



nose

# strong profile

SYDNEY ENT AND FACIAL PLASTIC SURGEON  
**DR GEORGE MARCELLS**  
 EXPLAINS HIS APPROACH  
 TO MALE RHINOPLASTY.  
 AIMÉE SURTENICH REPORTS.



BEFORE



AFTER rhinoplasty by Dr Marcells



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According to recent statistics from the American Society for Aesthetic Plastic Surgery, rhinoplasty was the second-most popular cosmetic surgical procedure performed on men last year in the US – and trends are similar in Australia. 'Rhinoplasty surgery is becoming increasingly popular among male patients,' says Sydney ENT and facial plastic surgeon Dr George Marcells. 'Around half of my rhinoplasty patients are male.'

☞ The nose can still be narrowed and refined, but generally this is to a lesser extent than surgery on the female nose ☞

The reasons men seek nasal surgery are varied. Sporting injuries are common and may cause both breathing and cosmetic deformities. Reduction of a nasal bump is also a common reason in people of various ethnic backgrounds.

'Most men seeking nasal surgery desire a natural-looking, masculine nose. This means it is important to keep the nasal bridge strong and not lift the tip too much as this

will make the nose look effeminate. The nose can still be narrowed and refined, but generally this is to a lesser extent than surgery on the female nose,' Dr Marcells explains.

At the time of consultation, digital photographs of the nose are taken and can be transferred immediately to the computer for assessment. Dr Marcells then performs computer imaging to help design the nose in harmony with the patient's face and overall personality. It also enables them to see a 'preview' or prediction of the expected shape of the nose before they decide to go ahead with the surgery.

'Computer-generated images are not a guarantee but in experienced hands the results are predictable and very close to the projected outcome,' he says. 'These images are also a valuable communication tool, enabling the patient to further illuminate and pinpoint the changes they are after and their expectations of the final result.'

Dr Marcells examines the nose from a functional as well as aesthetic point of view. This is very important in male rhinoplasty, especially when reconstructing an injury.

Thorough assessment – internally and externally – is essential at the initial consultation, he says. 'Using local anaesthetic, a fibre-optic telescope is used to look inside the nose for any deviation of the septum or other blockages,' he explains.

The outside of the nose is also carefully examined, and the quality of the skin and other features are documented. Dr Marcells prefers techniques based on open structure rhinoplasty, which he says are more demanding on the surgeon and may take longer to perform.

'I believe these techniques maintain the skeletal structure of the nose, particularly in male rhinoplasty where collapse and loss of support will make the nose look weak and feminine,' he says.

'They help to ensure the basic foundation of the nasal structure is kept strong, or is reconstructed to become stronger,' he continues. 'In turn, in my experience this ensures a predictable shape to the nose after surgery that will resist collapse, maintain a natural-looking shape and also improve the patient's breathing.'

Open-structure rhinoplasty techniques can be used during an initial operation for both minor and major changes. They are especially useful for revision and reconstructive rhinoplasty procedures.

The surgery may take several hours to perform and is usually performed under a general anaesthetic. Typically patients stay overnight in hospital. Down time is usually around two weeks, after which patients can normally return to work and everyday activities (except contact sport).

Although the final result for any rhinoplasty should be viewed after one year, improvements can be seen around two weeks post-operatively and should continue to improve over several months.

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If continuing to play contact sport it may be better to delay surgery until the patient decides to stop playing. However, broken noses should be dealt with immediately as it is better to reduce the fracture early.

'Men's greatest fears after rhinoplasty surgery are that their nose will look "operated on" or will collapse, but with the right planning and assessment and an experienced surgeon, a natural-looking, masculine nose can be achieved,' Dr Marcells concludes. **acsm**