

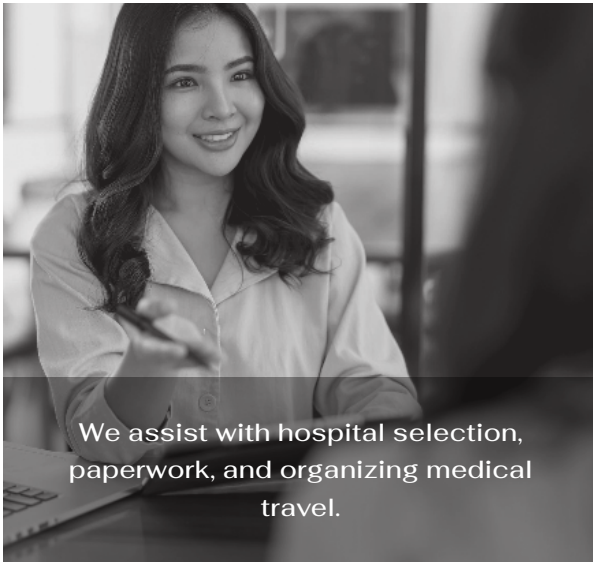
Your Ultimate Guide To  
**RHINOPLASTY**

As Thai's most trusted Plastic Surgery group,  
we're passionate about client care



# COSMED<sup>+</sup>

TOUR



We assist with hospital selection, paperwork, and organizing medical travel.



Every clinic is carefully selected. Our coordinators visit clinics to ensure that our patients are in safe hands.

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Cosmedtour Inc.



Most importantly, our goal is to ensure that you feel confident, secure, and fully supported every step of your journey.

”

Dr. Akkavich Harnnavachok

# Introduction

Welcome to CosMedTour, the leading Plastic Surgery group in Thailand. Since our inception, we've been devoted to empowering countless clients to embrace their self-confidence. We take great pride in our collaboration with top-tier plastic surgeons, known for their unwavering commitment to delivering exceptional care and outstanding results. When you choose us, rest assured that you're placing yourself in the hands of true experts. Our dedicated Client Support team will guide you every step of the way—from your initial assessment, through the planning process, during your recovery, and beyond.

## **Our Commitment**

While we're honored to be recognized as industry leaders, we're also proud pioneers. Since 2014, we've been the trailblazers in establishing relationships with fully accredited clinics and hospitals in Thailand.

## **Proven Track Record**

Our extensive experience and unwavering dedication set us apart from the competition. We've been organizing international group medical holidays longer than anyone else, continuously listening to the needs of both prospective and former clients, and accommodating individual preferences and requests.

## **Building Strong Relationships**

We've cultivated strong partnerships with our affiliated clinics and hospitals, hand-selecting a team of professionals known for their expertise, authenticity, and compassion. At CosMedTour, you're more than just a number—you're greeted with sincerity and a level of care that exceeds industry standards from the very beginning.

## **Prioritizing Patient Safety**

Patient safety is non-negotiable for us. Our Founder and CEO have personally vetted and maintained international partnerships since 2014, undergoing treatments themselves and fostering direct affiliations. This demonstrates the depth of our relationships and mutual respect.

## **Embracing Cultural Values**

In our search for like-minded partners, we found common ground with the affable and polite Thai people, renowned for their dedication and bedside manner. This cultural synergy, combined with state-of-the-art facilities for both acute and general care, makes for a perfect partnership.

# Our Guarantee

At PPSI, our commitment to quality and client satisfaction extends far beyond the operating room. We believe in shouldering responsibility for our clients' well-being long after they've returned home. We provide assurances that opting for surgery overseas doesn't mean compromising on safety.

We understand that surgery inherently carries risks, and we ensure our clients are fully informed about these risks beforehand through detailed information pamphlets available at PPSI. Additionally, we encourage open discussions about these risks with their attending surgeon.

