

Diary of a Nose Job

Didi Gluck



Didi Gluck, a beauty editor in New York City, longed for the nose she had as a child. (A head-on collision in a crowded pool had left her nose broken—with a permanent bump.)

When Gluck learned that a severely deviated septum might be a primary cause of the crushing migraines she suffered, she decided to go under the knife to straighten things out—and restore her nose to its former glory.

Why I Did It

“Back in December I had a nose job (technically called a rhinoplasty), at the age of 39. I obviously waited a long time to do it—I’ve had a deviated septum all my life as well as a bump on the bridge of my nose since I was 10. Mostly, I procrastinated because I was afraid of the pain, which turned out to be nonexistent thanks to prescription painkillers. But I also waited because I was afraid it would look like, well, a nose job. Although there was a certain amount of discomfort, I could not be happier with the results. Best of all, I don’t think I look remotely like Heidi Montag! So was it worth it in the end? I think so. But in case you’re considering having a little work done, here’s a blow-by-blow (no pun intended) of what me—and my nose—went through.”

December 9, 2009

“Had breakfast with a friend. Spent most of the meal admiring her nose. She told me that Dr. Robert A. Guida, M.D., a plastic surgeon in New York City www.drguida.com, had fixed her nose about a year ago. She said he specializes in natural results and that the procedure itself was more uncomfortable than painful. I promptly called his office sensing that the time was right (being on the cusp of 40; it was now or never!) Dr. Guida’s office manager, Josie, sent me a prescription to get a CT scan of my sinuses and scheduled a visit with the doctor for the 17th.”

December 17, 2009

“Had my consult with Dr. Guida. He explained that with age, the shape of your nose can change causing a deviated septum to become more pronounced. He also explained that your nose is made up of cartilage (at the tip) and bone (higher up), so the challenge with rhinoplasty is making sure the two parts look smooth and even after surgery. He said it would be no problem in my case, since although my deviation was rather severe, the bump wasn’t. We scheduled my procedure for the 29th.”

December 22, 2009

“Had blood work and picked up loads of prescriptions for before and after the operation—there was an antibiotic to take for the three days leading up to event (to prevent infection); an anti-bruising drug to take for the two days prior; an anti-nausea pill to pop an hour before, and acetaminophen with codeine to control any post-op pain. Dr. Guida also suggested I stock up on arnica cream to help ease bruising.

Later, had dinner with four friends, three of whom confessed to having had “work” done (there was a lipo, a chin implant, and an eye job). Who knew? I was starting to feel like a nose job wasn’t that big a deal after all. Certainly nothing to be secretive about.”

December 29, 2009

“Woke up early and went for a workout—to calm my nerves—before surgery at 9 am. I couldn’t eat or drink so I felt nauseous, and I had heartburn from all the meds. . .

The only thing I remember after the anesthesia is Dr. Guida asking me if I had any New Year’s Eve plans. Before I could answer, it was lights out. And in what seemed like about a minute, I was awake again. I had heard horror stories of women feeling their nose being chipped away at; but I heard and felt nothing and was in no pain. Dr. Guida informed me that there was a hard plastic splint on my nose to help the bones set, which would come off in a week. I couldn’t wait to see. My mom, who came in from out of town for the procedure, brought me back home to my husband and kids.”

January 1, 2010

“My eyes were open at last and I felt well enough to have visitors!”

January 3, 2010

“What a turn around. My energy returned completely. I even felt up to walking a bit on the treadmill at the gym. But boy was I black and blue.”

December 28, 2009

“Spoke to my friend Kelli, a mom whose child goes to school with my daughter—and who also happens to have had her nose done “late” in life. When I told her how irresponsible I felt for electing to get surgery as a mother of two, she reminded me that if I was really that risk averse, I had no business ever stepping on an airplane. I fly regularly. Conversation closed.”

December 30-31

“I looked like a truck hit me. Then backed up and hit me again. My eyes were swollen shut, and my whole face was black and blue. As it turned out, not only did Dr. Guida straighten out my septum and plane down the bump on my nose (with a tiny chisel-like device), he also removed some polyps from my sinuses. There was still no pain, but I was extremely congested and slightly nauseous (because all kinds of gunk was dripping into my throat; blood, mucus. . .). It wasn’t pretty or comfortable, but it wasn’t excruciating, thankfully. Still, good thing I didn’t have any New Year’s Eve plans. I might have freaked out the guests.”

January 2, 2010

“I still needed to sleep with my head elevated because of the drainage from my nose—so I wasn’t dosing that soundly—but I was feeling more energetic every minute. The splint, or “cone” as I lovingly referred to it, was still in place and I had bloody crusts blocking my nostrils, but I was able to take the kids to the playground. A few kids pointed and laughed—others just ran in horror.”

January 4, 2010

“The splint was removed by Dr. Guida. My nose looked unbelievable! I headed back into work with a fair amount of concealer on.”

January 8, 2010

“I completely recovered my sense of taste and smell.”

January 11, 2010

“The bruising was all but gone and I received the compliment I never expected. My husband—firmly an anti-plastic surgery man—told me my nose looked natural, and that I was “even more” beautiful than before.”

January 13, 2010

“What’s that smell?? A funny odor permeated my nostrils. It smelled like sweaty gym clothes that have been tucked in your bag all day. Fortunately, I had a follow-up with Dr. Guida later in the day, and he assured me that this happened to many people; it’s the aroma of decay, but it goes away as the inside of the nose heals. Gross! He proceeded to (painlessly) clean out the inside of my nose with a little spray device and some cotton swabs. The odor vanished a few days later.”

February 4, 2010

“My nose has healed extremely well. And when I look back at my plastic surgery journey all I can think is, “Why didn’t I do this sooner?” I love my new nose.”