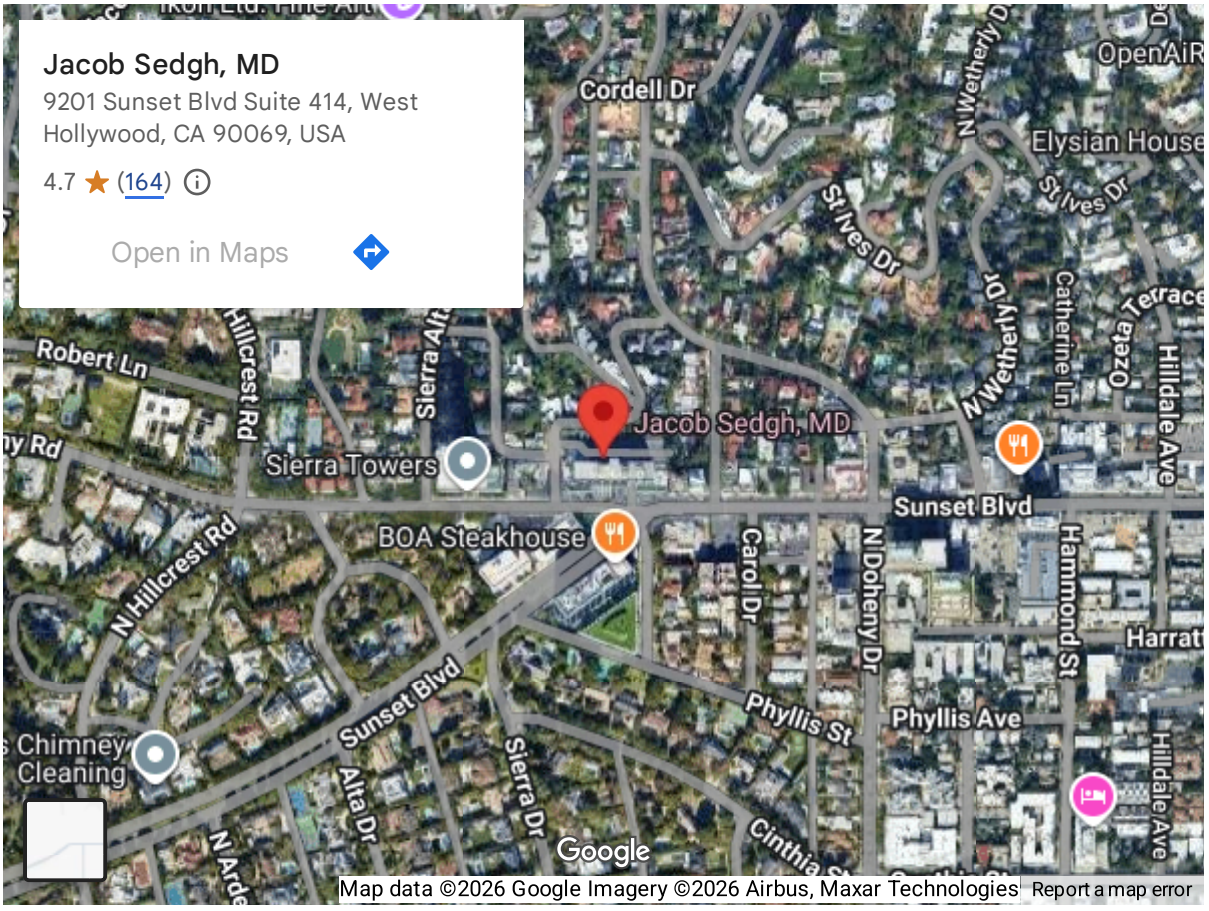
Most people planning rhinoplasty think hard about the result and much less about the weeks in between. Recovery deserves just as much attention, because maps.app.goo.gl Los Angeles Nose Job how you rest and follow instructions in the early days shapes how comfortable the process feels. What follows is a general outline of what many patients experience after a Los Angeles nose job. It is not a substitute for the instructions your own surgeon gives you, and every nose heals at its own pace. The first few days are usually the most limiting. Patients typically go home with an external splint on the nose, and some have internal splints or packing depending on the surgery performed. Congestion is common because the lining of the nose swells, so breathing through the mouth for a while is normal. Sleeping with the head propped up on pillows, using cold compresses around the eyes as directed and avoiding bending, lifting or blowing the nose are standard pieces of advice. Mild to moderate discomfort is usually managed with prescribed or recommended medication. Bruising around the eyes, when it appears, often peaks within the first few days and then begins to fade.

