

# Nose surgery guide

**BAGATIN**  
CLINIC



# Introduction

Nose job, also known as rhinoplasty, is a procedure which resolves aesthetic and functional nasal problems such as bulging septum, bumpy nose or septum deviation. Nose is the most visible organ on our body and therefore exposed to the looks of other people. For this reason more and more people decide to have a nose job.

Apart from external deformations, there are deformations of nasal internal structures which can cause breathing difficulties. During the procedure, our maxillofacial surgeon tries to resolve both issues.

While the decision whether to have a nose job is completely up to you, there are some information that everyone who wants to undergo this procedure should know. If you receive enough information, you will know what questions to ask and what to expect from the procedure. This guide will help you find a qualified and experienced doctor from a professional and safe surgical facility and also provide information on what will happen before and after surgery, including the risks and all potential complications.

# Destination

## Croatia

Croatia is a sovereign state at the crossroads of Central Europe, Southeast Europe, and the Mediterranean. Its capital city is Zagreb, which forms one of the country's primary subdivisions, along with its twenty counties. Croatia's Adriatic Sea coast contains more than a thousand islands. The country's population is 4.28 million, most of whom are Croats, with the most common religious denomination being Roman Catholicism. Croatia has also made a name for itself as a leading destination for health and wellness tourism.

## City Zagreb

Zagreb is the capital and the largest city of the Republic of Croatia. It is located in the northwest of the country, along the Sava river, at the southern slopes of the Medvednica mountain. The wider Zagreb metropolitan area includes the City of Zagreb and the separate Zagreb County bringing the total metropolitan area population up to 1,2 million people. It is the biggest metropolitan area in Croatia, and the only one with a population of over one million.

Ban Jelačić is the central square of the city, named after ban Josip Jelačić. Situated just below the hillside settlements of Kaptol and Gradec, it has served as the city's commercial heart ever since 1641. Zagreb is the seat of the central government, administrative bodies and almost all government ministries. Almost all of the largest Croatian companies, media and scientific institutions have their headquarters in the city. Zagreb is the most important transport hub in Croatia where Central Europe, the Mediterranean and Southeast Europe meet, making the Zagreb area the center of the road, rail and air networks of Croatia. It is a city known for its diverse economy, high quality of living, museums, sporting and entertainment events. Its main branches of economy are high-tech industries and the service sector.



# Certificates of Excellence and International Recognition

Bagatin Clinic is the International cosmetic surgery clinic of the year in 2017 and 2019, Best dermatology clinic in Europe in 2018 and a proud owner of two international certificates of accreditation for excellence and quality. Patients from all over the world are returning to Bagatin Clinic, delighted with the superior quality of services, the most advanced technology and the doctors and staff who prove their expertise and knowledge on a daily basis.

## TEMOS International Healthcare Accreditation

Temos International Healthcare Accreditation assists hospitals, clinics, and medical travel coordinators in achieving their highest levels of activity to provide superior quality to their patients, both domestic and international, as well as medical travelers they serve.

Bagatin Clinic became an official partner of the TEMOS International Healthcare Accreditation organization and received two accreditation certificates - Quality in International Patient Care and Excellence in Medical Tourism.

## International Medical Travel Journal

The IMTJ Awards celebrate top achievements, innovation and excellence in medical travel, medical tourism and health tourism industries worldwide.

Bagatin Clinic has been awarded the title of International Cosmetic Surgery Clinic of the year in 2017 and 2019, by this prestigious organization for the promotion of medical tourism.



## Global Clinic Rating

Global Clinic Rating (GCR) is an international accreditation organization that rates and grades medical providers based on 4 criteria - Expertise, Facilities, Services, and Feedback.

Bagatin Clinic was awarded certificates of service excellence in the fields of dentistry, dermatology and cosmetic surgery. Receiving such acknowledgments, Bagatin Clinic has made the top 100 GCR Accredited Clinics List worldwide and was pronounced Best dermatology clinic in Europe for 2018.



## Medical Tourism Association

Medical Tourism Association is a global non-profit organization, committed to raising consumer awareness of international healthcare options, while working closely with healthcare institutions. Nowadays, due to high cost of healthcare and/or limited access in their home countries, a lot of patients seek alternative options. In order to help them, The MTA works to inform consumers about options for medical treatment, whether they are local or halfway around the world and Bagatin Clinic is their proud partner.



