

SURGICAL AND
NON-SURGICAL
PROCEDURES CAN
DELIVER THE
NOSE YOU HAVE
ALWAYS WANTED

your NOSE



Where in the past, surgical rhinoplasty techniques delivered a standard 'cookie-cutter' nose to all, today's modern procedures tailor results to suit the individual, their lifestyle, cultural background and personality.

Surgical

Rhinoplasty

WHAT IS IT? "Rhinoplasty surgery can be a life-altering event," says ear, nose, throat and facial plastic surgeon Dr George Marcellis from About Face in Bondi Junction, Sydney. "When you've had a nose you don't feel comfortable with your whole life, or have injured your nose playing sports or through an accident, cosmetic and functional nose

surgery offers an effective solution. It can enhance your confidence and self-esteem, and often improves breathing and sinus problems.

"The emphasis today is on a natural-looking nose which is in harmony and balance with the rest of your face," he says. "Excessive features such as a large bump, a bulbous or droopy tip, a crooked nose or too much view into the nostrils can look unsightly. Correcting these excessive or unsightly features can de-accentuate the nose and restore harmony to the face."

WHAT'S INVOLVED? Many rhinoplasty procedures are performed using a closed-structure technique where no incision is made and the operation is performed through the nostrils without disturbing the skin.

However some surgeons, such as Marcellis, favour open-structure rhinoplasty techniques which, while a more demanding and

time-consuming procedure, seem to afford better results.

"These techniques help to ensure that the basic foundation of the nasal structure is kept strong," explains Marcellis. "In turn, this ensures a predictable shape to the nose after surgery that will resist collapse, maintain a natural shape and also improve breathing."

General anaesthetic is administered and a small incision is made across the skin between the nostrils. The bone and cartilage skeleton of the nose is reshaped, ensuring any functional needs are addressed so breathing is improved and/or not affected.

The incision is closed with fine stitches following the procedure. Any small scarring will fade as the nose heals. The actual procedure takes approximately two to three hours.

IS IT PAINFUL? The procedure itself can be performed under general anaesthetic or sedation and can be ►

See the difference

carried out as a day surgery or involve an overnight stay. Any post-procedure discomfort can be controlled with painkillers. **DOWNTIME:** "We rarely use packing these days," says Marcellis, "although we may use some soft silicone splints on the inside, which have a breathing tube. An external cast is applied. Splints, casts and sutures are removed at one week." Expect two weeks off work because of bruising and swelling.

"The nose is often quite swollen at one week, when the cast comes off," explains Marcellis. "It shrinks back quite quickly and by two weeks, the new shape becomes apparent."

RESULTS: Once the cast is removed you will be able to see how your new nose looks, but some minor swelling may take up to a year to subside.

COST: Expect to pay approximately \$8000 to \$15,000. If functional work is performed the patient may be eligible for a Medicare rebate. Those with private health insurance will have the cost reduced further.

NON-Surgical

New injectable procedures can alter the shape or positioning of the nose, fill in divots or build up a ski-jump nose without the need for surgery.

Muscle relaxants for angle adjustments

Botox or Dysport is used to make subtle changes to the angle of the nose, or for a more youthful look.



Examples of Dr George Marcellis' rhinoplasty procedures.

Today's advanced rhinoplasty procedures can soften the face and beautifully balance facial features, as well as improve breathing and nasal function.

"Many women experience what we refer to as 'wolf lines' across the bridge of the nose when they smile," explains Sydney-based cosmetic surgeon Dr Anoop Rastogi. "The creases often appear along the side of the nose and on the upper third of the nose, not quite under the eyes. They look similar to crow's feet. We can inject in the upper third of the nose to just below the bridge to get rid of these lines."

Rastogi also often injects the area of the nose between the eyebrows to eliminate any horizontal lines that are caused by frowning.

Other procedures involve changing the shape or position of the nose by injecting the columella, the portion of skin between the nostrils. "We inject into the little muscle that pulls the tip of the nose down, which can create a hook-like appearance. It immobilises the muscle, stops it pulling and rotates the nose up slightly."

Finally, Botox can be administered to the nasal alar muscles, which are found at the side of the nostrils. "Many people get nasal flaring when they smile and their nose broadens across their

face. We inject the nasal alar to stop the flaring," explains Rastogi. **COST:** From \$400.

Dermal fillers

Temporary and/or long-lasting fillers are now frequently used to reshape a nose, fill in divots or deficits, fix rhinoplasty defects or address skin cancer excisions.

