

# Nose for beauty

SYDNEY ENT AND FACIAL COSMETIC SURGEON **DR WILLIAM MOONEY** EXPLAINS THE ART AND SCIENCE OF RHINOPLASTY. CAITLIN BISHOP REPORTS.

The nose is the anchor of the face. The length, width and symmetry of the nose contribute to facial balance and harmony, and have a significant impact upon facial aesthetics. Rhinoplasty, or nose surgery, is one of the most popular cosmetic procedures – designed to reduce, augment, narrow, widen, straighten or reshape the nose – but it is also one of the most complex.

Rhinoplasty involves remodelling the bones and cartilage to optimise both aesthetics and functionality. Sydney ENT and facial cosmetic surgeon Dr William Mooney says that rhinoplasty combines the central pillars of cosmetic surgery: art and science.

'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,' he says. '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 just as happy with their new improved nasal airways as they are with their appearance.'

Because the anatomy is so intricate, and affects both aesthetics and functionality, rhinoplasty calls for a specialised and experienced eye. Dr Mooney favours the "open" surgical technique, which involves a small incision between the nostrils to afford maximum surgical access.

Dr Mooney says that functional problems can contribute to an aged appearance and, by addressing nasal functionality, quality of life and aesthetics can be improved,

too. 'Problems such as difficulty breathing, allergies, snoring and sleep apnea – not to mention post-traumatic obstructions – often occur alongside cosmetic concerns,' he explains. 'Although these might seem like little things on their own, when combined they can really impinge upon quality of life. For example, if you don't breath properly, particularly at night, this can lead to a tired and drawn appearance, and also affect your mood.'

Before rhinoplasty, Dr Mooney will always assess each patient's face as a whole, rather than focusing on the nose alone. This allows him to not only determine the ideal shape and size of the nose, depending on overall facial aesthetics, but also identify if the patient would benefit from additional procedures as well.

'It's important to look at the patient's face as a whole picture, rather than an isolated feature,' he says. 'We conduct a formal skin and cosmetic assessment to see if the patient has any problems with their skin and what we can do to treat those problems.'

For those patients concerned with ageing, Dr Mooney explains nose surgery can often help revitalise a heavy, aged or tired appearance.

'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 during ageing so any irregularities become more pronounced.'

Dr Mooney says 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,' he explains. 'So returning the tip to its lovely youthful position and reducing the size of the nose is a fantastic anti-ageing procedure.'

Creating an aesthetic nose tip is regarded as one of the greatest challenges to nose surgeons. Dr Mooney has developed a specialised technique – termed the "Diamond Tip" technique – to provide superior results, customised to each patient.

According to Dr Mooney, nose surgery is just one element in improving quality of life and overall

health. He encourages patients to make some easy lifestyle adjustments to improve the results of surgery.

'The first piece of advice I give all my patients is to get some sleep, stop smoking, get out of the sun, booze less and get happy,' he says. 'These are quick, cheap and easy steps every patient can take to maximise the results of their surgery, and which have wider impacts on their health and wellbeing.'

This holistic and all-encompassing approach is at the centre of Dr Mooney's philosophy and extends to all aspects of his practice. Indeed, Dr Mooney might draw upon Chinese herbs, anti-swelling medication, cosmetic injectables, prescribed skincare, pressure treatments and scar management in optimising aftercare following surgery. 'This attention to detail is what makes the difference between a good rhinoplasty, and a great one,' he concludes. **csbm**



BEFORE

AFTER rhinoplasty by Dr Mooney



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