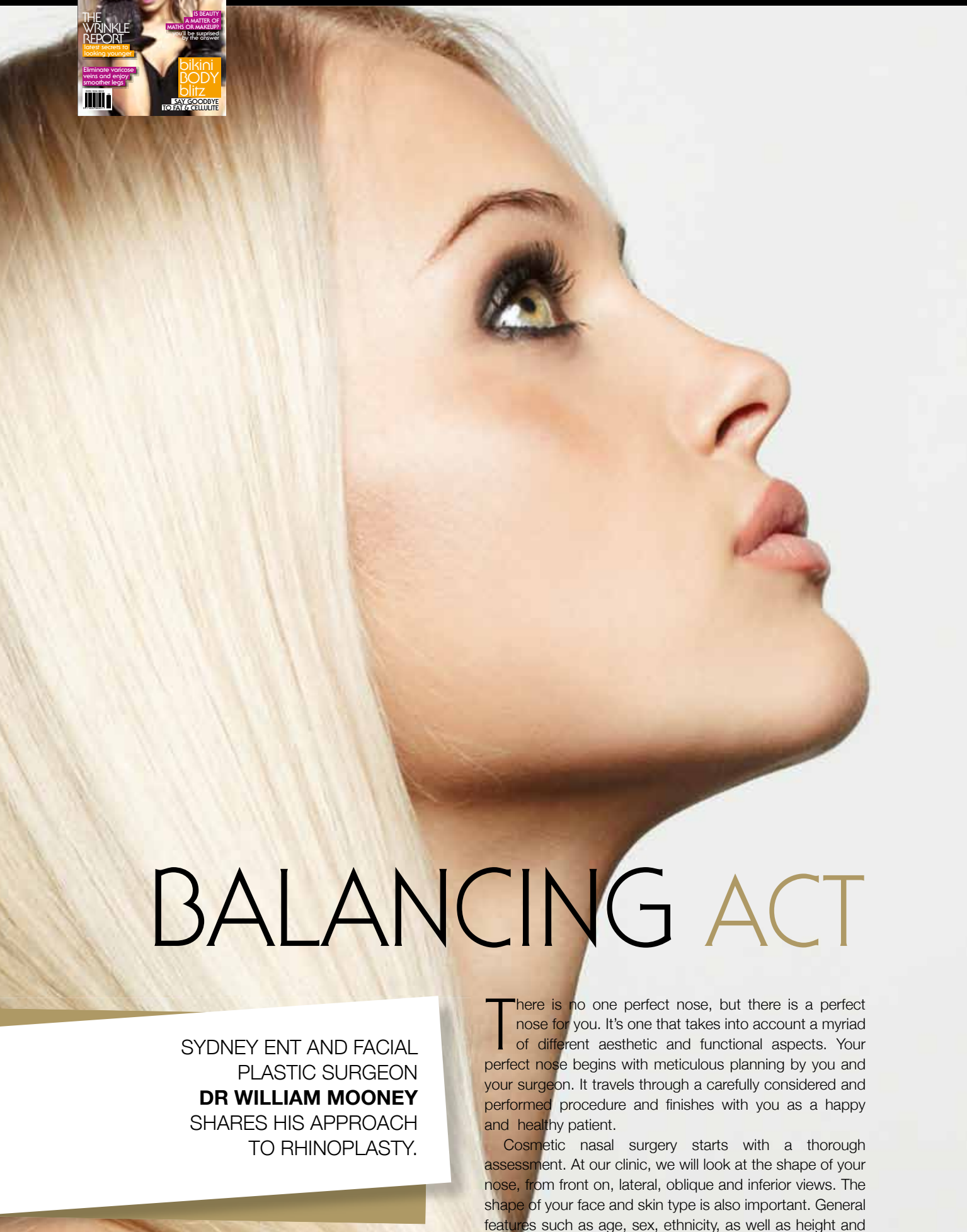




AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE



BALANCING ACT

SYDNEY ENT AND FACIAL PLASTIC SURGEON **DR WILLIAM MOONEY** SHARES HIS APPROACH TO RHINOPLASTY.

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 functional 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 you as a happy and healthy patient.

Cosmetic nasal surgery starts with a thorough assessment. At our clinic, we will 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, as well as height and

nose

body type, also weigh in to the decision-making process. Even your occupation, posture and personality can play a role in planning the best nasal contour for you. The final surgical plan must be meticulous to achieve optimal results.

What makes a beautiful nose?

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. If you look at your nose in a mirror you will see that just by pushing it up a millimetre your nose will instantly look 'piggy', whereas a similar millimetre of depression makes your nose look hooked and 'witchy'.

Some patients may not be exactly sure of what is 'wrong' with their nose, just that they don't like it. Others may not be 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, however, because the next step of the consultation involves computer imaging.

At our clinic, 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 will look like with a very small nose, a change to the tip only, or what it would look like with a straight bridge or a slight curvature, for example. You can take these images home to show friends and family and discuss at more length. We always reconvene before surgery to further analyse these photos and plan the outcome in more 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 hayfever are just a few of the more common nasal complaints that can be addressed at the same time. Rhinoplasty is both 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. In my experience, it is often the improvement in nasal function that gives patients the most joy. Improving the nasal airway has a domino effect on many aspects of quality of life. You 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 sometimes 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 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. The final result, however, may take some months to become apparent.

Our clinic performs hundreds of rhinoplasty procedures a year, and although most patients are first-timers we do see a few who have had a procedure elsewhere and are dissatisfied. Common errors seem to stem from poor planning (both functional and cosmetic), poor communication between doctor and patient, or surgical failure. These problems can all 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. **csbm**



BEFORE

AFTER rhinoplasty by Dr Mooney



BEFORE

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