During the first appointment, saline is injected so the patient can see, feel and assess how their 'new nose' will look. The patient is able to take pictures and spend the following week deciding if it is the look that they really want.

The filler is injected at the next appointment, which takes about one hour. There is no downtime but the patient may experience mild swelling and tenderness.

IS IT PAINFUL? Most of the fillers have an in-built anaesthetic that numbs the area at the same time.

RESULTS: Results are immediate. Temporary fillers will last up to two years, while longer-lasting fillers tend to last upwards of 10 years.

COST: About \$400 for temporary fillers such as Restylane, Juvéderm or Radiesse, and \$2000 plus for longer lasting fillers like Aquamid. ◉

Q & A

Considering a procedure? Let our experts guide you as to what is the right technique and treatment for you.

Dental

Q Is there an age limit for straightening teeth?

A: "Although traditionally teeth straightening is best done in the teen years, more and more adults are opting for this treatment as an effective and non-invasive way to greatly improve their smiles," says Sydney cosmetic dentist Dr Angelo Lazaris. "With the introduction of Invisalign clear aligners, the stigma of having to wear braces is eliminated and many adults are attracted to the idea of being able to achieve a straighter smile without limitations on professional and social lives that braces impose."

"There is no theoretical age limit on teeth straightening, but it must be remembered that with adults the teeth are more prone to wanting to rebound back into their crowded positions, so it is important to note that straightening of teeth does require some long-term retention."

Breasts

Q My breasts are empty and sagging after breastfeeding two children. I am naturally quite thin, so what kind of breast augmentation should I consider and should I team this with a lift?

A: "This is a very common scenario that I see in my practice," says Sydney plastic surgeon Dr Michael Miroshnik. "The breastfeeding process often depletes the breast tissue, allowing gravity to set in to give it a 'saggy' or

'deflated' look, as well as poor shape. The answer to your question depends on the shape of your breasts and the degree of emptiness/sag that you see when you look in the mirror. If there is not much skin excess and the sag is no more than a couple of centimetres, the problem can be corrected by breast augmentation alone.

"This is often best done with an anatomical-shaped (teardrop) breast implant, combined with what's known as a dual-plane placement, where the top pole of the implant lies under the muscle, while the bottom of the implant is directly under the existing breast tissue. The result is both very natural looking and rejuvenating."

"If, however, there is a lot of skin excess and more than a couple of centimetres of sag, then you may benefit more from a combined breast augmentation and lift. There are various types of breast lift which can be customised to your individual body and combined with the right choice of implant for the procedure."

Face

Q At what age do you think I should be considering a face lift? I am nearing my mid-40s and definitely noticing some sagging, but I am unsure as to whether it is too early for me to go under the knife.

A: "Biological age can be very different to chronological age," explains Associate Professor Anand Deva from Macquarie Cosmetic and Plastic Surgery. "In some people in their 40s, both genetics and

Nose

Q I am considering rhinoplasty and am concerned, firstly, if it will affect my breathing, and secondly if it will make my face look out of balance. Can you please explain if this is indeed the case?

A: "Rhinoplasty, when performed well, should be able to maintain or improve the breathing," says Sydney ear, nose, throat and cosmetic surgeon Dr George Marcells. "In fact, many rhinoplasties are performed for functional reasons. Open-structure techniques help to maintain shape and improve the breathing."

"Secondly, rhinoplasty surgery should create a nose in balance with a person's face. I spend a large part of my consultation time with my patient examining the nose and face. I carefully listen to the patient's desires and we then use computer imaging to design a nose that's in harmony with the face and which is achievable surgically. Again, open structure rhinoplasty techniques help to ensure a predictable shape to the nose, which is in balance with the face."

lifestyle factors, such as sun damage and smoking, can lead to an appearance of premature ageing that would be addressed well by a facelifting procedure.

"The timing of the procedure, though, is ultimately up to you and how much of an impact these signs of facial ageing play on your overall wellbeing and self confidence. In some younger patients, lesser skin laxity allows us to use a short scar technique to access and tighten the SMAS and platysma muscles of the neck, which in turn leads to quicker healing and recovery."

Do you have a question on a procedure you may be considering?

Email our experts here at Good Health and we will have one of the highly qualified specialists featured in this guide respond to your query. Email your question to cosmeticqanda@acpmagazines.com.au by the 20th April. ☺