

# How to Prepare for Your Rhinoplasty Consultation: A Patient's Guide



Deciding to explore rhinoplasty is a personal step, often years in the making. By the time most patients sit down for their first consultation, they have been thinking about their nose for a long time — sometimes since their teenage years. The consultation itself, however, is often over in under an hour, which is why preparation matters. The more clearly you can describe your concerns, your goals and your medical background, the more useful and honest the surgeon's advice can be.

This guide explains how to prepare for a rhinoplasty consultation from a patient's perspective. It covers what to think about beforehand, what to bring, the questions worth asking, and the warning signs that should make you pause before committing to surgery anywhere.

## Why Preparation Matters More for Rhinoplasty Than Most Procedures

Rhinoplasty is one of the most technically demanding operations in facial plastic surgery. The nose sits at the centre of the face, supports breathing, and changes appearance with millimetres of adjustment. A consultation is not just a sales meeting — it is a clinical assessment that should look at your skin type, cartilage strength, breathing, the proportions of your face, and your reasons for wanting change.

Patients who arrive prepared tend to:

- Leave with a clearer understanding of what is and is not achievable
- Avoid being talked into procedures they did not ask for
- Spot whether a surgeon is the right fit before any deposit is paid
- Feel calmer and less rushed in the decision-making process

The aim of this article is to help you arrive at your appointment ready to have that conversation properly.

## Step One: Research the Surgeon Before You Book

Long before the appointment itself, the most useful preparation is finding out who you are about to see. Rhinoplasty is performed by surgeons from very different training backgrounds in the UK, and not all of them specialise in the nose.

When researching, look for:

- **Specialist training in facial plastic surgery or ENT (otolaryngology).** Surgeons who operate inside the nose every day understand both its function and its structure in a way that purely cosmetic backgrounds may not.
- **Fellowship qualifications** with recognised bodies such as the European Academy of Facial Plastic Surgery, the British Society of Facial Plastic Surgery, or international facial plastic and reconstructive surgery boards.

- **Volume and consistency of rhinoplasty work.** Ask, or check the [before and after gallery](#), to see whether the surgeon performs rhinoplasty regularly rather than occasionally.
- **Experience with both primary and revision rhinoplasty.** A surgeon who handles revision cases tends to have a deeper understanding of what can go wrong and how to avoid it the first time.
- **Genuine reviews and patient stories**, ideally from sources you cannot directly buy a place on.

If you cannot find clear answers to these points online, bring them to the consultation as your first questions.

## Step Two: Get Clear on What You Actually Want to Change

This sounds obvious, but many patients arrive at consultations with a general feeling of dissatisfaction rather than a specific list. The clearer you can be, the better the discussion will be.

Before the appointment, spend some time in front of a mirror and ask yourself:

- Which view bothers me most — front, three-quarter, or profile?
- Is it the bridge, the tip, the nostrils, the bridge-to-tip relationship, or how the nose meets my lip?
- Does my nose look different in photos than it does in the mirror, and which one am I trying to change?
- Do I struggle to breathe through one or both sides, particularly at night or during exercise?
- Has my nose been broken or injured, even years ago?

Writing two or three sentences describing what you would like to feel when you look in the mirror after surgery is often more useful than a long list of physical fixes. A surgeon's job is to translate those feelings into anatomical changes that are realistic for your face.

## Step Three: Gather Photographs to Bring With You

Photographs help anchor a conversation that can otherwise drift into vague descriptions. The most useful ones to bring fall into two groups.

**Photographs of yourself**, including:

- A straight-on front view in good, even light
- Both side profiles
- A three-quarter view from each side
- A view from below, looking up at the base of the nose
- If possible, photos from your teens or twenties showing how your nose has changed over time

**Reference photographs** can also help, but they should be used carefully. A surgeon cannot give you someone else's nose, and trying to do so usually produces results that look wrong on your face. What reference photos are genuinely useful for is communicating a sense of proportion, tip definition, or bridge profile that you find appealing. Bring two or three, not twenty.

