

The Expert Guide to **Nose Reshaping**

RHINOPLASTY HAS COME A LONG WAY SINCE ANCIENT TIMES WHEN NOSE AMPUTATIONS WERE A POPULAR PUNISHMENT. YANAR ALKAYAT INVESTIGATES THE OPTIONS AVAILABLE TO REDESIGN YOUR NOSE - WITH INSIGHT INTO SURGICAL OPTIONS FROM CONSULTANT PLASTIC SURGEON **JAMES MURPHY**

The word rhinoplasty comes from the Greek words 'nose' and 'to shape'. A complicated structure made of bone, cartilage and muscle, the nose performs multiple functions including warming, sampling, and moistening the incoming air.

'Changing the shape of a nose in a controlled and balanced way requires a very high degree of training and considerable experience,' says Mr Murphy. 'Like many other surgical procedures, the art of rhinoplasty has been in constant evolution since its beginnings as each generation improves on the principles and techniques described by their predecessors.' There is now a range of options to suit most people.

COSMETIC

Iconic make-up artist, the late Kevyn Aucoin, was renowned for 'changing faces' through make-up. Today, US make-up expert Eve Pearl is famed for it. She illustrates her contouring techniques in *Plastic Surgery Without The Surgery* (Little, Brown & Company, £7.79 from Amazon).

On the next page Eve Pearl demonstrates how to give the impression of a thinner, smaller nose in the comfort of your home. 'Contouring can be achieved with different shades of cream foundation or powder. Use a shade lighter than your skin to highlight forehead, nose, cheekbones and around the lips. Apply your natural shade everywhere else. With the darker shade, create hollow cheeks by blending a C-shape beneath the cheekbones and up to temples, and apply down the sides of the nose too. Blend by gently patting the shades together. Set with loose powder.'

INJECTABLES

'Non-surgical rhinoplasty is a technique used to correct minor contour irregularities, for example after surgery. Be very careful and ensure your practitioner has training and qualifications in nasal anatomy and surgery,' warns consultant plastic surgeon Paul Banwell. 'A plastic surgeon specialising in rhinoplasty will be in a better position to offer an unbiased view of what the patient needs - be it surgical intervention or non-surgical with fillers,' he adds.

SURGICAL - CLOSED RHINOPLASTY

Most rhinoplasty used to be performed through a closed technique: 'This involved two incisions on the inside of the nostrils that gave the surgeon access to the supporting structures of the nose,' explains Mr Murphy. 'This meant that alterations were performed "blind", leading to limitations in the corrections that could be made.' It's a useful technique if little surgery is needed to the tip of the nose.

SURGICAL - OPEN RHINOPLASTY

'An open rhinoplasty involves extending the internal incisions and joining them up on the small bridge of skin between the nostrils, to allow the skin and soft tissue to be lifted, revealing the structural support,' continues Mr Murphy. 'Increasingly popular, this approach allows us to subtly alter the angle, width and length of a nose, as well as change the tip with great accuracy. Also it is possible to remodel the cartilage framework without affecting its strength.' →

A CLOSER COMPARISON: OPEN VS CLOSED RHINOPLASTY

	OPEN RHINOPLASTY	CLOSED RHINOPLASTY
SCARRING	Small external scar	All internal scars
SWELLING AND STIFFNESS	More and prolonged	Less and shorter
NUMBNESS	More (temporary)	Less
HUMP REMOVAL	Under direct vision	By touch
CARTILAGE SHAPING	Controlled, precise	Difficult and less controlled
CARTILAGE SUTURES	Easy, precise and sophisticated	Difficult and restricted
CARTILAGE GRAFTS	Accurate placement and stable	Technically demanding and liable to slip

Photo: Jutta Klee

Mr James Murphy's private practice is based at the Spire Hospital, Manchester (spirehealthcare.com, 0161 226 0112).

COSMETIC

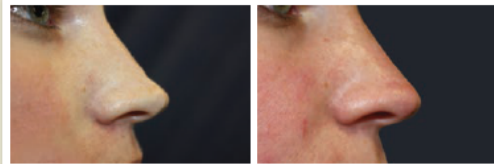


BEFORE

AFTER

Using different shades of foundation, expert strokes help achieve the illusion of a thinner nose. Make-up artist Eve Pearl also evened out skin tone. (Photos: *Plastic Surgery Without the Surgery*, Little, Brown and Company).

INJECTABLES



BEFORE

AFTER

After an accident that left her with scarring and contour deformities, this patient had small amounts of Juvederm filler to correct a small dent and achieve a smoother line. (Patient treated by Mr Paul Banwell).

THE HISTORY OF RHINOPLASTY

RHINOPLASTY ISN'T A NEW PHENOMENON. FROM THE EDWIN SMITH SURGICAL PAPYRUS, WE LEARN THAT CIRCA 1600 BC, EGYPTIAN SURGEONS ALREADY DEvised TECHNIQUES TO AESTHETICALLY MEND A BROKEN NOSE, AND THE FIRST 'NOSE JOB' COULD BE AS OLD AS 800 BC. HERE IS THE REST OF A FASCINATING JOURNEY...

500 BC

Treatise of ayurvedic medicine *Sushruta Samhita* compiled the teachings of physician Sushruta, the 'Father of Surgery', who lived around 800 BC. It documented early attempts at nasal reconstructions with a flap of skin from the forehead.



16TH CENTURY

In 1597, Italian professor of surgery Gasparo Tagliacozzi published a book on surgical repair and reconstruction of soldiers' facial wounds. Illustrations documented a rhinoplasty using skin from the upper arm.

5TH – 15TH CENTURIES

Sushruta's medical compendium was rediscovered and translated into Arabic. It travelled across the globe spreading surgery techniques, and reached Europe in the 15th century. In 1450, a Sicilian surgeon named Branca was able to reconstruct a nose using skin flaps from the cheek.



18TH CENTURY

Back in vogue, old Indian rhinoplasty techniques using a forehead flap were performed in Poona in 1793, witnessed by two British doctors. Images and results were published in India and London.