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The end of the first week tends to bring the splint removal visit, which many patients treat as a milestone. The nose will look swollen and may feel stiff or numb, especially at the tip, and that is expected. Dr. Jacob Sedgh uses the Piezo ultrasonic system to reshape nasal bone with micro-vibrations instead of manual rasps and osteotomes, and published studies have reported less bruising and swelling in the first week with this approach. Individual recovery still varies, so it is sensible to plan time off around a realistic estimate rather than an optimistic one. By the second week, many people feel ready for desk work, errands and low-key social plans, although some residual bruising may still need a little concealer. Strenuous exercise, contact sports and heavy lifting are generally off the table for longer, and glasses resting on the bridge may need to be avoided or supported for a period your surgeon specifies. Beyond the first two weeks, the changes become slower and subtler. Swelling continues to settle over months, with the tip often the last area to refine, so the shape you see at one month is not the final picture. Regular follow-up visits let your surgeon check healing and answer questions as they come up. Patients traveling from Brentwood, Mar Vista, Culver City or Pico-Robertson for rhinoplasty Los Angeles care often plan their follow-up appointments around the drive along Santa Monica Blvd or the 10, and it helps to arrange a driver for the day of surgery. Dr. Sedgh is a double board-certified facial plastic surgeon whose practice is limited to the nose, face, ears and neck. To talk through what recovery would realistically look like for you, including time off work and activity limits, call (310) 888-2884 and book a consultation at the office on Sunset Blvd in West Hollywood, open Monday to Friday from 9am to 5pm.

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FAQ About Los Angeles Nose Job What is the average cost of a nose job in Los Angeles? There is no single figure, because the fee depends on whether the surgery is primary or revision, how much structural work is needed, and the anesthesia and surgical facility costs. Revision and combined functional and cosmetic cases usually take longer than a straightforward primary rhinoplasty. At Jacob Sedgh, MD in West Hollywood, a written quote follows the consultation once Dr. Sedgh has examined the nose and agreed a plan with the patient. How long does a nose job last? The structural changes from rhinoplasty are designed to be permanent, although the nose continues to age naturally with the rest of the face. Swelling settles gradually, and the tip can take a year or more to show its final definition. Dr. Jacob Sedgh follows patients through that first year from his office on Sunset Blvd. Is rhinoplasty 100% safe? No surgery is free of risk. Rhinoplasty carries risks such as bleeding, infection, breathing changes, asymmetry and the possibility of needing revision. Dr. Sedgh, a double board-certified facial plastic surgeon, reviews medical history, candidacy and specific risks at consultation so patients can make an informed decision before anything is scheduled. How do I choose a rhinoplasty surgeon in Los Angeles? Look at board certification, the surgeon's training, how much of their practice is devoted to the nose, and before and after photos of noses similar to yours. Dr. Jacob Sedgh trained in head and neck surgery at the University of Pittsburgh and completed a facial plastic surgery fellowship at Penn State Hershey, and his practice is limited to the nose, face, ears and neck. A consultation is also a chance to judge how clearly a surgeon explains the plan. Do ENT surgeons do rhinoplasty? Many facial plastic surgeons, including Dr. Sedgh, began in otolaryngology, the ENT specialty, before completing fellowship training in facial plastic and reconstructive surgery. That background means the septum, airway and nasal valves are part of every rhinoplasty plan, not only the outside shape. Patients with breathing complaints can have functional and cosmetic goals assessed together in West Hollywood. Can insurance cover any part of a nose job? Purely cosmetic rhinoplasty is not covered by insurance. Functional work, such as correcting a deviated septum that blocks breathing, may be partly covered when the problem is documented and the plan's criteria are met. Jacob Sedgh, MD can explain which parts of a combined procedure are functional and which are cosmetic; call (310) 888-2884 to ask. What is recovery like after rhinoplasty? Most patients wear a splint for about the first week and see the worst bruising and swelling fade over the following weeks, although every recovery is different. Strenuous exercise, glasses resting on the nose and strong sun are usually limited for a period. Dr. Sedgh uses the Piezo ultrasonic system for bone work, which published studies associate with less early bruising, and he gives

each patient written aftercare instructions. Is it better to have a nose job abroad or in Los Angeles? Surgery abroad can look cheaper at first, but follow-up visits, managing complications and any future revision are much harder from another country. Having rhinoplasty in Los Angeles keeps the surgeon within reach for the whole first year of healing. Patients from across the city, including Beverly Hills, Century City, Westwood and Culver City, see Dr. Sedgh at one office on the Sunset Strip. What is male rhinoplasty? Male rhinoplasty adapts the operation to masculine facial features, usually keeping a straighter, stronger bridge and avoiding an over-rotated or overly narrow tip. Many men also want better breathing at the same time. Dr. Jacob Sedgh plans male rhinoplasty around the brow, cheekbones and jawline so the nose stays in proportion with the face. What is revision rhinoplasty and when is it needed? Revision rhinoplasty corrects concerns that remain after an earlier nose surgery, whether cosmetic or functional. It is more intricate than a first operation because of scar tissue, reduced cartilage and changed skin. Dr. Sedgh evaluates the previous surgery and generally advises waiting until the nose has fully settled before planning a revision at his West Hollywood practice. What is the difference between open and closed rhinoplasty? Open rhinoplasty adds a small incision across the columella, the strip of skin between the nostrils, which gives the surgeon a direct view of the tip structures. Closed rhinoplasty keeps all incisions inside the nose. The right approach depends on the anatomy and the changes needed, and Dr. Sedgh explains his recommendation at consultation. Is a non-surgical nose job permanent? A non-surgical nose job uses injectable filler to smooth a bump or lift the tip, and the effect is temporary. Filler cannot make a nose smaller or improve breathing, and it carries its own risks. Jacob Sedgh, MD offers both injectable and surgical options and can explain which suits a patient's goals; call (310) 888-2884 to book a consultation.