## Our Commitment and Guarantee

**Complication Review Process:** If a complication arises, clients should promptly inform PPSI with comprehensive details and evidence. A review committee, comprising the attending plastic surgeon, PPSI Senior Plastic Surgeon, and the Medical Director of Phuket International Hospital, will assess the situation.

**Determination of Responsibility:** The committee will determine whether the complication is directly related to surgery or other factors, such as unrealistic expectations or pre-existing conditions. The extent of responsibility between PPSI and the client will then be allocated on a case-by-case basis.

**Notification:** PPSI will inform the client of the determination in writing. If the client disagrees, they can notify PPSI in writing, providing reasons for their disagreement.

## High-Risk Factors

Patients with various risk factors must disclose this information to their surgeon before undergoing surgery.

## Conditions

**Compliance:** Clients must adhere to post-operative instructions, including wearing compression garments as recommended.

**Emergency Situations:** In case of emergencies, clients should seek immediate medical assistance and notify PPSI promptly. Failure to do so within a reasonable time may result in the cancellation of the guarantee.

**Pre-Approval:** Treatment costs not pre-approved in writing by PPSI will not be reimbursed.

**Evaluation Period:** No determinations will be made by PPSI within six months following surgery, except in emergencies or acute complications.

**Surgical Procedures:** Except in emergencies, no procedures by another surgeon may be performed without PPSI's consent.

## Exclusions

Certain situations are not covered by the guarantee, including non-surgical procedures, inherent risks associated with surgery, changes associated with weight gain/loss or pregnancy, and surgeries performed by non-PPSI surgeons.

## Determination

Following assessment and considering the conditions and exclusions, PPSI guarantees to cover costs associated with corrective surgery, including hospital, admission, and surgical expenses, as well as return airfares and hotel accommodation for non-resident clients referred by PPSI.

Note: All corrective procedures must be completed within one year of the original surgery.

The most important thing is the responsibility from the hospital. We never abandon our customers, and we will take care of every customer to the best of our ability

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Dr. Akkavich Harnnavachok



# Why Us

Welcome to our trusted agency for international cosmetic and dental procedures. With over a decade of experience, we offer top-notch care from highly skilled surgeons in Phuket. Enjoy peace of mind with transparent pricing, 24/7 support, and flexible payment plans.



- ✓ Original facilitator of International cosmetic and dental procedures
- ✓ Over 10 years of industry experience since 2014
- ✓ Leading and most trusted agency
- ✓ Central offices located in Phuket
- ✓ Highly skilled and reputable Plastic and Reconstructive Surgeons
- ✓ Joint Commission International (JCI) Hospital accreditation
- ✓ Meet your surgeon BEFORE paying for your procedure
- ✓ Escorted group tour packages with Thai hosts
- ✓ Peace of mind with 24/7 support team
- ✓ No hidden fees and costs
- ✓ Medical Travel Cover
- ✓ Payment plans available



As the most trusted Plastic Surgery group, our passion lies in providing exceptional client care.





**Rhinoplasty**, commonly referred to as a 'Nose Job,' is a sophisticated cosmetic and reconstructive procedure. When conducted by a skilled and experienced Plastic Surgeon, Rhinoplasty can achieve several transformative outcomes, including:

- ✓ Changing the shape of the nose
- ✓ Altering the proportions of the nose
- ✓ Addressing structural abnormalities
- ✓ Improving nasal function

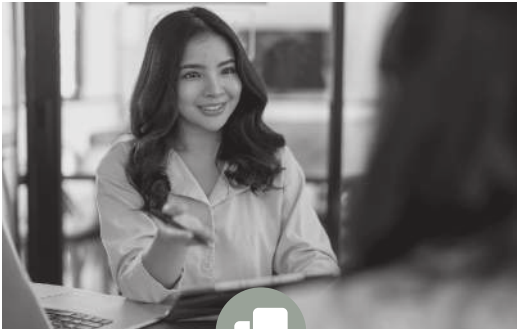
Clients seek Rhinoplasty for various concerns, which may include:

- ✓ An overly wide, narrow, or long nose
- ✓ Asymmetries in nasal appearance
- ✓ Lumps, humps, or dents on the nasal bridge
- ✓ A drooping tip
- ✓ A crooked nasal appearance

By addressing these concerns, Rhinoplasty can enhance facial harmony and self-confidence, providing individuals with a nose that better suits their aesthetic goals and functional needs.

