



nose

LONG-LASTING RHINOPLASTY

SYDNEY ENT AND FACIAL PLASTIC SURGEON **DR GEORGE MARCELLS** EXPLAINS HOW A LONG-LASTING RHINOPLASTY RESULT IS ALL IN THE SURGICAL TECHNIQUE. **GEMMA GARKUT** REPORTS.

According to Sydney ENT and facial plastic surgeon Dr George Marcells, while the fundamental aim of a rhinoplasty procedure is to correct the aesthetic and function of the nose, some rhinoplasty procedures can provide longer lasting results than others. He says the key to ensuring the new aesthetic and function of the nose after a rhinoplasty procedure relates to the way the structure of the nose is approached by the surgeon.

'The techniques used when performing a rhinoplasty procedure are essential in increasing the longevity of the patient's end results,' says Dr Marcells. 'Strengthening the architecture of the nose and taking meticulous care to maintain its structural integrity are key areas in achieving a high standard of results.'

Dr Marcells uses the open rhinoplasty technique, which allows the surgeon to clearly observe the inner structure of the nose and alter it according to the improvements that need to be made. 'An open rhinoplasty allows me to see exactly what's happening with the patient's own cartilage and bones, eliminating the need for guesswork,' he says. 'I can then manipulate the nose's existing structure to make both aesthetic and functional improvements.'

Dr Marcells uses computer imaging to demonstrate how the rhinoplasty procedure will improve the shape of the nose according to their desired results. 'In a thorough consultation I use a telescope to examine the inside of the nose. I perform a breathing test to determine the degree of nasal obstruction. I then take a series of photographs of the nose and face and use computer imaging to digitally show the patient how their new nose may look on their face,' he explains.

Because different concerns require different surgical manoeuvres, minor adjustments after surgery are sometimes required to achieve these desired results. 'Patients should expect that small adjustments post-procedure might be needed, but this often depends on the patient's concerns and the individual structure of their nose,' says Dr Marcells.

Interestingly, one of the most influential processes that can affect the results of a rhinoplasty is the healing process. 'When the nose is healing post-surgery, the skin shrinks and the adjusted bones and tissues have to settle into their new positions,' says Dr Marcells. 'One of the most important goals when performing a rhinoplasty is creating a cartilage framework that resists the collapsing effect of the healing processes – the source of many revisional rhinoplasty procedures.'

Dr Marcells says this requires meticulous surgical technique and is the key to long-lasting results. 'Patients can be hesitant to undergo an open rhinoplasty for fear of visible scarring, but this is more to do with the surgeon's technique than the type of operation performed. Any resulting visible scarring is rarely obtrusive to the eye and shouldn't be an issue if the wounds are stitched and maintained meticulously,' he says.

'The shape of the nose changes over several years which needs to be accounted for in a rhinoplasty. The nose needs a lot of aftercare for one to two years post-procedure which involves regular check-ups to ensure the nose is healing the way we want it to,' he continues. 'In my experience, the structure technique is the best way to ensure the cartilage and new function will withstand these changes overtime,' he concludes. **acsm**



BEFORE



AFTER rhinoplasty by Dr Marcells



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CASE STUDY

Rebecca had always suffered from sinus problems that affected her breathing ability and was painful when she slept, and particularly while flying. 'My initial concerns were to do with my breathing and sinus problems, which were causing me a lot of discomfort. I went to see Dr Marcells in 2003 to see how this could be relieved,' she says. 'I had come to live with the sinus problems and slight physical quirks of my nose, but I was happy when Dr Marcells told me there were options to treat both.'

Despite not being completely happy with the natural aesthetics of her nose, Rebecca says the possibility of cosmetic changes wasn't a big motivator when she sought to undergo a rhinoplasty procedure. 'I always thought it would be nice to make a few changes to the look of my nose but my priority was correcting the pain and breathing difficulties I was experiencing,' she says.

'Dr Marcells used a specially designed telescope to examine the inside of my nose and also performed a cat scan, during which he found he was able to surgically straighten my septum and move the profile of my nose slightly upwards at the same time as correcting my breathing difficulties,' she says.

The procedure involved a night in hospital, after which Rebecca had two weeks of rest. My procedure was quite easy to accommodate; I had planned to have it done over Easter and was back at work two weeks after. There was some pain after the surgery which was quite manageable, and the bruising lasted about a week as the bones in my nose had to be reshaped,' she explains. 'Dr Marcells had already explained that these effects would occur, so I was fully prepared for the recovery period.'

Since having the procedure in 2003, Rebecca says her breathing ability is still significantly better than it was prior to surgery. 'Aesthetically, it was a subtle-looking transformation and I was happy because it was exactly like what Dr Marcells had shown me on the pre-procedural computer simulation of my nose,' she says. 'The major transformation has been my breathing ability, which has lasted since my operation in 2003 – I'm sleeping better, I don't experience headaches and I can travel by plane with greater comfort.'