## Step Four: Prepare Your Medical and Lifestyle History

Rhinoplasty is surgery, and the consultation will include a proper medical assessment. To save time and avoid surprises later, prepare a clear summary of:

- Any previous nasal surgery, injuries, or fractures
- Current medications, including over-the-counter supplements, herbal remedies, and recreational substances
- Allergies, particularly to medications, latex, or anaesthetic agents
- Any history of bleeding or clotting problems
- Whether you smoke or vape, and how often
- Significant medical conditions, especially anything affecting healing, breathing, or the immune system
- Any history of cosmetic procedures, including filler injected into the nose

Nasal filler is worth flagging separately. It can remain in the tissues long after it appears to have settled and can affect surgical planning. Be honest about it, even if it was years ago.

## Step Five: The Questions Worth Asking

A good consultation is a conversation, not a presentation. Going in with a written list of questions is one of the most effective ways to take control of that conversation. The list below covers the areas most patients later wish they had explored.

### About the surgeon and the procedure

- How many rhinoplasties do you perform each year, and how many are revisions?
- Will you perform the operation yourself from start to finish?
- Do you use an open or closed technique, and why is that right for my nose?
- Are you proposing structural rhinoplasty, preservation rhinoplasty, or another approach?
- Will my breathing be assessed and addressed as part of the surgery?

### About results

- Can I see before and after photographs of patients with a nose like mine?
- What is realistic for my skin type and cartilage?
- What cannot be changed, and why?
- How will my nose look immediately after, at three months, and at one year?

### About risks

- What are the most common complications you see, and how often?
- What is your revision rate, and what does revision involve if it is needed?
- What happens if I am not happy with the result?

### About logistics and aftercare

- Where will the surgery take place, and under what type of anaesthetic?
- How long will I need off work and away from exercise?
- What follow-up is included, and for how long?
- Who do I contact, and how quickly, if I have a concern during recovery?

You do not need to ask all of these. Pick the ones that matter most to you and add your own.

## Step Six: Understand What Happens During the Consultation Itself

Knowing the structure of a rhinoplasty consultation makes it easier to follow along and ask questions at the right moments. At Ullas Facial Plastic Surgery, the appointment is unhurried and typically includes the following stages.

**A discussion of your concerns and goals.** The surgeon listens first, before examining anything. This is your chance to explain, in your own words, why you are considering surgery.

**A facial and nasal examination.** This includes looking at the outside of the nose from different angles, examining the inside with a small light or scope to assess the septum and breathing, and gently palpating the cartilage and bone to understand its strength and structure.

**A review of your medical history.** Anything you have prepared in advance speeds this up significantly.

**A simulation of potential result with morphing software.** At Ullas Facial Plastic Surgery, we use a plastic surgery morphing software to approximately visualise the changes that you desire. These are goals but not guarantees of the final result.

**A discussion of options.** This is where the surgeon explains what is achievable, what is not, and which techniques would be appropriate. A good surgeon will also tell you if they think surgery is not the right choice for you.

**Practical information.** Recovery, time off work, costs, and the next steps.

You will not be asked to make a decision on the day. At Ullas Facial Plastic Surgery, both the first and second consultations are free, specifically to give patients time to reflect without pressure.

## Step Seven: Red Flags to Watch For During the Consultation

Most consultations go well. A small number do not, and learning to recognise the warning signs protects you from a poor outcome. Step back if you notice any of the following:

- Pressure to book on the day, or "today-only" pricing
- A surgeon who promises a specific celebrity's nose, or shows heavily filtered before and after images
- Reluctance to discuss complications, revision rates, or what happens if you are unhappy
- Vague answers about who will actually perform the surgery, or where
- Recommendations for additional procedures you did not ask about
- A consultation conducted entirely by a salesperson or coordinator rather than the surgeon
- No examination of the inside of your nose or your breathing

A consultation that ends with you feeling rushed, confused, or sold to is not a consultation you should act on. A consultation that ends with you feeling informed, heard, and slightly more uncertain than when you arrived is usually a good sign — surgery is a serious decision and ought to feel that way.