## What is a nose job or rhinoplasty?

Rhinoplasty is the name of a surgical procedure that is performed for the purpose of correcting different nasal irregularities. The procedure consists of careful removal of the nose hump or reshaping of cartilage in order to achieve the best possible look of certain parts of the nose. Patients opt for rhinoplasty because they want to enhance their looks and/or resolve breathing difficulties. The patients normally want to reshape their noses in a way which will enhance the overall harmony of the nose.

As we age, the nose can become more curved and cause breathing difficulties. With time, the patients develop deformations in the interior of the nose which can also cause breathing difficulties, headaches or sinus problems.

A surgery which resolves these issues is called septoplasty. With this procedure, in order to facilitate breathing, the correction of the lower nasal shells, as well as external and internal valvulas, is sometimes needed. The surgery that corrects both aesthetic and functional problems is called septorhinoplasty.

Our recommendation is based on several factors: your age, thickness of your skin and configuration of your other features. Our goal is a natural-looking nose with no signs of surgery. We are aware of the fact that you don't want a "ready-made" nose, but a nose that fits your face the best. However, you need to realise that there are certain limitations in terms of outcomes in all corrective procedures, including rhinoplasty.



## Decision on nose surgery

A decision to have an aesthetic procedure done is a personal one, unique for every individual. Most people who think about an aesthetic surgery have been dissatisfied with a part of their face or body for a long time. For some men and women the goal of an aesthetic procedure is to stop the time i.e. abate the visible effects of aging, while for others an aesthetic surgery is a way of correcting certain physical irregularities which affect their self-esteem.

One of the first steps is becoming an educated patient. Ask around about how to make a smart choice of the surgeon and the polyclinic in which you will have this procedure done, search their web site, read about the procedure and find out which method of rhinoplasty they use. Search the before and after photos to get an idea of enhancements you might achieve and watch videos regarding the procedure.

Prepare a list of questions for the surgeon and the medical staff of the polyclinic of your choice. Some of the questions our patients frequently ask us refer to the number of procedures we had already performed, preparation for the procedure, risks and complications and the time necessary for recovery and getting back to everyday activities.

### **Surgeon's experience**

At the Bagatin Clinic we pay special attention to the experience of our specialists and medical staff as well as their lifelong education and training. Before you decide to have this procedure, you need to check how competent your surgeon is, in order to be sure he/she has enough experience to fulfil your dreams and expectations.

The first step is choosing a licenced maxillofacial surgeon with a large number of performed procedures and setting up a consultation appointment after which you will decide if you are ready to put your trust in him/her.

## **Anaesthesiology team**

A certified anaesthesiologist should be present in the operating room the whole time, monitoring your vital signs. You can be sure that at the Bagatin Clinic the nose surgery procedure will be performed by a renowned plastic surgeon Tomica Bagatin, MD, in cooperation with top anaesthesiology team lead by award-winning scientist and professor Katarina Šakić, PhD, MD, who is also one of the leading anesthesiologists and reanimatologists in the region.

## **Realistic expectations**

It is very important to have realistic expectations and be positive. Even though this procedure can enhance one's looks and strengthen confidence, the wish to achieve a perfect look may not necessarily be fulfilled. The final result depends on individual factors such as health, current state of the shape of the nose, skills and experience of the surgical team.

## **Price of the procedure**

The price of Rhinoplasty and Septoplasty can be found in our official pricelist also available on our website. The price includes the anaesthesiologist's preoperative examination, surgery in general anaesthesia, necessary medications (antibiotics, analgesics, check-ups and bandaging in the first days after the surgery, suture removal and the necessary check-ups during the first year after the surgery (ten, thirty and ninety days after the surgery, and additionally if needed or advised by the doctor).

# Candidates and consultations

It is important to have realistic expectations and be positive. During a consultation we will get an insight into your motivation for the procedure, analyze the structure of your nose and investigate the extent of certain corrections. Only on the basis of all the gathered information we will plan the procedure. During a consultation we would make an individual plan for the procedure in agreement with the patient.

## **You are a good candidate:**

- If you are looking to enhance your looks but not achieve perfection, you are physically healthy, psychologically stable and realistic when it comes to the outcome of the surgery
- If you are dissatisfied with the shape and size of your nose
- If you've had an injury or a burn which caused a change in the look of your nose
- If you were born with a congenital nasal malformation or cleft lip and/or cleft palate deformation and you need secondary correction
- If you have difficulty breathing through your nose
- If your physical growth and development had finished i.E. If you are over 18 or younger in case of a congenital Malformation such as cleft lip and/or cleft palate.

