

GoodHealth

May 2012 \$6.95 INC GST

YOUR 40-PAGE COSMETIC SURGERY *special*



THE NEW DE-STRESS DIET

*You can be
calm & slim!*



BECOME EMOTIONALLY STRONGER

Must-have
BEST NEW
KITCHEN
GADGETS



*Rebecca
Gibney*
"I believe in
being grateful"

10-PAGE
HEALTH
BOOK
TRAVEL
WELL

**10
TOP
JUICES**
TO BOOST
YOUR
HEALTH

*"Exercise
saved me"*
3 women tell

QUIZ
**KNOW
YOUR
BLOOD
PRESSURE**

**EAT
RIGHT
& feel sexier
AT ANY
AGE**



9 313006 005452



YOUR NOSE

NEW AND IMPROVED TECHNIQUES CAN DELIVER THE NOSE
YOU'VE ALWAYS DREAMED OF

The evolution of rhinoplasty has been on fast forward for the past few years, with innovative alternatives offering solutions to treat a wider range of issues. Doctors' methods have improved, while patients have become more knowledgeable. As a result, people are requesting and receiving more tailored looks.

"New techniques are evolving constantly," says Sydney facial cosmetic surgeon Dr William Mooney. What's more, a new, more appealing profile can now be achieved in doctors' rooms in as little as one hour.

Filling time

In 2010, the injectable nose job was big news, with temporary or permanent fillers used to reshape and refine the nose. Small amounts of dermal filler are injected into the nose to rebalance irregularities. Asymmetry of the nasal cartilages and minor tip abnormalities can be corrected, and a noticeable nasal bridge hump can also be disguised. "The fillers camouflage the irregularities," says Mooney.

The procedure begins with a saline injection, which fills the area for 20 minutes. It gives the patient the

option to 'try before they buy'. They can inspect the changes, touch, feel and take photos and go home and decide if this is the result they want.

"During a second appointment, we inject the actual fillers to target specific areas of irregularity on the surface of the nose, or the nasolabial angle (the mid-line under the nose that leads down to the Cupid's bow), which alleviates drooping," says Mooney. "We can also team the procedure with fillers to the cheeks and nasolabial folds to create a more youthful and fresh visage."

In terms of downtime, most patients are able to return to work straight away. There may be slight bruising, but this can be easily camouflaged with concealer.

Expect to pay from \$500 to \$1500 depending on the filler, how much is used and your practitioner.

Scarless alar base reduction

Mooney is pioneering this new procedure in his Sydney practice. "It's a technique we have developed in our clinic that reduces the broadness of the base of the nostrils without external scarring," says Mooney. "We developed it specifically for people with broader

nostrils, as we were dissatisfied with current techniques. We use an incision on the inside of the nostril to reduce the broad/flared nostril. This can also be used to correct asymmetry of the nostrils or ptosed nostrils (nostrils that hang too low)."

The procedure is performed under a local anaesthetic and takes approximately one hour. "We begin, as always, with history and examination. Photos are taken and imaging is done in order to discuss the patient's aim and ideal nose shape. We also discuss ideal shape and what can be achieved with this procedure. Measurements are made and a local anaesthetic is used to numb the area. An incision is made in the 'sill' of the nostril, according to the shape we want to achieve. Dissolving sutures are used and the patient goes home with a course of antibiotics."

There is only slight discomfort after the operation, and this can be relieved with paracetamol. It can be done in an afternoon with essentially little to no downtime. "Results are exceptional in the right patient," says Mooney. "This procedure can also be used in conjunction with normal rhinoplasty to improve nostril contour."

Expect to pay approximately \$1000.



Tried and tested

OPEN STRUCTURE RHINOPLASTY

More frequently, rhinoplasty surgery is being performed using the open structure technique. While it takes longer, it does deliver the best results. "Traditional techniques don't allow the direct observation of an open structure approach, and often the cartilage frameworks are left weaker. As such, the nose can deform over time and not have a pleasing aesthetic result long-term," says Sydney facial plastic and ear, nose and throat surgeon Dr George Marcells. "Open structure rhinoplasty offers the most predictable and long-lasting results."

During the operation, a small incision is made across the skin between the nostrils. Using the patient's own cartilage, the nose is then reshaped. "These techniques help to ensure the basic foundation of the nasal structure is kept strong," says Marcells. "In turn, this ensures a more predictable shape to the nose after surgery that will resist collapse and improve breathing."

The procedure itself is performed under general anaesthetic. Patients need to have two weeks off work and will experience some bruising and swelling during that time. A cast is worn over the nose, and there may be a blocked-nose sensation, which usually goes away within two weeks. Once the cast is removed, patients will have an idea of what their new nose will look like, but the best results will be seen within six months after the swelling subsides.

Expect to pay approximately \$10,000 to \$20,000, including surgical, hospital, theatre and anaesthetist's costs.

If functional work is performed, the patient may be eligible for a Medicare rebate. Private health insurance will also lower the cost further.

More info www.drwilliammooney.com.au | www.drmarcells.com.au