## Step Eight: Use a Second Consultation Before You Commit (if uncertain)

Many patients walk out of a first consultation feeling overwhelmed. There is a lot of information, some of it unexpected, and the emotional weight of finally talking to someone about a long-held concern can be significant. Decisions made in that state are not always the best decisions.

A second consultation is one of the most underused tools in the rhinoplasty journey. It gives you time to:

- Process what was said the first time
- Bring follow-up questions you only thought of afterwards
- Re-examine the surgeon's recommendations with a clearer head
- Involve a partner, parent, or close friend in the discussion
- Confirm that you and the surgeon understand each other

This is why we offer a free second consultation as standard. The decision to proceed with rhinoplasty should sit comfortably with you on a quiet evening at home, not only in the room with the surgeon.

## Step Nine: After the Consultation — Next Steps Without Pressure

Once you are home, give yourself at least a few days before deciding anything. Useful things to do during that time include:

- Writing down what was discussed while it is still fresh. We always send you a summary anyway.
- Listing any new questions for a second consultation if required
- Spend some time with the morphed images you had made in the consultation
- Looking again at the [rhinoplasty before and after gallery](#) and seeing whether the style of results matches what you want

- Talking it through with one trusted person, not several
- Checking that the practical details — dates, time off work, recovery support at home — actually work for your life

If, after that, you feel clearer and more confident, you are probably ready to take the next step. If you feel less sure, that is useful information too.

## Frequently Asked Questions About Rhinoplasty Consultations

### How long does a rhinoplasty consultation take?

A thorough first consultation usually takes between 45 and 60 minutes. This allows time for discussion, examination, and questions without feeling rushed. A second consultation tends to be shorter because much of the groundwork is already in place.

### Will I have photographs taken at my consultation?

Yes, standardised clinical photographs are usually taken so the surgeon can study your nose from multiple angles and use them in planning. These are kept securely as part of your medical record.

### Do I need a GP referral for a private rhinoplasty consultation?

No. You can self-refer for a private rhinoplasty consultation. However, sharing relevant medical information from your GP can help, particularly if you have ongoing conditions or take regular medication.

### Is a rhinoplasty consultation the same as a septoplasty consultation?

They overlap. A specialist facial plastic surgeon with an ENT background will assess both the appearance and the function of your nose in the same appointment. If breathing is a concern, this combined assessment is important — surgery that only addresses one and ignores the other often disappoints.

### Should I bring someone with me?

You are welcome to. Many patients find it helpful to bring a partner, family member, or close friend, particularly to the second consultation. A second pair of ears can pick up details you might miss and is useful for talking through the decision afterwards.

### How much does a rhinoplasty consultation cost at Ullas Facial Plastic Surgery?

Both the first and second consultations are free of charge. This is intentional — it gives patients time to make a considered decision without financial pressure pushing them in either direction.

## How soon after a consultation can surgery be scheduled?

There is no fixed answer. Some patients are ready within a few weeks; others take months or even longer. Rhinoplasty is not a decision that benefits from being rushed, and there is no clinical reason to hurry it. We usually recommend a 2 week cooling off period.

## Take the Next Step at Your Own Pace

Preparing for a rhinoplasty consultation is, in many ways, preparing for an honest conversation with yourself first and with a surgeon second. The clearer you can be about what you want, what you are worried about, and what you need to know, the more useful the consultation will be — and the better the surgical decisions that follow.

If you are considering rhinoplasty and would like to discuss your options with a specialist facial plastic surgeon, you can [arrange a free consultation](#) at our Manchester or Newton-le-Willows clinic. There is no obligation to proceed, and a second consultation is included so that you have time to reflect before making any decision.

To learn more about our approach to nasal surgery, you can also visit our [rhinoplasty procedure page](#) or read about [our surgeons and their training](#).