## **Consultations with maxillofacial surgeon**

Decision on having this procedure is for many people one of the most important decisions in their lives and it shouldn't be taken lightly. That is why consultations are an extremely important part of this process. During consultation with the surgeon you will make a decision on the procedure jointly, and he/she will assess whether you are a good candidate. If you know the right questions to ask your doctor during preoperative consultations, you can make sure that you have chosen the right doctor. That way you will reduce your worries, prepare yourself better for the big day and what lies ahead and get a clear picture of what to expect.



# Vectra XT 3D fotosimulator

The purpose of consultations with a doctor at the Bagatin Clinic is to evaluate your overall health and condition and to understand your expectations regarding the procedure. Today, thanks to the VECTRA XT 3D, you are able to see the 3D view of how you are going to look after the procedure, which greatly facilitates communication between the doctor and patient. This latest, state-of-the-art technology is available in the Bagatin Clinic.

During consultation with the VECTRA XT 3D camera, 3D images of your face and nose are taken to study and plan the whole procedure. The goal is not only to improve the shape of the nose but also the appearance of the entire face. Part of this planning is using the computer display to shape the type of the nose we want to get. There is no fear of repeating the shooting and losing your precious time since the system is immune to the movement. Namely, the recording time is a fascinating 3.5 millisecond.

We point out that the 3D view is just an idea that we are trying to accomplish, but we can not guarantee that the same nose will be obtained by operation. In fact, no ethical doctor can guarantee the exact result of any surgery. However, you will get a realistic idea of the outcome of the operation that can be expected, that is, correction options that can be made in the sense of the expected improvement.

## **Advantages of VECTRA XT 3D Consultation:**

- The ability to show projection results when combining several different procedures
- Clear visualization and simulation of expected results
- Increased trust and patient satisfaction
- A fully-defined operation goal
- The most modern tool for projection of real 3D results
- Innovative RBX technology
- Precise face measures for planning the procedure
- Automated measuring with 360° visualization
- Personalized presentation with patient participation

VECTRA



## Preparations for the surgery

During consultations you will get all the necessary instructions for the surgery - which laboratory tests are necessary, what to avoid before the surgery (e.g. alcohol, smoking, vitamin supplements etc.), how to behave after the surgery to make the recovery as fast as possible.

Before the surgery you should stop taking nonsteroidal anti-inflammatory painkillers which contain acetylsalicylic acid, such as Aspirin, Andol or Acisal. This is one of the most important factors in the preparation for the surgery because this is how we prevent unwanted bleeding and haematomas during and after the surgery, as well as facilitates and accelerates the recovery and improves the results of the surgery.

After consulting the doctor, and before the surgery, it is necessary to have an examination done by our anaesthesiologist to make sure you are ready to have a surgery under general anaesthesia.

### **Instructions for the proper preparation:**

- For a start, it is necessary to do a complete set of preoperative tests determined by the doctor during the consultation. With the results of these tests you will see our anaesthesiologist a few days before the surgery
- If you are a smoker you should stop smoking at least two weeks before the procedure. Smoking slows down the circulation and prolongs the recovery time and the time needed for wound healing
- Leave all your jewellery at home (earrings, necklaces, rings, piercings)
- Avoid applying makeup on the day of the surgery. Do not apply any moisturizers or creams on your skin on the day of the surgery
- Organize transport to and from the clinic.



## Course of the procedure

Since the surgery is performed under general anaesthesia, you will be asleep during the whole procedure. Rhinoplasty normally lasts two to four hours, depending on the complexity of the procedure.

At the Bagatin Clinic we use the “open method” of rhinoplasty because that method enables good visibility and direct approach to cartilaginous and bone structures of the nose. This method also enables a better precision and enhances the results and satisfaction of the patients.

Within this approach the incision is made through the columella (the skin of the nasal septum) in the shape of a staircase or a letter V.

The scar on the columella is in the shape of a small step and is almost invisible in the postoperative period. The nasal bone and cartilage are reduced during surgery, or reshaped and put back in order to achieve the satisfactory look, shape, and size of the nose. Nasal cartilage is normally used to shape the nose (septum cartilage). Ear cartilage or rib can be used if there is not enough nasal cartilage (previously used) or if a larger reconstruction is necessary.

### **General anaesthesia**

Top anaesthesiologists are in charge of anaesthesia, operative and postoperative care at our Polyclinic. Rhinoplasty is done under general anaesthesia so that the patient doesn't feel pain during surgery and also because surgeon needs the patient to be calm in order to precisely approach the interior nasal structures.

