



nose



# THE *perfect* NOSE FOR YOU

SYDNEY ENT AND FACIAL PLASTIC SURGEON **DR WILLIAM MOONEY** SAYS A GOOD RHINOPLASTY IS ABOUT BOTH FORM AND FUNCTION, AND ACHIEVING THE RIGHT SHAPE FOR AN INDIVIDUAL PATIENT'S FACE, AGE AND PERSONALITY. JENNI GILBERT REPORTS.

There is no one perfect nose, but there is a perfect nose for you, according to Sydney ENT and facial plastic surgeon Dr William Mooney.

'The nose is the axis of the face; a static centrepiece around which all the dynamic features take anchor,' he says. 'Variations in the contour of the nose have a strong but subtle effect on the entire facial appearance. Look at your nose in a mirror. Just pushing it up a millimetre instantly makes your nose look "piggy". A similar millimetre of depression makes your nose looked hooked and "witchy".'

Dr Mooney says that the emphasis in rhinoplasty now is to 'tailor' the nose to suit not only a patient's facial structure

nose

but also skin type, sex, age, ethnicity, even personality and occupation. 'For instance, you might give a strong-talking lawyer who operates in a combative environment a more dramatic nose,' according to Dr Mooney, 'while a fashion model or at-home mum would perhaps require a more delicate outcome. There is no longer the one-size-fits-all cookie cutter approach of the 1980s and 90s.'

The decision to undergo a rhinoplasty, or nasal reshaping, is therefore a significant one and can be daunting for some patients, says Dr Mooney. But a meticulously planned procedure performed by a skilled and experienced surgeon can produce an excellent, life-changing functional and cosmetic improvement.

Dr Mooney stresses that the consultation process is all-important. He first takes a detailed medical history of the prospective patient and lifestyle habits. 'It's a myth that rhinoplasty is all about appearance. For many patients, functional problems with their noses are just as important, if not more so, than appearance.'

Breathing obstruction, snoring, sinusitis, loss of sense of smell, allergies, headaches and post-nasal drip are all possible problems that can be corrected with a rhinoplasty procedure.'

'Patients can often look forward to improved sleep and exercise tolerance, improved concentration at study and work, and improved taste and smell appreciation,' he continues. 'A good rhinoplasty is about both form and function, not one or the other.'

For many patients, functional problems with their noses are just as important, if not more so, than appearance. A good rhinoplasty is about both form and function

as many times as they like, before we proceed with surgery,' he continues.

'Common errors made in rhinoplasty procedures seem to stem from poor planning and poor communication between doctor and patient, or surgical failure. These problems can be avoided if adequate time is taken pre-operatively, in addition to choosing an experienced and skilled surgeon.'

The ideal nose is not a myth, but it is not a cookie-cutter nose you find on a model or a celebrity in a magazine. 'It is the right nose for the individual patient's face, age and personality,' Dr Mooney concludes. **csbm**



BEFORE

AFTER rhinoplasty by Dr Mooney



BEFORE

AFTER rhinoplasty by Dr Mooney



BEFORE

AFTER rhinoplasty by Dr Mooney

Dr Mooney then discusses with patients what they feel are the problems with their nose and their hopes and expectations of surgery. A physical examination is performed and multiple 'before' photos are taken, so the surgeon and patient can look at different possible outcomes and together discuss the treatment options.

'Using computer imaging, together we can view the nose from several angles and look at the effects of different changes,' he says. 'This gives the patient a good idea of how the final result will most likely look.'

'I ensure I see each of my patients at least twice, indeed