



nose

# perfect harmony

Sydney ear, nose and throat specialist and facial plastic surgeon **Dr Michael Zacharia** explains how natural-looking rhinoplasty results are paramount. Tara Casey reports.

For most people considering cosmetic surgery, looking like they've had 'something done' after the procedure is a real concern. This is especially true of those contemplating rhinoplasty. Achieving a natural-looking result is often one of their biggest aims.

'One of the greatest fears rhinoplasty patients harbour is that people will look at them in the street and say "look at that terrible nose job",' says Sydney ear, nose and throat specialist and facial plastic surgeon Dr Michael Zacharia. 'The key to successful rhinoplasty is to make improvements to the appearance and function of the nose, while altering the nose's structure as little as possible.'

### Natural-looking results

Rhinoplasty procedures have changed significantly in recent years, and Dr Zacharia considers today's procedures achieve more natural-looking results than techniques used 20 years ago. 'Today we use a far more conservative technique,' he says. 'Surgeons remove less cartilage and bone and make sure the elements of the face are harmonious. In the past, surgeons would remove a lot of soft tissue and this often gave an artificial appearance to the nose. It also often created problems with the airways. A beautiful cosmetic nose came at the risk of compromising the nose's functional elements.'

The aim of modern rhinoplasty is to improve each individual's nose and achieve a natural-looking result that suits the patient's features. It is no longer a routine operation with the same nose for every face. 'The surgeon should take into account a number of factors, including the patient's face, body, age and sex,' says Dr Zacharia. 'A tiny nose, for example, would not be suitable for a 6 foot 4 man.'

Differences in skin thickness can contribute to different results, according to Dr Zacharia. 'Patients with thinner skins tend to achieve more defined results,' he says. 'You could equate it to putting a mitten over a person's hand versus a surgical glove. The hand covered by a surgical glove would obviously have more definition.'

For some patients, the decision to have a rhinoplasty procedure is not always based on appearance – it can also address functional problems such as obstructed breathing, snoring, sinusitis, decreased sense of smell and hay fever.

### Tissue glue

For several years Dr Zacharia has been incorporating the use of tissue glue in his rhinoplasty procedures to promote healing and decrease swelling. 'The aim of tissue glue is to reduce the space between the skin and bone, thereby simplifying the procedure of graft fixation,' he explains.

Tissue glue is made from a mix of prothrombin and thrombin – ingredients that mimic the body's own clotting system. 'Tissue glue does not replace stitches,' he says. 'However, it can take the tension off the stitches, which can reduce swelling and decrease the healing time. It can also potentially reduce scarring and help with shrinkage of the skin.'

Dr Zacharia also uses tissue glue during facelift and neck lift procedures, abdominoplasty and liposuction of the neck. It is applied using a spray and disintegrates within three to four weeks.

The use of tissue glue in rhinoplasty is quite uncommon, largely due to the cost involved. 'But if you are covered by private health insurance there is a rebate offered,' Dr Zacharia comments.

The function and appearance of the nose are often understated, but can have a huge impact on a person's self-esteem and quality of life. When performed by an experienced surgeon, rhinoplasty can have an enormously positive impact on an individual's confidence and self-perception, he concludes. **acsm**



BEFORE



BEFORE



AFTER rhinoplasty by Dr Zacharia



AFTER rhinoplasty by Dr Zacharia