



nose

TIP OFF

SYDNEY ENT AND FACIAL PLASTIC SURGEON **DR GEORGE MARCELLS** EXPLAINS HOW HE APPROACHES REFINING THE NASAL TIP DURING A RHINOPLASTY PROCEDURE. GEMMA GARKUT REPORTS.

Noses come in all shapes and sizes, and for many people the nose can be an unwelcome focal point on the face. But when it comes to surgically altering the nose, the size and shape of the nasal tip can be a very influential factor in how the whole nose harmonises with the rest of the face.

Dr Marcells explains that while the nasal tip can be a deceptively non-descript part of the nose, irregularities such as an overly bulbous, large, droopy or asymmetrical tip are often the culprits for an overall misshapen look. 'One of the most important elements of a nice nose which suits the rest of the face is the tip,' he says. 'Because of this, the desire to change the shape and size of the tip in relation to the rest of the nose is one of the most common reasons patients come to me for a rhinoplasty procedure.'

On top of this, Dr Marcells says tip irregularities need to be viewed according to the person's gender, race and even height to grasp how they hinder the person's appearance. 'Men and women require different approaches when changing the tip. As well as being more refined, a feminine nasal tip is higher; the angle is about 95 to 110 degrees from the lip. For men, the angle we strive for is 90 to 95 degrees for a more masculine tip,' he explains.

'Also, if a female patient is shorter in height we can create a more upturned tip as the nose will be viewed from above, and if the patient is taller we take care not to make the nose too upturned so the nostrils aren't as obvious when looking from below.'

Additionally, a patient's concerns can relate to their racial heritage. 'Patients of Asian descent often seek a more projected nasal tip with more definition. In these cases, it is important to blend with the patient's natural features without overdoing it,' he says.

Dr Marcells says strengthening the architecture of the nose and taking meticulous care to maintain its structural integrity are key areas in refining the tip and achieving a high standard of results. 'The open structure rhinoplasty techniques I employ use the patient's own cartilage as structural grafts to

CASE STUDIES

This patient presented with breathing problems, a slight bump on her nose and some irregularities of the tip. Dr Marcells used open structure rhinoplasty techniques to improve her breathing and the appearance of her nose. 'The bump is now nicely reduced and the tip is refined to give an elegant and sophisticated profile,' he says.



BEFORE



AFTER rhinoplasty by Dr Marcells

This patient presented with breathing problems, her nose was crooked and with a small bump. 'I used open structure rhinoplasty techniques to improve her breathing and her nasal aesthetic. In particular, I reduced the bump and lifted and supported the tip to give a natural-looking but elegant profile,' says Dr Marcells.



BEFORE



AFTER rhinoplasty by Dr Marcells

prevent collapse and maintain a strong framework. These surgical manoeuvres take time to perform and require meticulous attention to detail,' he explains.

There is no cookie-cutter approach for rectifying nasal tip concerns. 'Every patient must be approached differently to navigate their individual nasal structure, which can sometimes present challenges,' he explains. 'If the patient's skin is thin, you must be precise when manipulating the cartilage so that no irregularities will show in the tip after

surgery. If skin is thicker, it can be harder to get a refined and defined tip. These factors are assessed at length before surgery.'

Dr Marcells frequently performs revision rhinoplasty surgeries to correct undesirable results by other surgeons. A common problem that needs to be addressed is impaired inner structural cartilage support, which can lead to undesirable results and problems with breathing ability. 'In making the tip smaller, it is essential not to refine it too



nose

CASE STUDY

After badly injuring her nose, the decision to undergo a rhinoplasty procedure had always been on the cards for Simona. 'I broke my nose a few years ago, causing the tip to look twisted and crooked,' she says. 'The tip was straighter and suited my face much better before the injury. I wanted to have a rhinoplasty straightaway but I was too young at the time.'

Soon to complete her Higher School Certificate, Simona's initial consultation with Dr Marcells was six months before her surgery. 'My mum wanted me to go to an Ear, Nose and Throat (ENT) specialist, as the problems with my nose involved my breathing ability as well,' she says. 'Dr Marcells and I arranged for my surgery to be just after my HSC exams so I wouldn't have the stress of exams during my recovery.'

During the consultation visits, Simona told Dr Marcells what she hoped to achieve through surgery. 'I told him exactly what I wanted changed and he showed me a

simulation of what the results would most likely look like using a digital image of my face – and the results turned out even better!' she says.

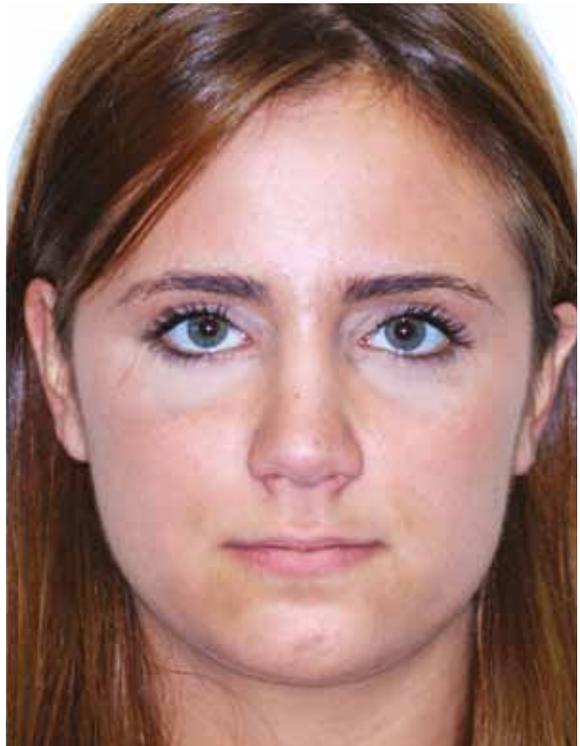
Simona says even though she didn't understand the medical terminology, she understood exactly how Dr Marcells was going to alter her nose during surgery.

'He explained where he was going to place the incisions, how he was going to manipulate the cartilage using open structure manoeuvres, and how the nose would be reshaped,' she explains. 'He made sure I understood everything about the surgical process so I knew what to expect.'

Now 18 years old, Simona says only people who really know her can notice the change to her nose. 'It's been eight months since the surgery and I feel that little bit more confident about myself,' she says. 'I'm so happy with my new nose – especially now that school's over!' she says.



BEFORE



AFTER rhinoplasty by Dr Marcells

much as this can cause breathing problems,' explains Dr Marcells. 'Standard rhinoplasty techniques can remove too much cartilage, making the tip appear "pinched" and asymmetrical. These cases require re-supporting of the nasal tip through careful cartilage grafts and positioning.'

For long-lasting results, Dr Marcells says the open structure rhinoplasty technique is imperative to reduce the risk of requiring a revision rhinoplasty procedure.

'I use computer imaging to show the patient how their nose will likely look after surgery, which also helps me to explain how the surgery will work, as well as what is and isn't possible to achieve through the procedure,' he says.

'If the patient has realistic expectations, refining the nasal tip can greatly improve the appearance of the nose and the overall look of the face – and this can enhance self-confidence as well.' **acsm**