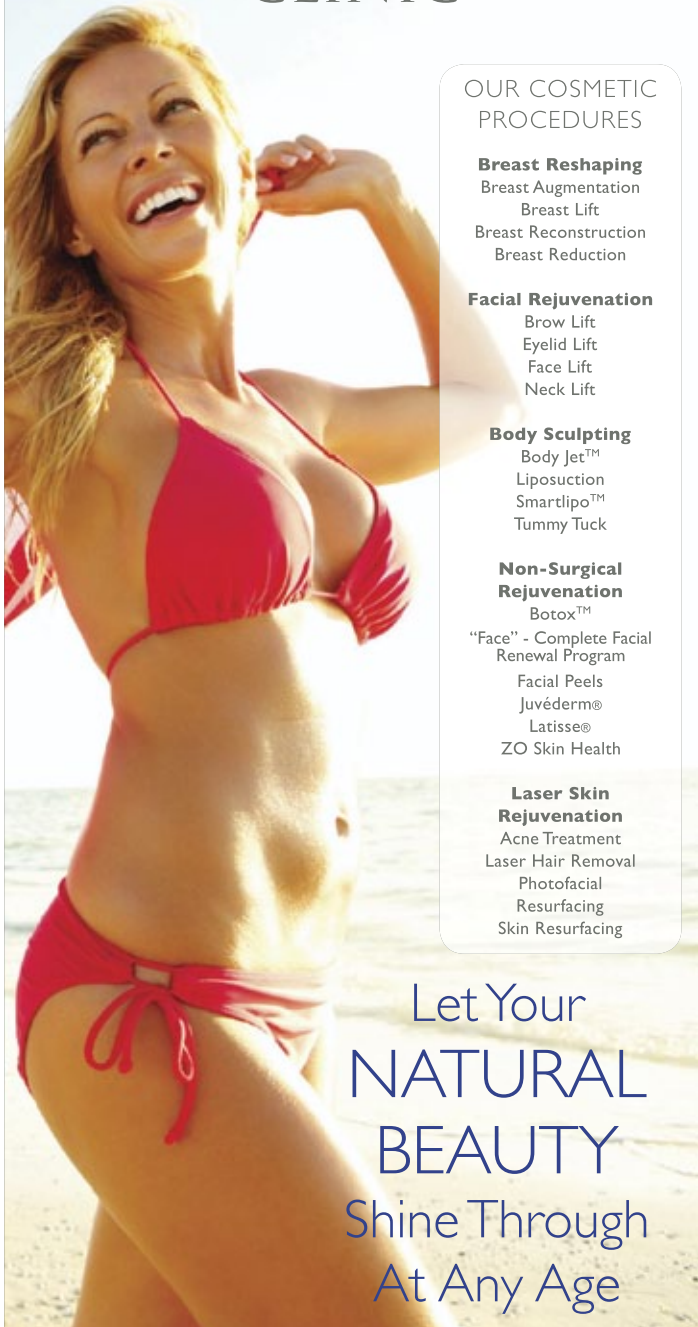
ELEVATE Where were the incisions made for this procedure?

DR. RIVAL: Depending on what needs to be done on the nose sometimes all the incisions are made on the inside of the nose. But when we narrow the nostrils we make small incision in the creases where the nostril joins the face. And sometimes▶





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we make an incision in the skin between the nostrils, which is called the columella, in an open approach. Rebecca had all of these incisions made during her procedure.

ELEVATE What is recovery like and how long does it last?

DR. RIVAL: Generally the recovery time is about two weeks. Most people are back to normal activity after that. There is some bruising and swelling around the nose and the eyes, but most of this is gone after two weeks. There is some subtle swelling in the nose and that can take about a year to go away, but most is gone by two weeks. It's generally not a very painful procedure, but there is a lot of congestion, pressure and stuffiness in the nose.

ELEVATE What is the average cost for this procedure?

DR. RIVAL: There is a big range depending on the surgeon but it ranges anywhere from \$6,000 to \$9,000.

ELEVATE Is there anything else you would like to share with *Elevate* readers regarding Rebecca's makeover?

DR. RIVAL: I think having a positive outlook and being secure with yourself is always important and ensures people will be happy with your outcome. Just realizing that this is a way of improving your features is a way to look at it. ☺

THE NON-SURGICAL RHINOPLASTY

Before you decide to get a rhinoplasty, ensure you have a consultation with your doctor about your concerns to see if you are better suited for a non-surgical rhinoplasty, also known as an injection rhinoplasty. Dr. Oakley Smith M.D., FRCS(C), otolaryngology-head and neck surgery and facial plastic surgeon based in Toronto, has been doing the procedure for 12 years.

WHAT: "Injection rhinoplasty is when a tissue filler is used to sculpt or remodel the nose," he explains, instead of surgery. However, this technique cannot make a nose smaller.

WHO: The procedure is most suited to "Afro-Canadians and Asians who wish to have a larger nasal bridge, people with crooked noses and those with only a small nasal dorsal bump. Additionally, after a rhinoplasty some small irregularities can be smoothed away with an injection."

DOWNTIME: "The procedure takes only 20 minutes and has no downtime with minor bruising that lasts for a week or so and can be covered with makeup."

RESULTS: "Although results are precise, they are not permanent," says Dr. Smith.

COST: \$800 to \$1,800