



nose

perfect in profile

SYDNEY ENT AND FACIAL PLASTIC SURGEON **DR GEORGE MARCELLS** EXPLAINS WHY RHINOPLASTY CAN BE A LIFE-SHAPING EVENT FOR PATIENTS. AIMÉE SURTENICH REPORTS.

As the central feature of the face, any abnormalities of the nose tend to be particularly noticeable and can affect the aesthetic of the entire face. 'Rhinoplasty can be a life-changing event,' says Dr George Marcells.

'When people have a nose they don't feel comfortable with or have injured their nose at sport or through an accident or trauma, cosmetic and functional rhinoplasty can create facial balance and harmony, improve breathing difficulties and, importantly, boost self-esteem and confidence.'

A successful rhinoplasty is a matter of balance and proportion so that the final result is in harmony with the rest of the face and complements the patient's overall appearance and ethnicity. Excessive features such as a large bump, a bulbous or droopy tip, a crooked nose or too much view into the nostrils can detract from other more attractive features of the face such as the eyes, cheeks and lips. Correcting these excessive or unsightly features can de-accentuate the nose and restore harmony to the face.

Dr Marcells says nose surgery can also correct functional breathing problems. He uses techniques based on open-structure rhinoplasty, which he says are more demanding on the surgeon.



'The open-structure techniques maintain the skeletal structure of the nose,' he explains. 'It helps to ensure the basic foundation of the nasal structure is kept strong, or reconstructed to become stronger. In turn, I believe this helps to ensure a predictable shape to the nose post-surgery that will resist collapse, maintain a natural-looking shape and also improve the patient's breathing.'

◀ **Rhinoplasty can create facial balance and harmony, improve breathing difficulties and boost self-esteem and confidence** ▶

These techniques are also especially useful for revision, or secondary, rhinoplasty procedures.'

A thorough assessment of the nose, both internally and externally, is conducted during the initial consultation. 'A fibre-optic telescope is used to look inside the nose for

any deviation of the septum or other blockages,' explains Dr Marcells. 'The outside of the nose is also carefully examined and the quality of the skin and any abnormalities are documented.'

According to Dr Marcells, patient education is essential for optimal results and realistic expectations. 'Patients should be fully informed about the surgery, recovery and risks, and potential complications,' he says.

Digital imaging technology is used to help design the new nose in harmony with the face and show the predicted result. This is an important communication tool whereby patients can be involved in planning their new nose shape.

'This can provide reassurance for the patient who may be anxious about changes to their appearance after surgery,' says Dr Marcells. 'Computer-generated images are not a guarantee, but I find the results are predictable and very close to reality.'

'A careful assessment, meticulous planning and the use of advanced techniques such as the open-structure method all contribute to a natural-looking, "unoperated on" nose which enhances the patient's individual features,' Dr Marcells concludes. **acsm**