



David Roberts

You and Your Nose

Many people are bothered about their noses for years before seeking treatment or advice. Whether a desire to reshape the nose or to address problems including stuffiness and difficulty breathing, treatment for nose and sinus issues can be life-changing and dramatically improve quality of life.

David Roberts (MBBS BSc FRCS ORL) is one of the leading rhinologists (nasal surgeons) in the United Kingdom and internationally. He specialises in rhinoplasty (nose reshaping), treating nasal obstruction or blockage, and complex sinus surgery.

He lectures nationally and internationally on many aspects of nasal, sinus and skull base surgery. He is a Fellow of the Royal College of Surgeons of England and a past examiner for the Intercollegiate Specialty Board.

Reshaping the Nose – Far from trivial, cosmetic reshaping of the nose can be transformative. This may be achieved through non-surgical treatments (such as filler) or by rhinoplasty (surgical reshaping).

Before any treatment is undertaken, Mr Roberts takes time to listen to the concerns about the shape or size of the nose in relation to the face and the change that is desired. He will also point out features of the nose and face that someone

may not have considered, bringing his vast experience and expertise to the conversation. He takes time to answer any questions and carefully explore any concerns with an easy-going manner that instantly puts patients at ease.

Part of the treatment planning involves digital imaging and image simulation. Mr Roberts was one of the pioneers of this technology that helps patients to visualise the potential changes that can be achieved prior to undergoing any treatment or surgery.

In all, he aims to improve the appearance of the nose and create balance with the rest of the face, tailoring the outcome to the precise features and needs of each patient. Functional issues such as blockages causing difficulty breathing through the nose can be addressed at the same time.

Breathing or sinus issues – Difficulty breathing through the nose, allergies such as hayfever, and chronic sinus inflammation or blockage can significantly affect quality of life.



Lifestyle and work patterns can exacerbate problems with the nose and sinuses. Working in air-conditioned offices or frequent travelling can lead to a stuffy, blocked nose, snoring and even chronic headaches. Dealing with any underlying issues in the nose and sinuses combined with simple medication and increased awareness of managing dry environments can significantly improve or completely resolve these symptoms.

Other common issues can affect the ability to breathe comfortably through the nose. These include nasal polyps, swollen nasal tissues, or a bent septum (nasal bone) commonly resulting from traumatic injury during contact sport. Sinusitis can arise from something as simple as a common cold. This can cause nasal blockage, impaired smell and taste and chronic facial pain or headaches.

These problems can be treated effectively by medication or, if required, through endoscopic sinus surgery or a combination of both.

Whether you want to feel confident about your appearance or would simply like to breathe more easily, Mr Roberts is happy to chat with you. He has clinics in the West End (King Edward VII Hospital and One Welbeck) and at HCA at The Shard close to the City of London and London Bridge Station.

For more information or to book an appointment, visit www.harleystreetnoseclinic.com, email info@hsnc.co.uk or call 020 580 1481.