# The procedure

What To Expect Before Your Procedure.



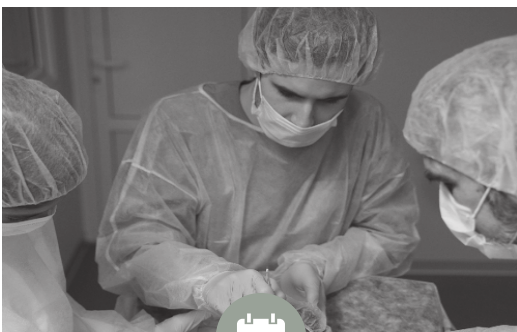
## INITIAL INQUIRY AND ASSESSMENT

Connect with our Client Support Specialists to assess your candidacy and receive personalized surgical advice.



## SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.



## YOUR SURGERY | 2 - 4 hours

Experience rhinoplasty under general anesthesia with our expert team.



## AFTER CARE FOLLOW UP

Receive post-operative instructions and follow-up appointments for optimal results.

# After Your Procedure

## Recovery Period:

The post-surgery recovery period varies from person to person, but it's advisable to allow at least 6 weeks for a comprehensive recovery. This timeline accounts for the body's natural healing process and ensures optimal results.

## Hospital Stay:

In Australia, rhinoplasty is typically regarded as day surgery, meaning patients can expect to leave the hospital within 2 to 3 hours after waking up from anesthesia, assuming they are in good general health. However, for those undergoing the procedure in Thailand, a short hospital stay, usually overnight, is required to ensure proper monitoring and initial recovery.

## Rest Time:

Following surgery, patients may experience mild pain, which can be effectively managed with prescribed medication. It's common to observe bruising, particularly around the eyes, which may persist for approximately 10 days. Additionally, some patients may notice an oily appearance in the nose, attributed to swelling, which typically subsides within the first few days post-operation. To aid in recovery, a nose splint must be worn for the first week to assist with swelling and to hold the nose in place. Despite these initial discomforts, most patients can resume normal activities, including work and light exercise, after approximately 2 weeks.

## Recovery Time:

For optimal healing and to avoid complications, it's crucial to refrain from strenuous activities and contact sports for at least 6 weeks following the procedure. Additionally, exposing the nose to excess water should be avoided during this time to prevent any potential harm to the healing incisions. Therefore, swimming should be avoided for a minimum of 6 weeks, or until otherwise advised by the surgeon.

## Settling Period:

Patients should understand that achieving the final result takes time and patience. Prolonged swelling in the tip and bridge of the nose is common and may take anywhere from 6 to 12 months to fully subside. During this settling period, it's important to follow post-operative instructions diligently and attend follow-up appointments as scheduled to monitor progress and address any concerns that may arise. By being patient and allowing the body to heal naturally, patients can expect to achieve the desired outcome of their rhinoplasty procedure.

# Planning Your Procedure

When considering a Rhinoplasty, it's essential to be aware of several significant factors. Our Plastic Surgeons will assist you in navigating the planning process and collaborate closely with you to achieve your desired outcome.

## Key Considerations:

### Constraints of Existing Bone and Cartilage Structure:

Surgeons operate within the parameters of your current bone and cartilage structure, which can restrict the extent of alterations achievable for your nose. This means that while enhancements are possible, there are inherent limitations to the degree of change that can be made.

### Intricacies of Rhinoplasty:

Rhinoplasty is a complex and delicate procedure that requires meticulous attention to detail. Cartilage, with its memory and unpredictability, adds to the intricacy of the process. Additionally, skin reactions and the way cartilage interacts with the skin can influence the final results, making each procedure unique and challenging.

