



nose

RHINOPLASTY: more than just a nose job

SYDNEY ENT AND FACIAL COSMETIC SURGEON **DR WILLIAM MOONEY** EXPLAINS RHINOPLASTY CAN RESTORE YOUTHFULNESS TO THE ENTIRE FACE. CAITLIN BISHOP REPORTS.

There's more to rhinoplasty than improving the shape or size of the nose – it also addresses functional issues and can have a noticeable anti-ageing effect.

'The nose is a vital, complicated organ, it's a gateway to the upper respiratory tract, the egress to the nasal sinuses and, unfortunately, there are a lot of problems that can affect its functioning,' says Sydney ENT and facial cosmetic surgeon Dr William Mooney. 'When patients come to me because they're unhappy with the shape of their nose, we also address the underlying functional problems. They often leave happier with their new improved nasal airways than their appearance.'

Indeed, by addressing any nasal obstructions or breathing irregularities, Dr Mooney explains rhinoplasty can improve quality of life and, in some cases, soothe an irritable temper! 'The types of problems I often see at the same time as cosmetic concerns are post-traumatic obstruction, allergies, snoring and sleep apnea, and difficulty breathing

during exercise,' he says. 'They may seem like little things, but when stacked up together they can really impinge on quality of life. For example, if you don't breathe properly, particularly at night-time, this can give you a tired and drawn appearance, and also negatively affect your mood.'

Returning the nasal tip to a more youthful position can be a fantastic anti-ageing procedure

From post-trauma bumps, to functional difficulties, there are many reasons people approach Dr Mooney. A common concern is the ageing nose, which can add years to an ageing face.

'As we age, noses become bigger and more irregular,' Dr Mooney says. 'Deviations in noses are like the Leaning

Tower of Pisa – they often progress as time goes by. As well as this, the skin becomes thinner with advancing age so any irregularities become more pronounced.'

Dr Mooney explains these signs of ageing can occur alongside tip ptosis – when the tip of the nose droops downward and the angle of the nose is affected. 'Everything starts to go south as the years go by, and the nose is no exception. Returning the tip to its lovely youthful position and reducing the size of the nose can be a fantastic anti-ageing procedure.'

Before rhinoplasty, Dr Mooney conducts a thorough consultation with each patient to discuss patient history, address any concerns and establish their expectations for surgery. These consultations are conducted through Face Plus Medispa at Dr Mooney's clinic.

'The nose really has to be in harmony with the rest of the face,' he says. 'Getting the balance right is not just as simple as altering the nose, sometimes other facial features need to be addressed at the same time.'

To optimise results, Dr Mooney often performs rhinoplasty in conjunction with other anti-ageing procedures. 'Where required, blepharoplasty (eye lift), a thread lift, facelift or sub mental (chin) liposculpture can be performed at the same time as rhinoplasty,' he says. 'This offers a one-stop surgical treatment; it means patients have one anaesthetic, one down time and one recovery period. It also means we can address any other anti-ageing concerns at the same time as dealing with the functional and aesthetic aspects of the nose.'

Not everyone, however, is suited to undergo multiple surgeries at once. In some cases, the laser therapies, skincare treatments and anti-ageing injectables offered at Face Plus Medispa are a suitable non-surgical alternative to help combat the ageing face.

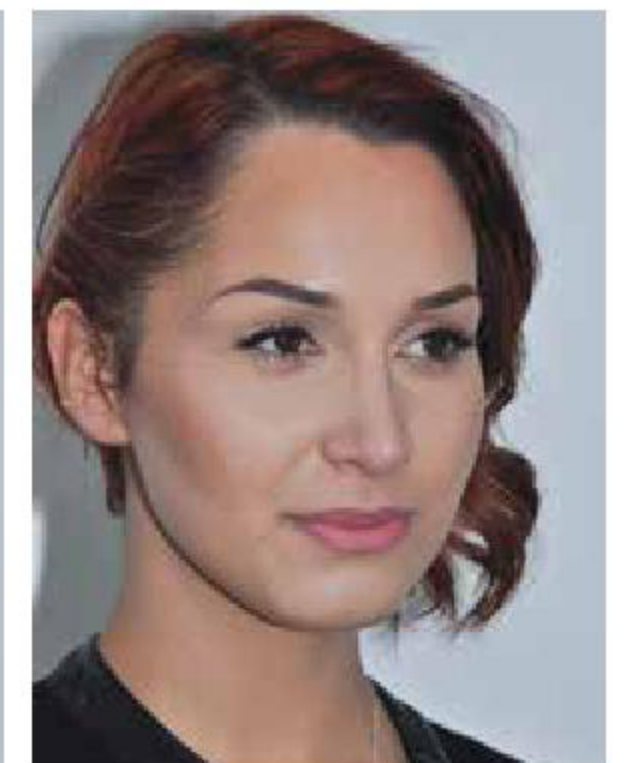
For anyone considering cosmetic enhancement, Dr Mooney advises consulting an experienced and reputable surgeon to gain the most from your chosen procedure.

'Rhinoplasty, in particular, is a complicated operation. I advise patients that it should only be performed by a surgeon with good ear, nose and throat

experience, as well as a strong cosmetic background,' Dr Mooney says. 'A rhinoplasty is much more than a "nose job". It should fix both functional and cosmetic concerns, as well as offer a great anti-ageing procedure.' **csbm**



BEFORE



AFTER rhinoplasty by Dr Mooney



BEFORE



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BEFORE



AFTER rhinoplasty by Dr Mooney