

Nose Surgery

Rhinoplasty — Your Friendly Guide to a More Balanced, Harmonious Face

Your friendly, plain-English guide to what to expect — from start to finish.

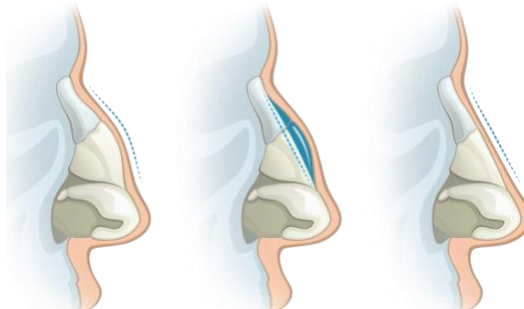
What is Rhinoplasty?

Rhinoplasty (cosmetic surgery of the nose) is a procedure to improve the size, shape and proportion of the nose — bringing it into better harmony with the other features of your face. It can also correct breathing problems caused by structural defects.

The nose is the central feature of the face. When it feels out of proportion — whether from heredity, injury or a previous surgery — it can affect your confidence significantly. Rhinoplasty is one of the most technically precise procedures in cosmetic surgery, and the results take time to fully refine — but for most people, the improvement is exactly what they were hoping for.

Before & After — What Changes

Illustrations are for guidance only. Individual results vary.



What Can Nose Surgery Address?

✓	Nose size — in relation to facial balance
✓	Nose width at the bridge or nostrils
✓	Visible humps or depressions on the nasal bridge
✓	Nasal tip that is enlarged, bulbous, drooping, upturned or hooked
✓	Nostrils that are large, wide or upturned
✓	Nasal asymmetry
✓	Impaired breathing caused by a deviated septum or other structural issue

Keep in mind that everyone's face is naturally asymmetric to some degree. The goal of rhinoplasty is facial balance and correct proportion — not perfect symmetry.

 Breathing improvement may be covered

When rhinoplasty is performed to correct a blocked airway (such as a deviated septum), it may be covered by health insurance as a reconstructive procedure. This requires a detailed examination and prior authorisation from your insurer.

How the Surgery Works — Step by Step

1

Anaesthesia

Rhinoplasty is most commonly performed under general anaesthesia, though local anaesthesia with sedation may be used for some procedures.

2

Closed or open technique

In a closed procedure, all incisions are hidden inside the nose — no visible scars at all. In an open procedure, a small incision is made across the columella (the narrow strip between the nostrils) allowing more access for complex reshaping.

3

Nose is reshaped

The soft tissue covering the nose is gently raised, allowing access to reshape the underlying bone and cartilage. Depending on your goals this may include: reducing a hump, refining the tip, narrowing the nostrils, or adjusting the angle between the nose and upper lip.

4

Structural support added if needed

Cartilage grafted from other areas of your body (often the ear or septum) may be used to augment or support the nasal structure.

5

Skin redraped and closed

The nasal skin and tissue is redraped over the newly shaped structure and incisions are closed. Additional tiny incisions in the natural creases of the nostrils may be made to alter their size.

6

Splint applied

A splint and possibly packing are placed to support the nose as it begins to heal. These are usually removed after the first week.

Recovery Timeline

Timeline	What to Expect
Days 1–5	Swelling, bruising around the eyes and nose, possible headache — all normal. Keep head elevated. Keep nasal packing in place as instructed.
Week 1	Splint and packing removed. Bruising beginning to fade. Most people return to work and light activity at this stage.
Weeks 2–4	Cosmetics can cover any remaining bruising. Swelling gradually reduces and the improved shape of the nose begins to become visible.
Months 3–6	Most swelling has resolved. Protect your nose from any impact during physical activity for at least 4–6 months.
Month 12+	Final nasal contour fully refined. Results of rhinoplasty are generally permanent — though cartilage continues to develop slowly over time.

⚠ Patience is part of rhinoplasty

More than almost any other procedure, rhinoplasty takes time to show its final result. Initial swelling can mask the outcome for weeks. At a minimum, allow a full year before assessing the final shape. The wait is almost always worth it.

Risks

!	Infection or nosebleed
!	Rupture of small surface blood vessels of the nose
!	Aesthetic outcomes can be unpredictable — a second procedure may occasionally be needed
!	Difficulty breathing during healing (temporary)
!	Asymmetry or unsatisfactory cosmetic result
!	Anaesthesia-related risks

Cost Comparison — India vs New Zealand

Cost Item	India (NZD approx.)	NZ (approx.)
Rhinoplasty (cosmetic)	~ \$4,700 – \$5,500	~ \$12,000 – \$20,000
Septoplasty (breathing / functional)	~ \$4,000 – \$5,500	~ \$8,000 – \$15,000
Combined rhinoplasty & septoplasty	~ POA	~ \$15,000 – \$28,000
Pre-op tests & consultation	~ included	~ \$400 – \$800

Please note: GST of 18% is applicable on all cosmetic surgery procedures performed in India and will be added to your surgical quote by the hospital.

All surgical costs paid directly to the hospital. JBTG logistics, airfares and accommodation quoted separately.

About JBTG Limited's Role

JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

Ready to Find Out More?

Getting started is simpler than you might think:

1

Get in touch

Call or email us for a no-obligation chat. Tell us a bit about what you're hoping to have done.

2

We connect you with our India brokers

Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.

3

You receive a personalised quote

The surgical team provides a detailed quote once your information has been reviewed.

4

We arrange everything

Flights, hotel, all transfers, and your full logistics package — all taken care of.

5

We travel with you

You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at www.globalprotectivesolutions.com/enroll/bumstums&gums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel