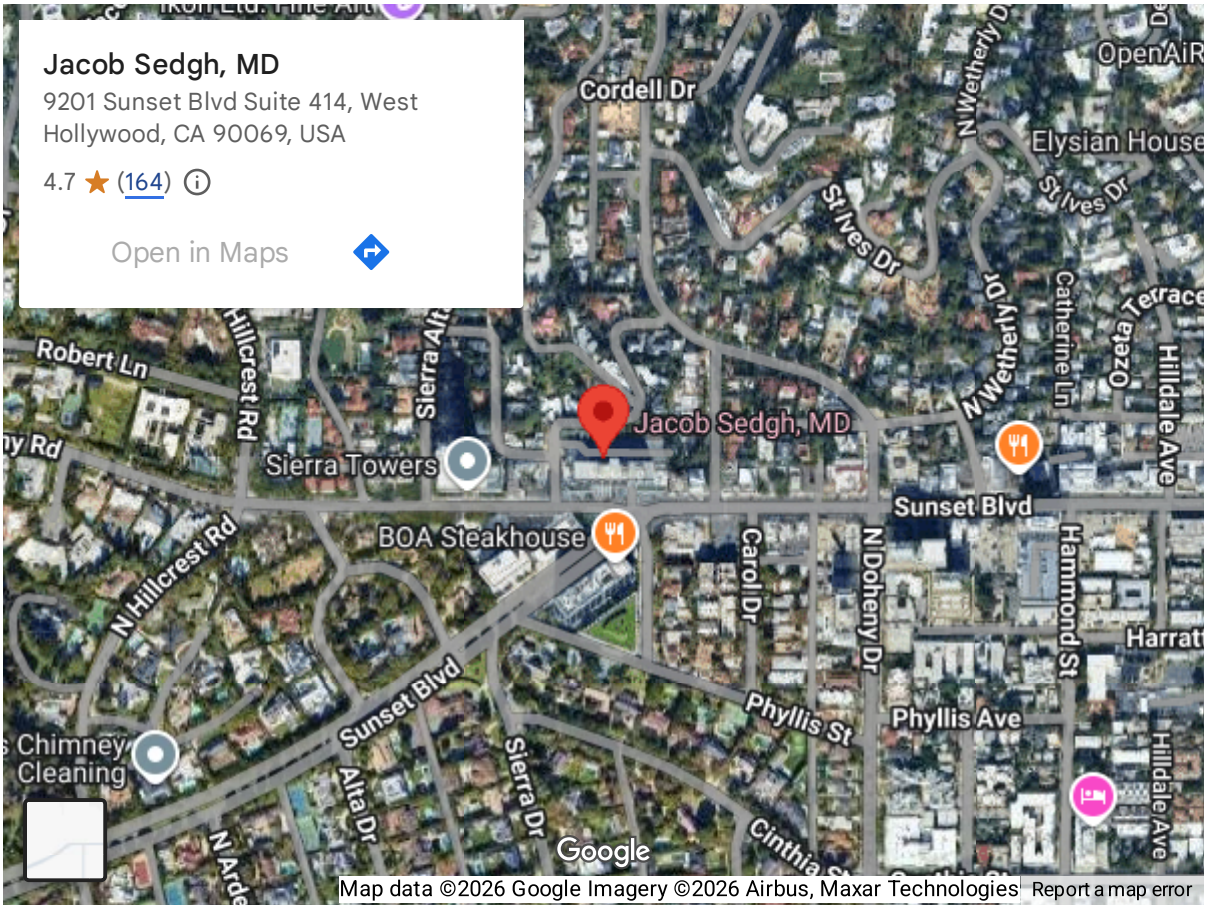
Runners on the paths near UCLA, golfers at Rancho Park, cyclists heading toward the coast and weekend basketball players in Palms all depend on something that rarely gets attention until it fails: steady breathing through the nose. A deviated septum, an old sports injury or narrowed nasal passages can make that harder, and for active people the frustration shows up in workouts, sleep and recovery between sessions. Functional nasal surgery is designed to address those problems. A septoplasty straightens the wall between the nostrils, and septorhinoplasty combines that work with changes to the outer structure of the nose when both function and shape need attention. Dr. Jacob Sedgh is board certified in otolaryngology, which means ENT training in head and neck surgery, and he went on to fellowship training in facial plastic and reconstructive surgery. That background is relevant for athletes, because the goal is often to improve airflow while keeping the outside of the nose natural, or to refine both at the same time. Every nose is different, and results vary. Many people searching for a Los Angeles nose job are surprised by how often breathing comes up in the consultation. A medical evaluation looks at the septum, the nasal valves and the internal structures as well as the appearance, and it decides candidacy. For athletes, the consultation is also the moment to talk about Jacob Sedgh, MD Los Angeles Nose Job the sporting calendar. Training blocks, race days, league seasons and tournaments all need to be mapped so surgery falls in an off-season, with time to rebuild fitness gradually rather than rushing back for the next event.

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Returning to sport is staged. Gentle walking usually comes first, then light cardio, and only later strength work and anything involving impact or contact. The nose needs protection from knocks while it heals, so sports with a risk of collision, such as basketball, soccer or martial arts, generally wait longest, and your surgeon sets the timeline after seeing how you heal. The Piezo ultrasonic system used to reshape bone has been linked in published studies to less bruising and swelling in the first week, but individual recovery varies. Athletes from Cheviot Hills, Mar Vista and Culver City usually reach the office on Sunset Blvd by the 10 and La Cienega Blvd for follow-up checks. Cost depends on the procedure, complexity, anesthesia and facility fees, and it is quoted at consultation, where risks are also covered in detail. To find out whether functional or combined nasal surgery suits your training and your breathing, call (310) 888-2884 and book a consultation at 9201 Sunset Blvd, Suite 414, in West Hollywood. The practice is open Monday to Friday, 9am to 5pm, and an early morning or lunchtime appointment can usually be fitted around a training week.

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FAQ About Los Angeles Nose Job What is the average cost of a nose job in Los Angeles? There is no single figure, because the fee depends on whether the surgery is primary or revision, how much structural work is needed, and the anesthesia and surgical facility costs. Revision and combined functional and cosmetic cases usually take longer than a straightforward primary rhinoplasty. At Jacob Sedgh, MD in West Hollywood, a written quote follows the consultation once Dr. Sedgh has examined the nose and agreed a plan with the patient. How long does a nose job last? The structural changes from rhinoplasty are designed to be permanent, although the nose continues to age naturally with the rest of the face. Swelling settles gradually, and the tip can take a year or more to show its final definition. Dr. Jacob Sedgh follows patients through that first year from his office on Sunset Blvd. Is rhinoplasty 100% safe? No surgery is free of risk. Rhinoplasty carries risks such as bleeding, infection, breathing changes, asymmetry and the possibility of needing revision. Dr. Sedgh, a double board-certified facial plastic surgeon, reviews medical history, candidacy and specific risks at consultation so patients can make an informed decision before anything is scheduled. How do I choose a rhinoplasty surgeon in Los Angeles? Look at board certification, the surgeon's training, how much of their practice is devoted to the nose, and before and after photos of noses similar to yours. Dr. Jacob Sedgh trained in head and neck surgery at the University of Pittsburgh and completed a facial plastic surgery fellowship at Penn State Hershey, and his practice is limited to the nose, face, ears and neck. A consultation is also a chance to judge how clearly a surgeon explains the plan. Do ENT surgeons do rhinoplasty? Many facial plastic surgeons, including Dr. Sedgh, began in otolaryngology, the ENT specialty, before completing fellowship training in facial plastic and reconstructive surgery. That background means the septum, airway and nasal valves are part of every rhinoplasty plan, not only the outside shape. Patients with breathing complaints can have functional and cosmetic goals assessed together in West Hollywood. Can insurance cover any part of a nose job? Purely cosmetic rhinoplasty is not covered by insurance. Functional work, such as correcting a deviated septum that blocks breathing, may be partly covered when the problem is documented and the plan's criteria are met. Jacob Sedgh, MD can explain which parts of a combined procedure are functional and which are cosmetic; call (310) 888-2884 to ask. What is recovery like after rhinoplasty? Most patients wear a splint for about the first week and see the worst bruising and swelling fade over the following weeks, although every recovery is different. Strenuous exercise, glasses resting on the nose and strong sun are usually limited for a period. Dr. Sedgh uses the Piezo ultrasonic system for bone work, which published studies associate with less early bruising, and he gives

each patient written aftercare instructions. Is it better to have a nose job abroad or in Los Angeles? Surgery abroad can look cheaper at first, but follow-up visits, managing complications and any future revision are much harder from another country. Having rhinoplasty in Los Angeles keeps the surgeon within reach for the whole first year of healing. Patients from across the city, including Beverly Hills, Century City, Westwood and Culver City, see Dr. Sedgh at one office on the Sunset Strip. What is male rhinoplasty? Male rhinoplasty adapts the operation to masculine facial features, usually keeping a straighter, stronger bridge and avoiding an over-rotated or overly narrow tip. Many men also want better breathing at the same time. Dr. Jacob Sedgh plans male rhinoplasty around the brow, cheekbones and jawline so the nose stays in proportion with the face. What is revision rhinoplasty and when is it needed? Revision rhinoplasty corrects concerns that remain after an earlier nose surgery, whether cosmetic or functional. It is more intricate than a first operation because of scar tissue, reduced cartilage and changed skin. Dr. Sedgh evaluates the previous surgery and generally advises waiting until the nose has fully settled before planning a revision at his West Hollywood practice. What is the difference between open and closed rhinoplasty? Open rhinoplasty adds a small incision across the columella, the strip of skin between the nostrils, which gives the surgeon a direct view of the tip structures. Closed rhinoplasty keeps all incisions inside the nose. The right approach depends on the anatomy and the changes needed, and Dr. Sedgh explains his recommendation at consultation. Is a non-surgical nose job permanent? A non-surgical nose job uses injectable filler to smooth a bump or lift the tip, and the effect is temporary. Filler cannot make a nose smaller or improve breathing, and it carries its own risks. Jacob Sedgh, MD offers both injectable and surgical options and can explain which suits a patient's goals; call (310) 888-2884 to book a consultation.