

Benefits of Rhinoplasty (Nose Surgery)Benefits of Rhinoplasty (Nose Surgery)



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Rhinoplasty (nose job) is held by many to be perhaps one of the most technically challenging yet enjoyable operations. Aesthetic and functional goals are achieved via minimal meticulous modifications. It's an art as much as it is a science. However, it's the science behind the procedure that allows for satisfying and stable long-term results.

The primary goal of the operation is an aesthetically appealing nose that 'fits' each patient's face and brings balance and harmony to the face. A successful rhinoplasty results in the world noticing the beauty and intrigue of the patient's eyes, taking attention away from the nose itself. Of course none of this should be at the price of compromising the nasal airway.

Rhinoplasty has evolved greatly over the last 30 years. The old ways of excess excision of bone and cartilage has been replaced with conservative remodeling and even augmentation. Many of the noses operated on over 10 years ago now show telltale signs of excess excision, resulting in collapse of structure, deformity, nasal airway obstruction, and an "operated look."

Anatomically, the nose is comprised of several areas. Internally, the septum separates the two sides and it's made up of cartilage in the front and bone in the back. Internally, on each side, there are three to four turbinates. These are small bones covered with a spongy lining, which act to humidify the air entering the nose.

Normally each side alternates in swelling and engorging. However, with environmental allergies, these turbinates can swell and enlarge excessively. When combined with a deviated septum, nasal airway obstruction may result.

Externally, the nose is divided into three main areas. The tip is a combination of cartilage and soft tissue. The mid-portion is made up of cartilage, and superior portion, or the 'root' of the nose is formed by several bones. The external structure and the septum form a tripod or 'tent' and are integrally related. Often times the outside and inside need to be addressed collectively in order to shift the structure and achieve optimal results.

Ideally patients should seek out facial plastic surgeons or plastic surgeons with special interest and experience in rhinoplasty.

The initial consultation is private and unhurried. Complete medical history and a thorough analysis and exam of the face and nose (inside and out) are followed by digital photography. I utilize the cutting edge United Imaging software to help in the dialogue and allow the optimum communication with the patient. Using this software, I can "morph" the digital photographs of the patient and display what can be achieved surgically. The procedure, pre- and post-op course, risks, benefits, alternatives and realistic outcome expectations are discussed. Questions are answered. And after providing the patient with price quotes, the case is scheduled.

The operation takes from an hour and a half to two and a half hours depending on the complexity of the nasal deformity. Packing is not routine, and pain is usually very minor. The down time is about a week although I instruct my patients not to do heavy exercise for up to three weeks. Ideally, it takes up to a year for the 'final result' to be seen however within three months most of the swelling is gone and thereafter only subtle changes occur.

Within one month most close friends and relatives will not be able to tell the patient has had surgery. This is due to the change in philosophy of rhinoplasty – achieving natural "un-operated looking results." Many patients say, their family and friends asked them if they got a different haircut or changed their eye makeup.

A successful Rhinoplasty takes attention off the nose and directs it towards the beauty of the eyes. However, the best indicator of a successful rhinoplasty is a happy patient.