The patient doesn't sleep under general anaesthesia; he/she is unconscious. Unlike sleep, from which a person can wake up, the patient cannot be waken up from general anaesthesia with stimuli. The patient regains consciousness after the anaesthetic wears off.



# Postoperative period

It is of utmost importance you abide by all instructions for recovery given to you by your surgeon. When you are discharged from our Clinic you will be given a detailed set of instructions on how to take care of your nose during the postoperative period. We would advise you to avoid lying down for longer periods because standing and moving around prevent swelling and speed up the recovery. For this reason in case you have to lie down, we recommend a half-seated, reclined position.

## **First 48 hours**

As with other surgeries, some complications are possible (inflammation, bleeding). Doctor Bagatin will warn you about these complications during consultations. If you adhere to the instructions you are given, the risk of complications will be reduced. There is a possibility of smaller irregularities and asymmetries on the nose during the postoperative period, but they usually disappear within a year from the surgery. If a smaller secondary correction is necessary, it can be done only a year after the first surgery.

## **After a week**

About 90% of swellings and discolorations around the eyes disappear within the first week. The patient might feel a mild nose swelling that will gradually disappear within two weeks.

## **First 2-4 weeks**

We recommend not to blow your nose in the first 2-4 weeks after the removal of the tampon and external fixation. Most patients return to work or school activities within 8-10 days. The nose will be swollen at first so the patients who expect to see the desired result as soon as they remove the bandages will be disappointed. However, most of the swelling will disappear within 3-4 days after the tampon and the external fixator are removed and the nose starts to adjust to its final form. Therefore, there is no reason for initial dissatisfaction because healing is a process that requires time.

## **Two months after the surgery**

During the first two months after the surgery the patient needs to be very careful not to hurt the nose in any way and not to be exposed to direct sunlight for longer periods of time. Glasses shouldn't be worn unless they are supported with a strap from the forehead. More intense activities are not recommended for at least two weeks after the surgery, while vigorous exercise should be avoided for 4-6 weeks.

## **One year after the surgery**

After one year, the swelling in the nose is expected to completely subside. If the skin of the nose is thick, it is expected that recovery can take up to two years. In case that after the stated period certain nasal irregularities are visible in terms of irregularities and asymmetry, they can be corrected during that period.

# Postoperative checkups

Check-ups are extremely important and they should be done regularly and in accordance with doctor's instructions. If you don't abide by instructions and attend check-ups, that can have a negative impact on your health and jeopardize the surgery results. After the surgery the patient is required to attend scheduled and all other checkups ten, thirty and ninety days after the surgery, as well as additional checkups if the doctor so requires.

## Complications

As with other surgeries, certain complications are possible (inflammation, bleeding). Doctor Bagatin will warn you about these complications during consultations. If you adhere to the instructions you are given, the risk of complications will be reduced. There is a possibility of smaller irregularities and asymmetries on the nose during the postoperative period, but they usually disappear within a year from the surgery. If a smaller secondary corrective procedure is necessary, it can be performed only a year after the first surgery.

## Possible side effects

- Uneasiness and pain - all patients can feel a bit sensitive for several days after the surgery and can use painkillers in that period should they feel the need to do so. The sensation of pain varies from one person to another.
- Bruising and swelling - you can expect noticeable bruising which can last up to several weeks. This is normal and will subside naturally.
- Hematoma - the bleeding can occasionally appear around the area of surgery even after the surgery. If you notice considerable bleeding after you've been discharged, make sure to contact us.
- Infections - it is important to realize a surgical incision carries the risk of transferring the bacteria from the patient's skin. Such an infection can manifest in fatigue, weakness, fever and overall poor state. The nose can become stuffy and swollen.
- Changes in sensation - it is common for patients to experience weakened sensation, magnified sensation or "peculiar sensations". Such changes in sensation are normal and almost always temporary.



# Results of the procedure



The photographs show the actual state of change before and after the surgery in question. The results of each procedure are individual and vary from person to person, and as a result, Bagatin Clinic / Bagatin Med cannot guarantee the same results for each individual client.

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# Frequently asked questions

## **Will I feel pain after the procedure?**

It's surprising that the patient won't feel any pain in the nose after the surgery but he/she will experience a feeling of uneasiness caused by the inability to breathe through the nose due to the tampons which are removed after a week post-surgery.

