

CASE STUDY 1

A BREAST AUGMENTATION AND RHINOPLASTY BY SYDNEY PLASTIC SURGEON DR KOUROSH TAVAKOLI ALLEVIATED THIS PATIENT'S BODY CONCERNS FOR HER WEDDING DAY.

Breast augmentation and rhinoplasty are two of the most common cosmetic procedures performed in Australia. They also have some of the highest patient satisfaction rates.

This was the case with a 25-year-old patient of Sydney plastic surgeon Dr Kourosh Tavakoli, who says she was so pleased with her results she wishes she had chosen to undergo the procedures earlier.

The patient came in for a consultation with Dr Tavakoli after seeing examples of his previous work. 'Originally I came in solely to have my breasts enlarged, although I also explained my self-consciousness about my nose and we discussed it further,' she says. 'Dr Tavakoli showed me a digital image of what I'd most likely look like after nose reshaping and once I saw this I wanted to go ahead with a rhinoplasty procedure as well.'

Her pending wedding day had been motivation for her to address two of her long-standing concerns about her body. 'I was very self-conscious about my profile. Not only was my nose crooked but it had a bump in the bridge as a result of breaking my nose when I was a child,' she explains. 'I've also always been conscious that I am flat-chested, and my wedding gave me the impetus to go ahead with a breast augmentation.'

'At consultation Dr Tavakoli advised me on what nose and breasts would be in harmony with the rest of my facial features and physique,' she says. 'Seeing how I would most likely look after the surgery gave me the confidence to go ahead with the operation. He thoroughly discussed both procedures and explained what would happen before, during and after the surgeries. My key concern was pain. Even though I'm a nurse and have worked in surgical theatres, this was the first surgery I'd undergone.'

She says she only experienced moderate discomfort following the surgery. 'The areas were sensitive to the touch and there was some swelling and bruising, but I think it looked worse than it felt,' she says. 'The temporary pressure and discomfort I had was well managed with pain relief and analgesics.'

The patient says Dr Tavakoli was caring, thorough and approachable and she couldn't be happier with the results. 'I would certainly go back if I wished to have further procedures in future,' she says. 'I felt like a princess on my wedding day. Having these procedures performed helped make my dream day a reality.'



BEFORE

AFTER breast augmentation by Dr Tavakoli



Artistic photo of actual patient of Dr Tavakoli (not Case Study 1)

CASE STUDY 2

A PATIENT WITH A DISFIGURING CONDITION WENT TO SYDNEY PLASTIC SURGEON DR KOUROSH TAVAKOLI TO HAVE HER BREASTS TRANSFORMED.

Sydney plastic surgeon Dr Kourosh Tavakoli's patient approached him for surgery to correct her abnormally shaped breasts. He assessed her as having grade three to four tuberous breasts, an unusual condition that affects the way breasts develop.

The patient says she was concerned about the shape of her breasts and felt they didn't look normal. She says their condition prevented her from wearing V-necked styles of clothing and that she didn't feel comfortable wearing a swimsuit and avoided going to the beach.

She had an initial consultation with another doctor who told her what needed to be done but, she says, 'I didn't feel comfortable with him so I started looking on the internet. Dr Tavakoli was the only doctor who had before and after surgery photos of tuberous breasts like mine. When I met him he immediately put me at ease by his friendly manner and I felt confident with his ability to help me'.

Dr Tavakoli guided her through two consultations. During the first he assessed her breasts and explained what would be needed to correct the tuberous condition and talked her through the whole procedure. Then she says he showed her with the implants in her bra what the final result would most likely be. She could see they would provide a solution to her problem and decided to have the surgery.

During the second consultation Dr Tavakoli talked her through the procedure again, asking her if she had any questions about the surgery before going ahead with the procedure.

The procedure took place at a private hospital and required an overnight stay. Dr Tavakoli's patient says her recovery was very straightforward. 'I was fine; there were no side effects. The first thing I did when I regained consciousness was to ask for food! I only needed to take painkillers at night for three days and after that experienced minor discomfort. I thought it was going to be a lot worse.'

Dr Tavakoli's clinic recommended some gel patches to assist with healing and she is now using a specially formulated oil to help the scars diminish. She says her new breasts have helped her to feel much more confident and that she immediately went shopping for new clothes. 'I'd recommend the procedure to anyone with a condition like mine. They look so natural that no one beyond my immediate family and boyfriend can tell that I've had it done.'



BEFORE



AFTER breast augmentation by Dr Tavakoli



BEFORE



AFTER breast augmentation by Dr Tavakoli



Artistic photo of actual patient of Dr Tavakoli (not Case Study 2)

CASE STUDY 3

TONI WENT TO SEE SYDNEY PLASTIC SURGEON DR KOUROSH TAVAKOLI TO HAVE HER BREASTS REJUVENATED FOLLOWING TWO PREGNANCIES.

Following considerable weight fluctuations and breastfeeding associated with her two pregnancies, Toni noticed significant sagging and volume loss in her breasts. 'My self-esteem was so low, I didn't want to wear revealing tops and I basically had to wear industrial strength bras to get any lift – I was desperate to get my pert breasts back!' she says.

Toni researched the procedure and possible surgeons for seven years prior to taking the plunge and found Sydney plastic surgeon Dr Kourosh Tavakoli through a friend's recommendation. 'Dr Tavakoli's reputation is that he is precise, caring and strives to get great results for each of his patients,' she says. 'His team is professional, cohesive and make you feel confident about your procedure.'

Toni and her husband attended her initial consult, where they discussed the breast lift and augmentation she wished to undergo with Dr Tavakoli. 'We had a talk about my concerns, then after he conducted an examination and took some measurements we looked through pictures of his previous work and discussed how we could achieve the best results.'

Toni says the whole process was easier than she imagined it would be, and describes the pain following as minimal. 'It was similar to the discomfort and tingling when you first begin to breastfeed. For me, it was very manageable and had disappeared within a few days,' she says.

And the results? 'You wouldn't even know I've had the surgery done! My new breasts are perky and natural-looking and the scars have faded to a vague silver,' she says. 'Importantly, my self-esteem has returned, I feel beautiful again and having such a positive experience has really changed my outlook.'



BEFORE



AFTER breast lift and augmentation by Dr Tavakoli



BEFORE



AFTER breast lift and augmentation by Dr Tavakoli



Artistic photo of actual patient of Dr Tavakoli (not Case Study 3)