### Challenges with Symmetry:

Attaining complete symmetry in rhinoplasty outcomes is not always feasible. Even minor misalignments or asymmetries can be noticeable due to the prominent visibility of the nose. While surgeons strive for balance and harmony, achieving perfect symmetry may not always be attainable due to the complexities of nasal anatomy and healing processes.

## Techniques:

### Open Rhinoplasty:

Also known as External Rhinoplasty, this approach provides direct access to the internal nasal structure. Three incisions are typically made, two within the nostrils and one across the columella. Surgeons then lift the top portion of the nose to access and modify the underlying structures.

**Open Rhinoplasty with Cartilage Grafting:**

This technique involves using additional cartilage to provide support, reshape the nasal tip, correct asymmetry, and reinforce weakened areas of the nose. Cartilage is harvested from sources such as the rib, ear, or cadaveric cartilage, then strategically placed to achieve the desired changes in nasal structure.

**Excisional Rhinoplasty:**

Involving the gradual removal of bone and cartilage, often substantial, this technique relies on scar tissue formation to reshape the nose. It's usually completed using the Closed approach, but there's a risk of weakening the nose structure over time if scar tissue is insufficient for support.

**Structural Rhinoplasty:**

This method focuses on reinforcing the nose structure, removing large amounts of bone and cartilage while preserving them. Surgeons utilize the client's excess tissue to reshape the nose.

**Preservation Rhinoplasty:**

Aimed at retaining as much of the client's original bone and cartilage as possible, this approach involves accessing the nasal dorsum to remove small portions of bone and cartilage. It's often used to reduce the bridge's height and remove humps or bumps without altering dorsal lines, suitable for first-time clients and those not needing complex reconstruction.

As the most trusted Plastic Surgery group, our passion lies in providing exceptional client care.





## Take Advantage of Our Free Consultation

At CosMedTour, we prioritize your peace of mind and satisfaction. We're dedicated to providing you with comprehensive support and guidance at every stage of your journey. Our team is here to ensure that you not only feel confident about your decisions but also safe and supported throughout the entire process.

# Potential Risks To Consider

While undergoing your CosMedTour Rhinoplasty, it's essential to consider potential risks, although rest assured, you'll be in the most capable surgical hands. Our expert Plastic Surgeons prioritize safety, working in hospitals renowned for their high-quality standards. Here are some possible risks and complications associated with all surgeries:

## Risks & Possible Complications:

- Surgical risks such as infections, bleeding, and allergic reactions to medical materials.
- Haematoma (large blood clot) beneath the incision site.
- Pain, bruising, and swelling around the operated site.
- Separation of wound edges.
- Nausea (from anesthesia).
- Asymmetry or heavy nosebleeds.
- Infections requiring antibiotic treatment or further surgery.
- Severe temporary or ongoing pain.
- Altered sensation and numbness around the nose, possibly permanent.
- Temporary numbness around front teeth.
- Reduced or loss of sense of smell.
- Keloid or hypertrophic scarring, which can be thick, lumpy, inflamed, and itchy.
- Dark skin under eyes, lasting up to 6 months.
- Difficulty breathing due to narrowed airways.
- Weakened support structure of the nose.
- Potential need for revisional surgery.

# Why Choose Cosmedtour



## **Compassionate Care:**

Our dedicated team ensures you feel confident, safe, and supported at every stage of your journey.



## **Surgery Payment Options:**

From layby to personal loans, we offer assistance with payment options to fund your Plastic Surgery.



## **The Best Plastic Surgeons:**

Work with the finest and most trusted Surgeons who understand your goals and deliver beautiful results.



## **All-Inclusive Surgery Packages:**

Our packages cover everything from surgery, anaesthetist fees, to hospital stay, with no hidden costs.