## **Why is an examination before the surgery necessary?**

During this examination doctor Bagatin will familiarise himself with the patient's problem and propose the appropriate treatment. The doctor will answer the patient's questions and try to inform him/her about the possible outcomes of the surgical procedure, explain what can be realistically expected from the procedure and familiarise the patient with the possible complications.

## **What are the possible complications?**

Serious complications after rhinoplasty are rare. One of the possible complications is bleeding from the nose after the surgery but that can be solved by inserting additional tampons (a gauze or an expanding material). Infections are rare and can be resolved with antibiotics. A secondary operation is sometimes performed to correct minor flaws from the first procedure or to improve breathing.

### **What is the earliest age for rhinoplasty?**

It is best to wait until the cartilage and bones have stopped growing. With women that happens around the age of 16 and with men around 17, although most often surgery is performed after the age of majority (18 years of age).

### **When can I go back to my everyday activities?**

The recovery normally lasts 8-10 days, although most often surgery is performed after the age of majority (18 years of age). The patients can perform lighter tasks a week after the surgery. Intense physical efforts should be avoided in the first two weeks because the increased blood pressure can cause additional bleeding.

### **What tests should I do before the surgery?**

After the consultations with our doctors and after scheduling the procedure, it is necessary to do the standard laboratory blood tests, coagulation and urine tests, ECG and possibly have the internist run additional tests.



**BAGATIN**

Your beauty destination

# Highly - specialized clinic for aesthetic surgery, dentistry and dermatology

Founded as a practice in 1995, Bagatin Clinic is now a leading clinic for aesthetic surgery, dentistry and dermatology in Croatia. We have almost 25 years of tradition and experience in providing high quality health and aesthetic services to our clients with the help of our expert and dedicated medical staff.

In Zagreb, our facilities are situated in two prime locations. Our Green Gold Tower location offers a wide range of aesthetic facial and body treatments with a focus on body rejuvenation and body shaping. Our, and at the same time, the best dermatology department in Europe for 2018, offers examinations, treatments and laser treatments with 9 top-notch medical lasers used to remove almost all aesthetic skin changes including unwanted hairs, capillaries, wrinkles and other skin changes such as moles or scars.

In the most modern dental center in Zagreb and the region, we offer the highest level of dental services and a comprehensive care for the health of your teeth and the beauty of your smile. The emphasis of our dental services is on aesthetic dentistry, oral surgery, implantology and 3D diagnostics

The second location in Zagreb is our surgical department with over twenty years of experience in offering services in the field of maxillofacial, general and plastic surgery. Doctor Dinko Bagatin, whose specialty is general and plastic surgery, and doctor Tomica Bagatin, a maxillofacial surgeon and a plastic surgeon of head and neck, continued the practice of their father, prof.dr.sc. Marijo Bagatin, a renowned maxillofacial surgeon. Today, thanks to aesthetic surgery, they improve the quality of life of people who need it.

Our third location is in Split, in Dioklecijan Hotel & Residence, within Splitska kuća zdravlja where we provide top quality five-star service in the field of dentistry, cosmetology and aesthetic dermatology. By combining the latest technologies available on the market and our highly educated medical staff, we achieve outstanding results with the highest levels of customer satisfaction.



## Tomica Bagatin, MD

Plastic surgeon of head and neck

Doctor Tomica Bagatin primarily deals with aesthetic surgery and his aim is to offer his patients the safest and best surgical methods to enhance their natural beauty. Doctor Bagatin earned his degree as a medical doctor at the School of Medicine at the University of Zagreb. He did his residency at the Clinical Hospital "Mercur" and his specialisation at the Clinic for Maxillofacial Surgery of the Clinical Hospital "Dubrava".

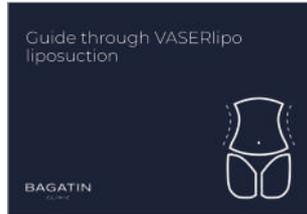
He has been working at the Bagatin Clinic since its establishment in 2002. He is an active member of the Croatian Society for Maxillofacial, Plastic, and Reconstructive Head and Neck Surgery and is licenced by the Croatian Medical Chamber.

He is an active member of international associations - European Association for Cranio-Maxillo-Facial Surgery (EACMFS) and International Association of Oral and Maxillofacial Surgery (IAOMS). He has actively participated at numerous international congresses and courses in Tours, Vienna, Barcelona, Budapest, Chicago, New York, among many others. He completed the most advanced course of English at the McGill University in Montreal.

# Other guides of Poliklinika Bagatin



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Destination Guide



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