



AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE

Creating a beautiful nose

CREATING A STABLE FRAMEWORK ENSURES RHINOPLASTY RESULTS WILL LAST A LIFETIME SAYS SYDNEY FACIAL PLASTIC SURGEON **DR GEORGE MARCELLS**. LIZZY FOWLER REPORTS.

The end goal of any rhinoplasty is to create a nose that not only suits the patient's face and enhances their breathing, but that will stand the test of time.

According to Sydney facial plastic surgeon, Dr George Marcells, rhinoplasty has one of the highest rates of revision of any cosmetic procedure. 'If the nose is not given enough support during surgery, it will twist and bend over time and patients will be left needing revision surgery,' he says. 'Of course, at that stage it's harder to go in and make changes because you will be operating through scar tissue, and there is less cartilage left in the nose.'

To counter the risk of needing revision surgery, Dr Marcells believes it's important to adhere to what he refers to as 'Structured Techniques'. 'Just as when you're building a house, it's important to lay the foundations of a structurally sound nose,' he says. 'The structural approach refers to the techniques we use to reinforce the framework of the nose – it's all about architecture and engineering: if you build the nose well you'll achieve a long-lasting result.'

These techniques include using cartilage grafts to straighten the nose and to refine the tip. In revision cases, where too much cartilage has been removed, Dr Marcells increasingly may draw on cartilage taken from the patient's rib. 'There's plenty of it and it can easily be made into thin, straight grafts,' he says. 'The grafts are taken at the same time as the rhinoplasty, under general anaesthetic so there's



nose

no extra inconvenience for the patient.'

One of the reasons rhinoplasty is such a complicated procedure is the need to balance outward aesthetics with improved function. Although most patients are driven to seek nose surgery for aesthetic reasons, Dr Marcells says he often identifies functional issues.

'Nasal obstruction can result in difficulties breathing and sleeping,' he says. 'Improving the function of the nose may lessen the impact of some allergies.'

To determine if there are any functional issues, Dr Marcells gives each of his patients a thorough examination and organises a base line CAT scan and nasal airway assessment.

'During the assessment we measure flow rates in the nose, resistance and the cross sectional areas,' adds Dr Marcells, who is also involved in a number of research projects investigating the objective measurements and functional outcomes of breathing in patients having cosmetic and functional rhinoplasty.

Of course, even for those whose number one concern is improving their breathing, it's important to consider the appearance of the nose and Dr Marcells conducts a very involved consultation to ensure he gets to the bottom of what each patient wants to achieve. Dr Marcells uses computer imaging to demonstrate the impact certain changes to the shape and size of the nose will have on the patient's appearance but, whilst he believes imaging provides a reliable guide, he says patients should never rely on the imaging as a promise of what can be delivered. 'Ultimately it's down to the surgeon's skill as to what can actually be achieved,' he says.

Although most procedures are performed as day surgery, Dr Marcells says for more complicated patients an overnight stay may be involved. 'I advise all my rhinoplasty patients to take two weeks off work to recover,' he says. 'After this the nose begins to look like normal and they will be able to resume their regular activities.'

Whilst most patients are back up and functioning normally within two weeks, Dr Marcells points out that ongoing care is needed for the next one to two years. 'We provide comprehensive follow up, and I encourage my patients to maintain appointments for up to two years so we can review the longevity of the results,' he says. 'In most cases, because we have built a stable framework, patients can expect their results to last a lifetime.' **csbm**



BEFORE



AFTER structural nasal surgery by Dr Marcells

Case 1: Renee underwent structural nasal surgery to improve her breathing and the appearance of her nose.



BEFORE



AFTER structural nasal surgery by Dr Marcells

Case 2: James underwent structural nasal surgery to improve his breathing and the appearance of his nose.



BEFORE



AFTER revision structural nasal surgery by Dr Marcells

Case 3: Tania underwent revision structural rhinoplasty with Dr Marcells who used rib graft to reconstruct her nose after previous failed surgery left her with nasal deformity and breathing problems.