



Emerging Trends In Rhinoplasty



Shervin Naderi, M.D.
Naderi Facial Plastic Surgery
Dulles Cosmetic Surgery &
Skin Care Center

Over the last 20 years, much has changed in the way rhinoplasty surgeons address the nose. Although the anatomy of the nose was well understood years ago, the effects of surgery were not fully comprehended. As a result, many patients walk around today with collapsed nasal skeleton, "Inverted V" deformities and telltale signs of a nose job. The trends and approach to nasal surgery have luckily changed in the last five to eight years.

Most facial plastic surgeons appropriately tell their patients to wait up to one or two years for the "final result" of a rhinoplasty. During that time period the edema caused by surgery subsides and the "final result" of the surgery is unveiled. However, all noses undergo continual changes that occur years after their "final result". The operated nose looks different at one year, five years, at 15 years and so on. The reason behind this change is a concept known as "shrink-wrapping." This phenomenon occurs in various degrees regardless of the surgeon or the technique used. However, trauma and shrink-wrapping can be minimized using excellent technique. Furthermore, the proper diagnosis will allow the surgeon to choose the least traumatic approach. Some patients will benefit most from an endonasal approach whereas others are best served by an external approach.

Given the inevitability of shrink-wrapping and the continual inward pressure on the nasal skeleton, facial plastic surgeons have changed their approach to rhinoplasty. We now can safely predict the effects of surgery on the nose and try to build a strong, sound structure to prevent collapse and an "operated looking" nose.

This new approach has resulted in less aggressive reduction rhinoplasty. In certain areas of the country, namely California and New York, some female patients still desire up-turned, ski-sloped noses of the Hollywood actresses of previous generations. However, more often than not, patients want a beautiful yet natural looking nose. A nose that does not come with the signature of its plastic surgeon.

The change in our aesthetic taste is apparent in the pages of popular fashion magazines, runway models and actresses. This has in turn resulted in higher and straighter nasal profiles and stronger more balanced noses.

Our approach to the nasal tip has also changed. We tend to shy away from the pinched tips of the past and strive to create a more aesthetic and natural triangular base.

Each approach and technique has its time and place in the armamentarium of the surgeon. One surgery does not fit all. Although these changes reflect the increased utilization of the external approach for better visualization and easier placement of structural grafts, we must remember to "do no harm."