



# a nose for detail

THE JOURNEY TO A PERFECT NOSE BEGINS WITH METICULOUS PLANNING, ACCORDING TO SYDNEY ENT AND FACIAL COSMETIC SURGEON DR WILLIAM MOONEY.

**R**hinoplasty surgery remains one of the most frequently requested cosmetic procedures in Australia. Able to restore balance and symmetry to a face whilst also improving the function of the nose, rhinoplasty is one of the most complex cosmetic procedures to perform. As one of the country's leading ear, nose and throat surgeons, Dr Mooney's practice has an extremely high throughput of rhinoplasty cases in Australia, from simple to complex, first time to revision surgeries.

It can be easy for a patient to pin point what's 'wrong' with his or her nose, but it takes both skill and experience to determine the ideal shape and size nose for each patient. Dr Mooney believes that the journey to an ideal nose begins with meticulous planning.

With rhinoplasty, the nose can be reduced, augmented, widened, narrowed, straightened and reshaped. Before surgery, Dr Mooney conducts a thorough consultation to identify the specific concerns faced by each of his patients. As well as getting to the bottom of what is bothering them about their nose, Dr

Mooney looks at the shape of their nose from all angles – from front on, lateral, oblique and inferior views. He will also pay particular attention to the shape of the patient's face, their skin type, age, sex, ethnicity, height and body shape. 'All these factors weigh in on the decision-making process. Even a person's occupation, posture and personality can play a role in planning the best nasal contour for them,' he says.

Whereas some patients know exactly what they want to change about their nose, others may not be so sure. This is where Dr Mooney's experience is critical. He understands how even the most minor refinements to a nose can make a huge difference to the overall look of a face and can quickly identify a subtle bump that may be disrupting symmetry. 'Just a millimetre of elevation can make a nose look "piggy", whereas a similar millimetre of depression can make the nose appear hooked,' he says.

To demonstrate to his patients the impact that any nasal changes will have on their overall appearance, Dr Mooney uses computer imaging. At his clinic, Dr Mooney will take real-time photographs of the patient's nose from different angles and use them to visualise modifications. 'This is a great experience for the patient. For the first time they can see a simulation of their new nose in front of them – they don't have to imagine how they would like their nose to look,' he says. Dr Mooney explores a number of outcomes with his patients, ensuring they are comfortable with the shape, size and overall impact of the new nose on the rest of the face.

'We use computer imaging to see what the patient 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 curvature, for example,' Dr Mooney says. Patients can also take images of their preferred nose home to show friends and family, to gather important feedback before making the decision to proceed with the surgery.

Successful rhinoplasty involves a delicate balance between refining the shape and preserving or improving the function of the nose. For this reason, the functional assessment of the nose is an important part of Dr Mooney's consultation. 'The nose is a complicated and important functional organ,' he explains. 'Problems such as nasal obstruction, difficulty breathing, sinusitis, snoring and hayfever are just some of the common nasal complaints that I can address at the same time as improving the look of the nose.'

Dr Mooney believes that it is the functional improvements that can often give his patients the most pleasure following surgery. Improving the nasal airway can significantly improve their quality of life. 'My patients have enjoyed improved sleep patterns, better exercise tolerance, improved concentration and a better appreciation for taste and smell.'

Dr Mooney prefers the open approach to rhinoplasty surgery. During the procedure he will make a small incision at the base of the nose, allowing him the best access to the cartilage and tissue beneath. 'Open rhinoplasty is the best technique to achieve the perfect nose,' he says. 'The technique leaves an almost imperceptible scar and achieves the best results, especially for a twisted nose and for tip deformities.'

Dr Mooney performs hundreds of rhinoplasty procedures a year, and although most cases are first-time patients, he does see a few who have had a procedure elsewhere and have been dissatisfied. These problems can be avoided if sufficient time is taken to thoroughly assess the nose, its airway and functional problems, and by patients communicating what they expect from their surgery. By taking these steps, patients can look forward to a nose that is perfect for them.

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## CASE STUDY 1

This lady didn't like the shape of her nose and thought it was too hooked. She felt it made her look 'witchy', which certainly wasn't in harmony with her gentle disposition. Rhinoplasty not only improved her facial contour but also made her look much younger. The cartilage part of the nose can grow as time passes, and loss of midface sub-cutaneous fat can also highlight irregularities in the nose that aren't apparent in a patient's teens or 20s. Thus reducing the size of the nose and smoothing irregularities often has the effect of making patients look younger.



BEFORE



AFTER rhinoplasty by Dr Mooney

## CASE STUDY 2

This girl felt the shape of her nose tended to dominate the other features of the face. She recovered very quickly from her rhinoplasty procedure. The changes have made the dynamic features – her eyes and mouth – dominant on her facial landscape. Often a nose 'disappears' when the rhinoplasty surgery is performed well, allowing these 'dynamic' features to shine.



BEFORE



AFTER rhinoplasty by Dr Mooney

## CASE STUDY 3

This 21-year-old girl is a future high school teacher. She had a single, significant pre-puberty injury to her nose. Functionally she had some variable nasal obstruction, which was worse on the left and worse in the morning. Cosmetically she was unhappy with the dorsal 'hump' on her nose. She was treated with open structure septo-rhinoplasty. Cosmetically and functionally she is delighted with her outcome, but she had some supra-tip fullness that took a couple of months to subside. This is a product of her 'olive' skin, which we find takes a little longer to achieve the final result.



BEFORE



AFTER rhinoplasty by Dr Mooney



AFTER rhinoplasty by Dr Mooney, with makeup