



nose

the perfect nose for you

Sydney ENT and facial plastic surgeon **Dr William Mooney** talks us through the fundamentals of a rhinoplasty procedure.

The decision to consider rhinoplasty – a ‘nose job’ – can be daunting. Results from an internet search can be misleading and generate anxiety about outcome. However, a carefully planned rhinoplasty performed by an experienced surgeon can produce an excellent functional and cosmetic improvement. So is a perfect nose possible? Lets look at the process.

The nose is the axis of the face – a static centrepiece around which all the dynamic features take anchor. Variations in the contour of the nose have a strong but subtle effect on the entire facial appearance. Look at your nose in a mirror: now just pushing it up a millimetre instantly makes your nose look ‘piggy’, a similar millimetre of depression makes your nose look hooked and ‘witchy’. This gives you an idea of the accuracy that planning and surgery involves to achieve optimal results.

Cosmetic nasal surgery therefore starts with a thorough assessment. We look at the shape of your nose, from front on, lateral, oblique and inferior views. The shape of your face and skin type is also important. General features such as age, sex, ethnicity and then height and body type also weigh in to the decision-making process. Even your occupation, posture and personality play roles in planning the best nasal contour for you.

Sometimes patients are not exactly sure what is wrong with their nose, just that they don’t like it. Other times they aren’t fully assessing the problem accurately. They may be fixating on a full tip, for example, and missing a subtle bump at the bridge. That’s okay though because the next step of the consultation is computer imaging.

We take real-time photos in different planes and angles and then together we plan the modifications. This is usually a great experience for patients as for the first time they don’t just have to imagine how they would like their nose to look – they can see it in front of them.

It’s also a good time to explore possible outcomes – to see what your face looks like with a very small nose, a change to the tip only, what it looks like with a straight bridge or a slight curvature. You can take these images home to show friends and family and discuss further. We always reconvene again before surgery to further analyse these photos and plan outcome in further detail.

The nose is not just a cosmetic feature. It is also a complicated and important functional organ. Problems such as nasal obstruction, difficulty breathing through the nose at night, sinusitis, snoring and hay fever are just a few of the more common nasal complaints that can be addressed at the same time as your cosmetic procedure. Rhinoplasty is a functional *and* cosmetic procedure. Every rhinoplasty deals in some way with both components.

Functional assessment begins with discussion of your complaints and continues to examination. This means we can plan your procedure to deal with these other issues.

Patients really love their new nasal shape but it is often improving function that gives them the most joy. Improving nasal airway has a domino effect on many aspects of quality of life. They can often look forward to improved sleep and exercise tolerance, improved concentration at study and work, improved taste and smell appreciation, and even improved safety (‘Is something burning?’, ‘Is the gas left on?’). More serious problems such as sinusitis can be major medical problems and with hardware such as the eyes and the brain so near the nose, infective complications involving these structures can be avoided.

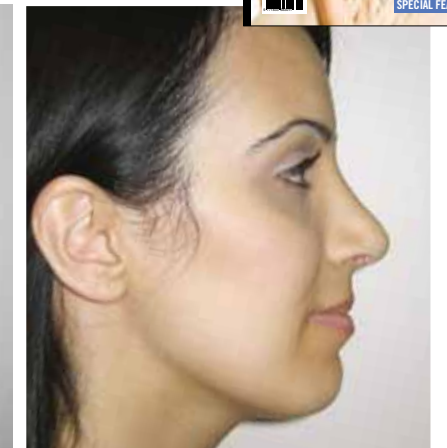
Patients often arrive for their first consultation with great trepidation about the rhinoplasty procedure itself. However, in experienced and skilled hands rhinoplasty is a safe procedure, not grossly painful, has a good complication profile and the outcome is excellent for the vast majority of patients. General anaesthesia and an overnight stay are

Case study 1

This patient had concerns about the appearance and function of her nose. She had significant obstruction and allergic rhinitis, as well as a large and over-projected nose. Post-operatively her nose is definite but delicate enough to achieve balance with her other facial features.



BEFORE



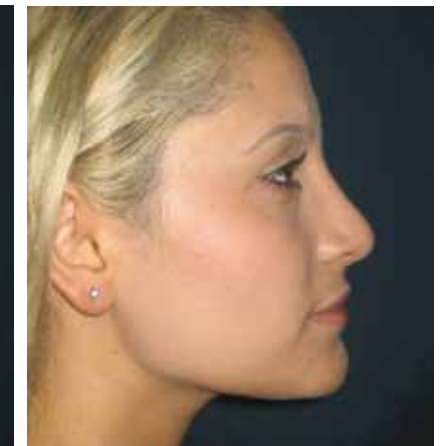
AFTER rhinoplasty by Dr Mooney

Case study 2

This patient was concerned about the appearance of her nose, as well as her recurrent sinusitis. Dr Mooney performed open-structure rhinoplasty, as well as septoplasty (straightening of the partition between the nostrils) and sinus surgery. Post-operatively she has a clear airway, no attacks of sinusitis and a nose that is more dynamic to create facial harmony.



BEFORE



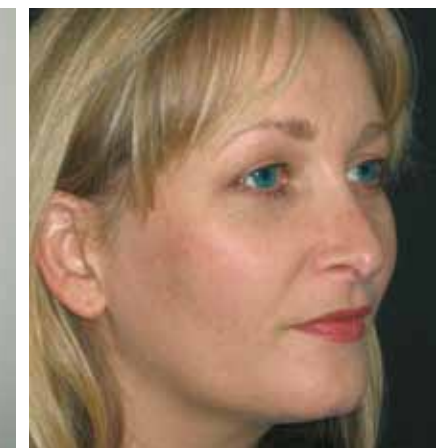
AFTER rhinoplasty by Dr Mooney

Case study 3

This 40-year-old patient had a nose that bothered her most of her adult life. She has very fine features and was concerned a new nose would not look natural. Post-operatively, her nose is more defined and suited to her facial features.



BEFORE



AFTER rhinoplasty by Dr Mooney

usual and patients can expect about 10 to 14 days off work. Within a couple of weeks any major swelling and bruising is usually resolved and patients look great. The final result, however, may take some months to become apparent.

Our clinic performs hundreds of rhinoplasty procedures a year. Most patients are first-timers, but we do see a percentage of patients who have had a procedure elsewhere and aren’t happy. Common errors that have been made in rhinoplasty procedures seem to stem from poor planning (both functional and cosmetic) poor communication between doctor and patient, or surgical failure.

These problems can be avoided if time is taken pre-operatively to thoroughly assess your nose aesthetically, its airway and functional problems, and by communicating what you expect and should expect from your procedure, in addition to choosing an experienced surgeon.

There is no one perfect nose, but there is a perfect nose for you. It’s one that takes into account a myriad of different aesthetic and practical aspects. Your perfect nose begins with meticulous planning by you and your surgeon. It travels through a carefully considered and performed procedure and finishes with a happy, healthy patient. **acsm**