

nose

modern rhinoplasty

Sydney ENT and facial plastic surgeon **Dr Michael Zacharia** says the modern approach to rhinoplasty is about achieving natural-looking results. Lauren Alexander reports.

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 ENT and facial plastic surgeon Dr Michael Zacharia.

'I believe the key to successful rhinoplasty is to make improvements to the appearance and function of the nose, while altering its structure as little as possible.'

Natural-looking noses

Dr Zacharia considers today's rhinoplasty results are more natural looking than those from the techniques used 20 years ago. 'Today we use a far more conservative technique,' he says. 'Surgeons remove less cartilage and

AS SEEN IN AUSTRALIAN COSMETIC SURGERY MAGAZINE



bone and make sure the elements of the face are harmonious together.'

'In the past, surgeons would typically remove a lot of soft tissue and this could give an artificial appearance to the nose,' he continues. 'It could also create problems with the airways. A beautiful cosmetic nose often came at the risk of compromising the functional elements of the nose.'

Rhinoplasty is designed to improve the appearance and/or function of a person's nose and achieve a natural-looking result that suits each individual patient's face. It is not a routine operation with the same nose for every face.

'The surgeon should take into account a number of factors, such as the patient's face, stature, age and gender,' says Dr Zacharia. 'A tiny nose would not be suitable for a 6-foot-4 man, for example.'

'The patient's face, stature, age and gender should all be taken into account'

According to Dr Zacharia, differences in skin thickness can contribute to different results. 'For example, patients with thinner skin 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, rhinoplasty is about more than appearance – it can also address functional problems. These include obstructed breathing, snoring, sinusitis, exacerbated hay fever and decreased sense of smell.

A new approach

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 clotting system. 'Tissue glue does not replace stitches,' says Dr Zacharia. 'However, it can take the tension off the stitches, which can reduce swelling and decrease the healing time.'



BEFORE



AFTER rhinoplasty by Dr Zacharia



BEFORE



AFTER rhinoplasty by Dr Zacharia

Tissue glue can also potentially reduce scarring and help with shrinkage of the skin.'

Dr Zacharia also uses tissue glue during facelift and neck lift procedures as well as liposuction of the neck. It is applied using a spray and disintegrates after around three to four weeks.

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

The nose is considered by many to be the axis of the face. Its function and appearance are often not mentioned or are understated, but it can have huge implications for a person's quality of life and self-perception.

When carried out by an experienced surgeon, rhinoplasty can have a positive impact on an individual's self-esteem and confidence. **acsm**