

RHINOPLASTY: the fusion of FORM & FUNCTION

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The first thing I hear from many patients interested in rhinoplasty (cosmetic nasal surgery) is, "I want a nose job, but I don't want my nose to look 'done.' Can you make it look natural?"

My answer is always, "absolutely." Because the nose stands at the center of the face, it drastically impacts facial appearance – and a natural look is of the utmost importance. A nose that doesn't fit the face attracts attention to itself. On the other hand, a nose that is considered proportional to the face draws attention toward the eyes.

Rhinoplasty surgically refines the size and shape of the nose, which improves facial balance. It can also be performed to improve obstructed breathing caused by prior surgery or trauma. It's one of the most frequently performed cosmetic procedures, and it has evolved significantly over the past decade.

Rhinoplasty is one of the most elegant and complex operations that a facial plastic surgeon performs, and it produces remarkable results. But when thinking about rhinoplasty, there are many factors to consider. Five of the most important subjects for patients considering rhinoplasty to address are:

- Form and function. In my opinion, these are the most important items to consider. A well-functioning nose is just as important as a beautiful nose. Both can be achieved.

In addition to its beauty, the nose is a functional organ that must allow for the unobstructed passage of air. This must be kept in mind any time rhinoplasty is performed. Too often, the once-popular reduction rhinoplasty techniques resulted in nasal collapse and breathing difficulties. Unfortunately, this can still occur if the nose is only treated aesthetically and its functional nature is ignored.

- The nose is made up of skin, cartilage and bone. The shape of the nose is mainly determined by the size of the cartilage and bone. During rhinoplasty, these structures are "sculpted" in order to improve the appearance of the nose.
- There are two basic ways to perform rhinoplasty: an open technique and a closed (endonasal) technique. The main difference is that with the open technique, there is a very small incision at the base of the nose that is well concealed and rarely noticeable. In the closed approach, all of the incisions are made on the inside of the nose. The method used depends on the surgeon's preference and/or the type of alterations required.
- Be sure to tell your doctor if you have any difficulty breathing before surgery. This can be corrected during a rhinoplasty procedure. The procedure may worsen the situation if not addressed.
- Not all plastic surgeons are the same, especially for noses. Be sure to choose

a plastic surgeon who is experienced in rhinoplasty.

In my practice, the average rhinoplasty takes between 1½ to three hours to perform. Deep sedation/twilight sleep is preferred; however some patients opt for a general anesthetic. Most patients go home comfortably after the procedure, return to work after one week and are back to full activities after 10 days. **stb**

– Dr. Jacob D. Steiger is an Ivy-League trained, award-winning facial plastic surgeon who practices in Delray Beach, Fla. Dr. Steiger specializes in plastic surgery of the face and nose. For more information about Steiger Facial Plastic Surgery, call 561-499-9339, toll-free at 866-994-FACE (3223) or visit www.drsteiger.com.



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