

face

dual rewards

Sydney plastic surgeon **Dr Warwick Nettle** outlines the advantages of combining rhinoplasty and facial rejuvenation procedures. Gillian Samuel reports.



The overall aim of facial cosmetic procedures is to achieve beauty and harmony of the features and this should be the guiding principle, according to Sydney plastic surgeon Dr Warwick Nettle.

'Unightly noses can detract from facial harmony,' he explains. 'Improving the appearance and beauty of the nose also enhances the results of a facelift or associated cosmetic procedures.'

'The nose is the central feature of the face and I believe it is the most important area for creating harmony of the face, due to its length, width and beauty.'

Candidates and motivations

Dr Nettle says there are usually three types of people who present for rhinoplasty. 'The largest group are those who have always wanted to get their noses fixed,' he says. 'They are often in their 50s or late 40s, some even as old as their 70s, and have never got around to it due to work, family or financial commitments or concern about social attitudes to cosmetic procedures.'

Other types of patients seek a rhinoplasty in conjunction with facial rejuvenation procedures such as a facelift or blepharoplasty. Dr Nettle says that many of his patients are quite surprised there is no major increase in the time required off work compared to the recovery period for a facelift or blepharoplasty alone.

The second group of patients are those whose noses have aged. 'There is a lot of misunderstanding about noses. Some age while others tend not to, in just the same way as people's faces,' Dr Nettle says.

There are two main issues involved with nasal ageing. The nose can continue to grow in size – in particular the

sebaceous glands at the tip of the nose often increase in size, creating a coarse appearance. The other issue is that the tip of the nose can become increasingly droopy. This is because the ligaments that support the tip of the nose become lax and provide less support, making it subject to the forces of gravity.

He says both of these issues are instances of the nose ageing along with the face.

The third group are those seeking a total makeover. These are most commonly women in their late 40s or early 50s who want rejuvenation of their eyes, noses, faces and often also to the body, requesting breast implants as well.

Benefits

Another aspect of having corrections to the appearance of the nose is that they may not need to involve the whole nose, he says.

'Many people just want to decrease a bump on the bridge of the nose, which is a fairly simple procedure, or just the tip can be refined. Parts can be corrected or the entire nose.'

He adds that the functional aspect is always important and an examination before rhinoplasty should include a thorough assessment to ensure internal structures such as the septum and turbinates are not obstructing breathing.

'Snoring in both men and women often accompanies the ageing process, and one side effect of rhinoplasty can be a decrease in snoring,' says Dr Nettle.

'The rhinoplasty procedure can be combined with either a mini or full facelift, fat transfer, a brow lift, upper and lower eyelid surgery or a combination of these procedures,' he says. 'In my practice, about 15 to 20 percent of patients



Case study

This woman in her early 50s had never liked the shape of her nose and wanted to change it. She wanted to correct the droopy tip which was particularly apparent when she smiled, and was also seeking rejuvenation of her face and eyes and correction to sagging facial skin.

After undergoing a facelift, upper and lower eyelid surgery and a rhinoplasty she is 'thrilled to bits'. 'It's a new lease of life for her,' says Dr Nettle.



BEFORE



AFTER rhinoplasty, upper and lower eyelid surgery and facelift by Dr Nettle



BEFORE



AFTER rhinoplasty, upper and lower eyelid surgery and facelift by Dr Nettle

undergoing facial cosmetic procedures also have the appearance of their nose improved at the same time.'

'A rhinoplasty will potentially cause some extra swelling and bruising, but combining this surgery with other facial cosmetic procedures does not add significantly to the recovery time involved,' he says.

'Most people who undergo a rhinoplasty and a facelift, for example, will need to take around two and a half weeks off work. The nose alone needs about 10 days to heal, and the face and eyes usually take around two to three weeks,' he explains.

'Some patients are concerned that other people will notice they have had work done. In my opinion, people

often can't tell that the patient has undergone nasal or facial rejuvenation surgery,' he says.

Advancements

A great advance in rhinoplasty surgery is that a local anaesthetic lasting 18 to 24 hours is now being used. 'Using local anaesthetic in combination with general anaesthetic greatly reduces the amount of general required, assisting in a more rapid recovery,' says Dr Nettle. The same approach is used for facelifts and eyelid surgery, he adds.

Whether performed alone or with other facial cosmetic procedures, rhinoplasty can balance features and help rejuvenate the appearance of an ageing face. **acsm**