

Stephanie Rice is still happy with her decision to go public over plastic surgery, one year on.

As seen in The Sydney Morning Herald by Rachel Clun



New nose: Stephanie Rice is glad she had rhinoplasty a year ago. Photo: Instagram/itssteprice

Rather than go about life like she never had plastic surgery, Stephanie Rice has celebrated 12 months since her rhinoplasty surgery by talking openly about the difference it has made to her life.

Posting a glamorous photograph of herself on Instagram, the Olympic gold medallist said people advised her initially to keep her surgery quiet.

"When I made the choice to have my rhinoplasty at the start of last year I had a few people around me advising me to keep it hush hush, because I guess a lot of people do," Rice wrote.

"I wasn't really bothered about it because I don't see the big deal, plus, to me, why lie?"

Rice, 26, said she was happy she made that decision and had been overwhelmed by support from fans.

"Looking back I'm so glad I didn't keep it hush hush and rather owned my decision, one because there is no better feeling than owning your decisions and feeling empowered, and two because speaking out about it has allowed me to guide others who are in the same position I was," she said.

"I get an email almost every fortnight from my website asking me who my surgeon was and what the surgery was like and I love being able to help them out, because it can be pretty daunting."

Soon after her second rhinoplasty procedure in early 2014, Rice spoke to Who magazine about her decision to go under the knife.

She broke her nose as a teenager in a pool accident, which led to ongoing sinus issues but also damaged her self-confidence.

"My family and friends would say it was fine, but random

people would comment," she said.

"It was always something I knew I would do. It was not a question of if, but of when."

Rice, who had her first procedure in 2012 and her second in January last year, told the magazine she was thrilled with the results.

"Seeing the better version of my nose made me realise how much it had been affecting me," she said.

"Everyone will have an opinion, and what I've learnt over the years is that you can't do things to please people. I love the result."

Rice is set for a big move, preparing to move to the United States in coming days.

Earlier this month she posted a photo of her packing efforts and said how excited she was for the big move. "Thankfully this is the last move I will be doing in a while, which is exciting and I'm super excited about a fresh start," she said.

"I love having a solid base where you feel relaxed and secure and in a routine but I crave travel and letting my gypsy soul run free."

Rice said she was going to miss her family and friends, but she couldn't wait to see what life in the US brought.

"I'm going to miss so many people here in Aus but I will be back every few months to see them and my gorgeous family but the US is the next step in my learning and growing.

"This is an adventure that I have wanted to undertake for a few years now and I am beyond excited that the time is now right."

In another post, Rice said she was excited for the new adventure. "Bring on the fun, bring on the challenges and bring on the learns," she said.