

# Natalie's Nose Job Story:

## *For Health and Beauty*

Excerpted from D Beauty Spring/Summer 2007



Natalie Cottrell always had a little hump on the top of her nose. She didn't love it, but she wasn't motivated to fix it until it started to shift in 2004. After noticing a change in her profile, she decided to consult an ear, nose, and throat surgeon specializing in facial plastic surgery.

Cottrell was diagnosed with a deviated septum. The cartilage had shifted from the center of her nose, which increased the intensity of sinus infections and caused her nose to feel constantly sore. It was a functional issue as well as an aesthetic problem, and Cottrell was having trouble finding a doctor who made her feel comfortable with both aspects. "First and foremost, I wanted to make sure that I was healthy," she says. "I wanted my surgeon to address my cosmetic issues and not go crazy with the rest of my face."



A recommendation led her to Dr. Benjamin Bassichis of Advanced Facial Plastic Surgery. After her initial consultation, she felt completely at ease and scheduled her surgery for the following month. During the hour that Cottrell was under anesthesia, Bassichis performed a septoplasty, a procedure where he realigned the septum. He then went in through the nostrils, shaved the bone, and removed the hump. No external cutting or sutures were necessary.

Cottrell awoke with a cast-like bandage taped to the top of her nose. She stayed in the recovery room for about 20 minutes, before her mom drove her home and helped her to bed. "I expected it to be a bigger deal," she says. "We put some gauze under my nose like a little hammock to catch the drainage." Other than the

gauze, which she changed when it got full, there was no nasal packing and little pain. Gel had been applied along with two silicon splints stitched inside each nostril to help retain the shape of her nose through healing.

Although the swelling made her feel like she had a head cold on days two and three, Cottrell rested with a bag of frozen peas on her eyes, which alleviated most of the discomfort. She also started using Ocean nasal spray to keep her nostrils moist and applied an antibiotic ointment to the inside of the nose to minimize blood and crusting. “I really took everyone’s advice, followed the instructions and took the opportunity to heal.”

On day six, she went back to Dr. Bassichis’ office to have her bandage and splints removed. “Literally the day he took off the bandage, I saw exactly what I was hoping to see,” Cottrell says. She experienced subtle yellowish bruising, which she easily concealed with makeup. “I expected to have a period where I kind of looked strange, but that didn’t happen at all. As the swelling went down, I kept feeling happier and happier, and I’m just thrilled with my results.”