

□ HANDSOME

A WOMAN WITH A
SMALL, SNUB NOSE
IS SENDING OUT
VARIOUS MESSAGES:

I'M
PRETTIER,
YOUNGER
AND MORE
INNOCENT

THE NOSE

AND
ITS
▶ ▶ ▶ ▶ ▶
TRANSFORMATION



By Pier Albrecht, MD, Ph.D.

• RINOPLASTY

RHINOPLASTY OR NOSE SURGERY IS ONE OF THE MOST FREQUENT AESTHETIC SURGERIES. AS THE BEAUTY IDEALS HAVE CHANGED AND EVOLVED THROUGH HISTORY, THE DESIRED ASPECT OR SHAPE OF THE NOSE HAS ADAPTED TO SUCH CHANGES. BUT FAR BEYOND TRANSIENT FASHIONS, RHINOPLASTY HAS HELPED MANY PEOPLE TO FEEL BETTER WITH THEMSELVES.



THE IDEAL CANDIDATES FOR RHINOPLASTY ARE THOSE WHO ARE LOOKING FOR AN IMPROVEMENT, NOT ABSOLUTE PERFECTION, IN THEIR APPEARANCE

The Indian Era

Aesthetic surgery was born two thousand years ago and has had its best moment in between the two World wars. In the year 600 B.C., an Indian surgeon already reconstructed a nose using flaps of skin from the cheeks, and around the year 1,000, the rhinoplasty, or nose surgery, using skin from the forehead, was known as an Indian technique. This was because, according to the British "Madras Government Consultation Book" of 1679, the practice was not to kill their enemies but to cut off the noses and upper lips. To have a nose cut off was also one of the punishments under Indian justice.

The Italian Era

In the XVI century, an Italian hairdresser, or rather a barber, Gaspare Tagliacozzi (sometimes called the "father" of plastic surgery), reconstructed a nose by using a flap of skin from the upper arm. At the end of the XV century, syphilis, (a sexually transmitted disease), had a very destructive effect. Apart from certain very telltale symptoms (such as a disfigurement of the nose), which made it essential to reconstruct and improve, as the disease was related with immoral behavior. In fact, the surgeon who introduced this new technique in England in 1815 made it very clear: he was prepared to treat war-heroes, but not fornicators.

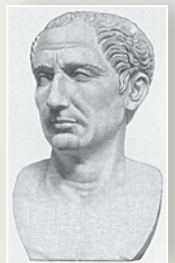
The Modern Era

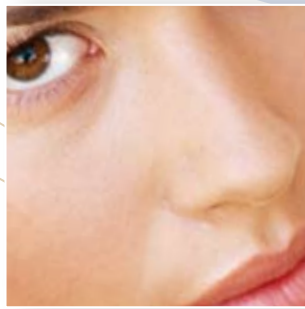
In 1880, in the XIX century, an american surgeon from New York – John Orlando Roe – develops the internal rhinoplasty, or closed rhinoplasty, making the incisions inside the nostrils. The same John Orlando Roe had classified five different types of noses: the Roman nose, the Greek, the Jewish, the Snub or Pug and the Celestial, and he related these physical types with psychological traits.



John Orlando Roe

The Roman nose was the sign of a leader and of strength, the Greek nose was a sign of refinement, the Jewish nose indicated a spirit for commerce, the Snub or Pug nose indicated weakness or lack of development, and the Celestial was a sign of inquisitiveness. For example, many people like a small nose, which is very common in North America. I think this type of nose is related to youth, as little girls often have a small, snub nose.





This would demonstrate what I said above, when I described the various forms of beauty. Children's faces are generally more attractive than when they become adults. It is equally true that we relate this childlike beauty with a certain degree of purity. A woman with a small, snub nose is sending out various messages: "I'm prettier, younger and more innocent". I don't know if it is a coincidence, but the fact is that this kind of nose is fashionable in North America. This could be related to the American male's idea of femininity.

MOST PATIENTS UNDERGOING A RHINOPLASTY FEEL BETTER AFTER TWO DAYS, AND CAN RETURN TO WORK OR TO SCHOOL AFTER ABOUT A WEEK.

About Rhinoplasty

Rhinoplasty is surgery to change the shape of the nose and is one of the most frequent operations in plastic surgery. Basically it consists of modifying the bone and cartilage structures, giving them a new shape to improve the harmony of the face. This technique can reduce or increase the size of the nose, change the shape of the tip or the bridge, narrow the nostrils or change the angle between the nose and the upper lip.

When it is used to correct a deviated nasal septum and to improve breathing, it is known as a rhinoseptoplasty. This operation can help to correct birth defects, nasal injuries and breathing problems. Nose surgery is designed for each individual patient, according to his needs, and can be performed in conjunction with other operations.

The ideal candidates for rhinoplasty are those who are looking for an improvement, not absolute perfection, in their appearance. If you are in general good health, are psychologically stable and are realistic in your expectations, then you are a good candidate. Rhinoplasty will improve your appearance and your self-confidence, but will not make you look like someone else. Before deciding on whether to have a rhinoplasty, think of what you are aiming to achieve and discuss it with your surgeon, who will provide you with basic information about this kind of operation and will explain for which cases it is best indicated.

