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# The Male Rhinoplasty

SYDNEY ENT AND FACIAL COSMETIC SURGEON **DR WILLIAM MOONEY** DESCRIBES HIS APPROACH TO THE EVER POPULAR MALE RHINOPLASTY. LIZZY WOOD REPORTS.

As one of Sydney's best-known rhinoplasty surgeons, Sydney ENT and facial cosmetic surgeon Dr William Mooney sees a large number of patients, a significant proportion of whom are male. And although it tends to be functional problems that drive men to Dr Mooney's clinic, an increasing number are seeking aesthetic improvements to their nose and surrounding features at the same time.

Whilst the end goal of nose surgery is the same between both the sexes – to improve both the appearance and function of the nose – the male rhinoplasty is a very different procedure to its female counterpart.

'Male rhinoplasty is a particular science and it's different to female rhinoplasty,' says Dr Mooney, who believes the high number of Australian males seeking nose surgery comes down largely to the sporty, outdoor lifestyle men tend to lead in this country. 'Most Australian men have had a knock on their nose and, as a result, it's very common for me to see men presenting for rhinoplasty on both functional and aesthetic grounds.'

Whereas any damage experienced during their teens can be tolerated during their 20s, most men become more aware of any functional issues caused by trauma as they get older. 'In their 30s, men start to notice they have difficulty sleeping, difficulty with exercise, and that their snoring might be disturbing their partner,' says Dr Mooney. 'In my experience, it's a combination of all these things – their intolerance to exercise, their lack of sleep and, often, their disgruntled partner – that leads them to come in for functional restitution of their nose.'

Other functional issues that may drive a man to seek rhinoplasty include allergic rhinitis, recurrent sinusitis and a poor sense of smell, each of which can be addressed during nose surgery. Ultimately, however, rhinoplasty is a combination of aesthetic and functional surgery, and it's the shape of the male nose that differs most from the female nose.

'Guys don't want to look pretty, they don't want to look artificial and they don't want to look "done",' says Dr Mooney. 'Men want to look strongly masculine and natural-looking, and they really don't like it if it's obvious they've had a rhinoplasty.'

Planning is therefore crucial, and the nose that Dr

Mooney plans for a man is very different to the one he might plan for a female. 'It tends to be a straighter nose, without the softness at the tip that we might use in women,' he says. 'It's really important to marry it to the stronger angle of the jaw that men have as opposed to women, and also to their body shape.'

Indeed, factors such as the patient's occupation and personality are also weighed up when planning the shape of the new nose. 'Just as we would with the female rhinoplasty, we put a lot of variables into the mix when we're making the recipe that comes out with the "perfect" nose for each patient.'

Rhinoplasty, Dr Mooney believes, is a process, rather than a procedure, involving a number of consultations both before and after surgery. It's during these consultations he's able to plan the procedure and prepare the patient for surgery. 'I usually see the patient two to three times before surgery – perioperative planning is important, especially for guys, who don't often look after themselves and who might drink too much alcohol and smoke too much,' he says. 'These are things we have to be careful of during the rhinoplasty period because they're all things that can impinge recovery and can have a negative effect on outcome. They can also increase bruising, which means more down time and a longer delay before they can go back to work.'

According to Dr Mooney, return to physical labour can be delayed by rhinoplasty and this is often more of an issue for men than women. 'I usually advise guys there will be two weeks of down time. Typically, they're alright to get back to work after two weeks but this is dependent on the type of work and the circumstances of each patient,' he says.

When it comes to returning to physical exercise, Dr Mooney warns against heavy lifting, high impact or heat producing sport for three to four weeks. 'I encourage patients to get back to walking after two to three weeks, and certainly swimming in the ocean is a fantastic way to recover from rhinoplasty,' he says. 'It's a bonus that we live by the ocean and I really do find my patients who go swimming in the ocean post-operatively tend to heal better.'

Whilst it might be functional issues that have driven a male rhinoplasty patient to seek help, Dr Mooney says an increasing number of patients take the opportunity to improve the appearance of other aspects of the face at the same time. Blepharoplasty – or eyelid surgery – is commonly performed alongside rhinoplasty in order to give the face an overall fresher, less worn appearance.

'Australian men spend a lot of time outside and when you squint for long periods, I believe it accelerates ageing of the eyes,' he says. 'Blepharoplasty is a great procedure for men because nobody can tell it's been done,

it can make you look significantly younger and it makes you *feel* younger, too. Patients always report less weight on their upper eyelids so it's a great procedure to tie in with rhinoplasty,' he adds.

The jaw is another area that can be addressed at the same time as rhinoplasty. 'I find a lot of guys think they have a big nose, but what they really have is a moderately enlarged nose with a deficient jaw. Computer aided imaging is great to help them see that,' says Dr Mooney. 'Sometimes, a subtle jaw injectable or prosthetic jaw augmentation with a judicious reduction in the size of their nose will result in a really balanced, harmonious face.'

Ultimately, Dr Mooney advises all his patients of a few simple steps they can each take to enjoy a healthier appearance and a more positive outlook on life.

'The first thing I tell everyone is to get some rest, stop boozing, stop smoking, stay out of the sun and get happy,' he says. Combine this approach with a carefully planned rhinoplasty and men can look forward to long-lasting cosmetic results. **csbm**



BEFORE

AFTER rhinoplasty by Dr Mooney



BEFORE

AFTER rhinoplasty by Dr Mooney

men