

the Aussie male rhinoplasty

Sydney facial plastic and ENT surgeon **Dr William Mooney** explains why Australian men have particular requirements when it comes to nasal surgery. Gillian Samuel reports.

Sydney facial plastic and ENT surgeon Dr William Mooney reveals some surprising facts about one of the most common cosmetic procedures sought by men – and the reasons behind it. He says the male rhinoplasty is a unique proposition in Australia. So what makes the Aussie male different from his counterparts in other parts of the world?

'The reason the rhinoplasty procedure is unique in Australia is because there is a much higher incidence than in the rest of the world,' Dr Mooney says. This is due to the frequency of trauma, caused by high-impact, high-speed ball sports played by many men in their youth and, to a degree, 'a certain roguish element in the Australian male character in regards to conflict engagement and resolution,' he explains.

In other words, contact sports and good old-fashioned larrikinism are aspects of the national lifestyle that make young Australian men especially more prone to broken

noses than those living in countries where less active pursuits are the norm.

Because so many men seek rhinoplasties as a result of damage to their noses, Dr Mooney says another factor particular to Australian males is that there is 'very frequently, if not always, a functional component in the problems men are presenting with'. He says concern about this issue also reflects the outdoorsy character of Australian males because exercise tolerance is one of the first things they notice to be affected by a compromised nasal airway.

'The corollary is that almost all of my male rhinoplasty patients are delighted with the improvement in exercise tolerance, stamina and performance after a rhinoplasty procedure because they can breathe more freely.'

Trauma to the nose that results in damage to the airways has other effects that men themselves may not be aware of, but which have significant impact on their quality of life.



'The other issues particularly pertinent to men and their partners are snoring and obstruction to breathing at night. As well as being erosive to couples, this has an effect of increasing daytime drowsiness due to poor sleep,' Dr Mooney says. 'Men with injured noses don't get the same sleep efficacy as people who don't suffer from nasal airway obstruction at night.'

He says this means assessment of the male rhinoplasty also requires some specialised evaluation of functionality. 'In our clinic, therefore, we use nasal airflow studies as well as relying on data from CT scans and sometimes even sleep studies.' In these cases Dr Mooney organises an overnight sleep study at a local hospital for the patient.

'Other features of function we need to address when planning a rhinoplasty are sinusitis, hay fever, sense of smell and headaches which all can be related to a poorly functioning nasal airway,' he says. 'A nose doesn't just have to look good, it has to work well too.'

The final defining feature of the Australian male rhinoplasty is planning the cosmetic shape. 'The Australian male nose can't be too pretty; it has to be a good strong male nose,' Dr Mooney says. 'It has to have "barbecue credibility". In the States they call it boardroom credibility but we have a more down to earth culture here. This means a strong straight nose that complements the maleness of the other facial features.'

He explains that while women are primarily seeking the best possible cosmetic outcome, men don't want to look as though they have had work done.

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'A good male rhinoplasty is probably a nose that doesn't look too noticeable,' he says. 'Guys are acutely aware that they don't want to appear too vain or self-aware.'

According to Dr Mooney, men are concerned with restoring normal functionality to their noses and tend to be conservative in regard to the cosmetic effect. 'After



BEFORE

AFTER rhinoplasty by Dr Mooney



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the important feature of function that is pre-eminent with men, the cosmetic plan needs to be for a real and natural-looking nose in relation to their other features.'

Dr Mooney takes time and care to match the achieved outcome with the patient's individual case, lifestyle and character. 'I consider not only the patient's age but ethnicity, occupation and personality when deciding on the right nose for him.'

For those men who might have difficulty in visualising what their noses will look like after surgery, Dr Mooney uses computer technology to assist them in choosing the right look. 'I find computer-aided imaging an indispensable tool in planning nose shape. Guys really appreciate the opportunity to look at different nasal shape options,' he says.

Men can be hesitant in seeking improvement to their damaged noses but Dr Mooney says that rhinoplasty to repair and improve the function and appearance is a rewarding procedure for patients.

'I think the decision to undertake nasal surgery can be daunting for anybody but it almost always gives results that exceed patient expectations in terms of appearance and, perhaps even more importantly, function,' Dr Mooney says. **acsm**