

## RHINOPLASTY

Rhinoplasty generally refers to the re-shaping of a nose but often combined with airway improvements to breathe better. The patients who are good candidates for rhinoplasty either have airway obstruction, crooked septums for instance, or just want a better appearance of nose.

Both men and women have their own, I guess, particular aesthetic ideal that we have to consider when we perform rhinoplasty. Not all rhinoplasties are to be performed in a cookie cutter fashion.

For one, it must be tailored to the patient's desires or needs. Two, it must match the patient's face. And three, it should be something that is achievable without overdoing it.

Aesthetically ideal angles between the lip and the nose are between 90 and 105 or even 110 degrees. Men generally have more of a right angle between 90 and 95 degrees. Women often desire more tilt, or rotation.

There are two approaches to rhinoplasty. One is open and one is closed. A closed approach means that all the incisions are within the nose and they are hidden.

The open approach is where we have the incisions inside the nose, but also connected to an incision on the columella (bottom, center part of the nose between nostrils) that is generally either a stair-step or an inverted V shape.

I should say they heal very well. So many patients have reservations about putting a "scar" on the columella, but for the most part it is almost always imperceivable.

(With regards to aesthetics and tip rotation) a lot of this is really subjective in nature. Someone would like more tilt than others, but it is actually a very important aesthetic component of noses in many women. As we age unfortunately, we tend to lose that perkiness in relation to the nose and the tip drops.

So, it is interesting to think about rhinoplasty not only improving the appearance of the nose, but rejuvenating the face. We actually perform a rhinoplasty combined with a fat grafting (or add volume to the mid face) to actually make the person look quite younger.

**TAKE HOME POINT:** Rhinoplasty can be performed in open or closed fashions to reshape the nose. Fat and chin augmentation are often combined to "frame" the nose and "reduce" it's relative size on the face.