How is it made?

A rhinoplasty is always performed as a surgical operation. It can be carried out using local anaesthesia with sedation, which is the most frequent, or under



• RINOPLASTY



- before



- after

general anaesthesia, depending on the complexity of the operation and the preferences of your surgeon with regard to the technique to be employed. If it is performed using local anaesthesia with sedation, the patient will feel relaxed and the nose and surrounding area will be insensitive to pain; with a general anaesthesia the patient will be asleep during the operation.

A rhinoplasty usually takes 1 to 2 hours to perform, although in complex cases it can take longer. During the operation, the skin of the nose is separated from the supporting base of skin and cartilage, and these two elements are sculpted into the desired shape. Then the skin is redistributed over this new support. In the majority of cases, the approach is made from inside the nose, making small incisions in the interior of the nasal cavity. Some cases, especially the more complex ones, require an open rhinoplasty, in which a small incision is made in the columela, or central part of the nose.

Does it leave any scars? How will the post surgery be like?

Because the incisions are made inside the nose, the scarring will be minimal, and even with open rhinoplasty they will be imperceptible. After the operation- and particularly during the first 24 hours – you might feel your face is swollen, with some discomfort in the nose and a headache, which can be relieved with medication. When the operation is completed, a plaster cast, or some other material will be fitted to help maintain the new shape of the nose. Nose plugs will also be placed in both nostrils to prevent bleeding and to stabilize the septum, and are usually removed the following day.

During the first day you should remain lying down, - except to go the bathroom, - in a position in which the head is raised higher than the body. You will notice that the swelling and the bruising around the eyes will increase, becoming most intense after 2 or 3 days, and that by applying cold compresses you will reduce the inflammation and feel better.

THE OBJECTIVE OF A RHINOPLASTY IS THAT THE NEW NOSE SHOULD NOT ATTRACT ATTENTION, AND SHOULD INTEGRATE PERFECTLY WITH THE GENERAL CONTEXT OF THE FACE, PRODUCING A HARMONIOUS, ATTRACTIVE APPEARANCE, I.E. THAT IT SHOULD NOT BE OBVIOUS THAT YOU HAVE HAD AN OPERATION.



- before



- after

On these picture you can see a surgical procedure that we call «PROFILEPLASTY». In this case, the nose surgery would not have been enough to improve the profile. It was necessary to increase the size of the chin and tighten the ears (OTOPLASTY). It is important to consider always the entire face and not only one isolated part.

In any case, you will feel better than you look. Most of the bruising and swelling will disappear after two weeks. There will be some slight swelling – which only a specialist would really notice – for a few months.

It is quite normal to bleed slightly from the nose during the first few days. Until the tissue heals – which occurs after more or less one week – you are advised to only blow your nose gently. If nose plugs have been inserted, these will be removed after 1 or 2 days, making you feel much better.

After a week- or two at the most – the splint will be removed, unless a septoplasty has been performed, in which case the period will be of only one or two days – and the superficial stitches will also be taken out, if you have any.

When going back to our everyday life

Most patients undergoing a rhinoplasty feel better after two days, and can return to work or to school after about a week. There are, however, some activities that should not be undertaken until several weeks have elapsed.

Although your surgeon will give you specific instructions, some recommendations to follow are: avoid any exhausting activities (such as jogging, swimming or doing press-ups) for 2 or 3 weeks. Avoid any blows to the nose or sunbathing for 8 weeks, and take care when washing your face or applying make-up. You can use contact lenses as soon as you wish, but if using glasses, you should take certain precautions.

Check-ups with the specialist over the months following the operation are essential for controlling the evolution of the patient, who should not hesitate to contact the doctor if there is any discomfort or in case of any doubts regarding what activities can be carried out or not.

If the rhinoplasty is performed by a qualified plastic surgeon, complications are very infrequent, although there is always the possibility of some infection, nosebleeds or an adverse reaction to the anaesthesia. The risks can be minimized by carefully following your doctor's instructions, both before and after the operation.

After the operation, your face will be swollen and bruised for several days, making it easy to forget that your appearance is going to improve, and patients might feel somewhat depressed, which is understandable. Your appearance will improve day by day, you will begin to feel happier, and after 1 or 2 weeks you will not notice that you have undergone an operation. The improvement will be progressive and gradual, although some slight swelling might persist for a few months – especially at the tip of the nose. The final result will be appreciated after approximately one year.

The objective of a rhinoplasty is that the new nose should not attract attention, and should integrate perfectly with the general context of the face, producing a harmonious, attractive appearance, i.e. that it should not be obvious that you have had an operation.



RHINOPLASTY IS SURGERY TO CHANGE THE SHAPE OF THE NOSE AND IS ONE OF THE MOST FREQUENT OPERATIONS IN PLASTIC SURGERY.