## **Trusted by Clients:**

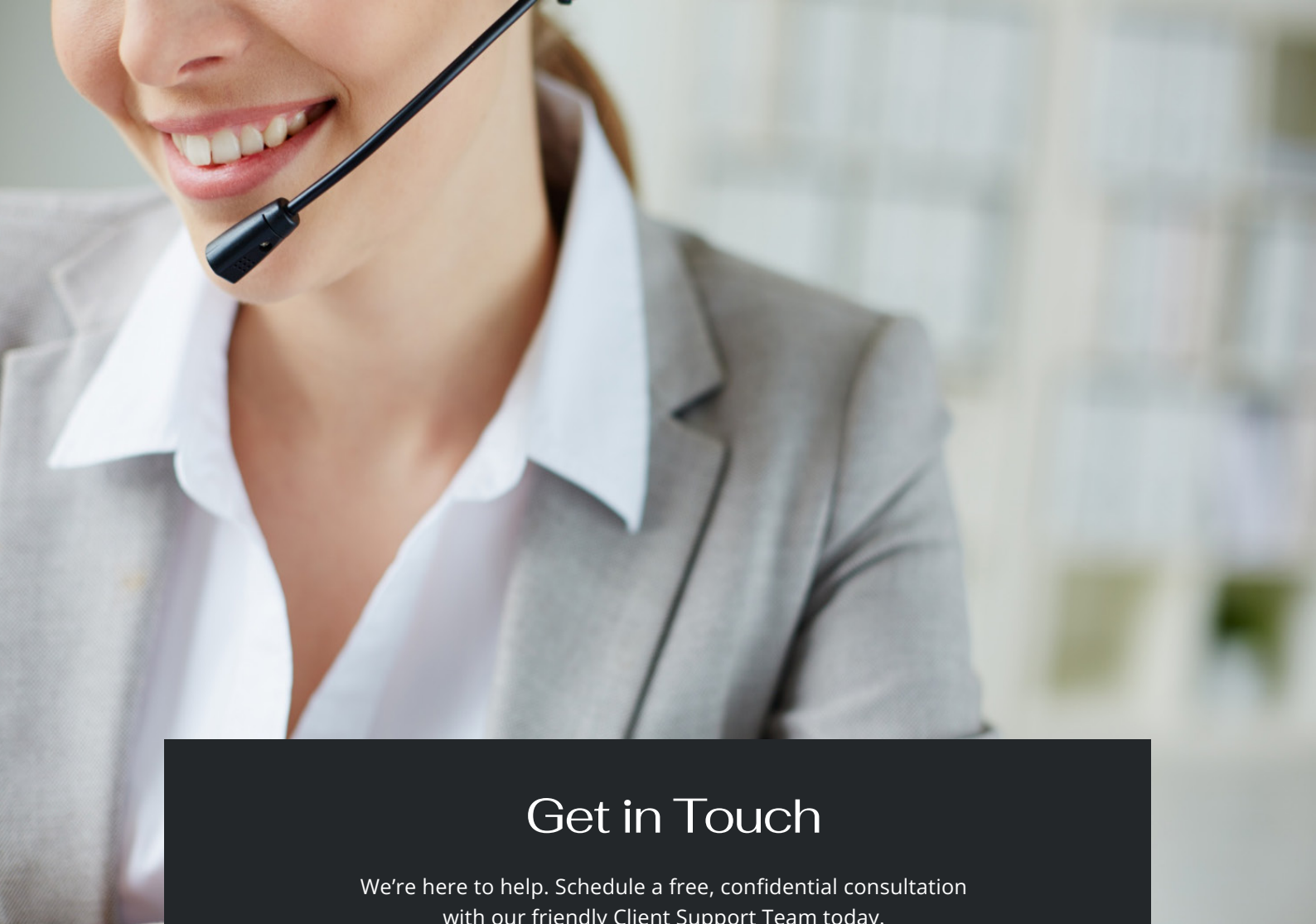
With 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.



## **Honest, Personalized Advice:**

We believe in authenticity and provide realistic advice about the results you can achieve.





## Get in Touch

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.



Phone us on +66 884486718



Send us an [online enquiry](#)



Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

[START NOW](#)

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