

face the future

Sydney ENT and facial plastic surgeon **Dr William Mooney** explains the key reasons for nose surgery to Jodie Thomson.

Many people are unhappy with their noses. For some, it's the look of their nose that bothers them, perhaps because it's too large or an unusual shape. For others, it's the function of their nose that's the issue; it may be causing breathing problems or sinus difficulties.

'Whatever the problem, it's important to understand how nose surgery, or rhinoplasty, can help and whether it's a suitable solution for you,' says Sydney ENT and facial plastic surgeon Dr William Mooney.

'Undergoing a rhinoplasty is a big decision for people to make,' says Dr Mooney. Certainly, rhinoplasty is a sensible option if the appearance of your nose is causing you significant distress.

'Nose surgery can also provide tremendous benefits for people who suffer functional problems with their nose. And many of these people aren't aware that surgery is an option,' says Dr Mooney.

'The nose is a very complicated organ, comprising part of the ventilation structure of the face, the sinuses and

sense of smell,' he says. 'There are a lot of factors that can contribute to functional problems.' Functional problems with the nose can range from chronic snoring to sinus blockages.

'Patients who have recurrent obstructions in their nasal area are candidates for surgery,' says Dr Mooney. Sometimes functional problems with the nose can be indicated by other symptoms, such as poor tolerance for exercise or severe hayfever, with lots of sneezing or itching in their nose. 'If the patient is a suitable candidate, all these symptoms can be helped very easily with surgery,' Dr Mooney says.

Patients undergoing rhinoplasty to improve their appearance should also look at fixing any functional problems they may have at the same time.

While rhinoplasty can benefit many people, it is not always the solution for some people who request it. 'I'm very honest with all my patients and I would probably send one in 10 patients away,' Dr Mooney says.

If you are considering rhinoplasty to improve the

appearance of your nose, it is important to have realistic expectations of what can be achieved and to ensure the result is suitable for you.

'It is important to consider a person's whole make-up when they are considering a rhinoplasty,' Dr Mooney says. 'I look at the patient's personality, sex, career, even racial and cultural background so that I can design a nose that's in keeping with all those things. For example, a man's nose can't be too pretty,' Dr Mooney says. 'Men still need to look masculine.'

People should always keep in mind that rhinoplasty can be performed in conjunction with other facial surgery, and also that other surgery in itself may have a significant impact on the look of the nose.

'For example, someone who consults for a rhinoplasty procedure may have just a mildly large nose but a very recessive chin,' Dr Mooney says. Correcting the chin can put the whole face in proportion, without major surgery to the nose.

For anyone wondering if they may need rhinoplasty, it is important to devote time to research what options may be available.

For those concerned about functional issues with their nose, it is important to see an ENT surgeon to investigate these issues first.

People considering rhinoplasty should also be aware that the procedure is often far more simple and straightforward than many expect it to be.

The first step for all patients undertaking rhinoplasty with Dr Mooney is to undergo several consultations with him to investigate and plan the work required. The surgery itself is performed under general anaesthetic and requires just an overnight stay in hospital.

'The procedure can last between one and three hours, depending on the complexity of the procedure involved,' Dr Mooney says.

Within a week patients can see great improvement and within two weeks they can return to daily public life.

'Taking that step to have rhinoplasty is a big decision for most people,' Dr Mooney says. 'And for suitable patients nose surgery can improve your health and your looks.' **acsm**

case 1



BEFORE

AFTER rhinoplasty by Dr Mooney

case 2



BEFORE

AFTER rhinoplasty by Dr Mooney