



Lowe Plastic Surgery (LPS)
Dr. Lowe's Facts about Nose Surgery (Rhinoplasty)

Will my nose look better?

The vast majority of nose surgery involves simple skin undermining and securing to deep structures. That is – using small incisions inside the nose skin and irregularity is released and then secured with several small sutures. The structures of the nose are usually sutured together to control shape and position. The airway may be opened to improve breathing and the bones are broken to straighten the nasal base. The nose is timidly pulled and the overlying nasal skin re-draped. This simple procedure touted by many as the modern nose job is supposed to provide a natural nasal enhancement. The technique is anything but modern and at times it has failed to give consistent results.

The typical nose job is popular because it is sold as fast and simple. It is so simple that even an untrained plastic surgeon can perform. **There is only one problem.** Patients often do not look better, but may actually look worse or just “weird.” A good rhinoplasty or nose job usually takes months to fully recover. The nose will swell the skin redundancy takes time to contract. Most nasal deformities don't just improve with a simple closed rhinoplasty technique. Nasal cartilage is like soft wood it can warp, displace, or stretch over time. The structures of the nose have memory and tend to return to their original shape. It is difficult to see significant improvement in nasal size and shape unless the deep structures of the nose are addressed. The nose is like a tent and the nasal structures are the support and the skin is the overlying cover. So what do you do? You undergo multiple small treatments to improve irregularities or get an open rhinoplasty.

Do minor surgical procedures make sense?

Surgery like life sometimes required compromise. Fillers or other paralyzing agents can be used to conceal nasal deformities. This works by temporarily filling defects on the surface of the nose. These procedures are often used after nose jobs to hide defects or minor scars. As patients age these agents are not permanent but can provide significant improvement in shape and breathing. .

Fillers allow patients to continue non-surgical treatments for some time but not indefinitely. Permanent fillers such as fat transfer can be a good long term solution. Removing or repositioning deep structures of the nose provide lasting results in most patients. Minor procedures such as isolated dorsal nasal hump removal can often be performed in less than two hours under light anesthesia. This is often the best option for patients only unhappy with one area of the nose. Secondary rhinoplasty is far more complicated than the first nose job. Certain medical issues can such as drug use or severe nasal trauma can make the operation more complicated. The need for a formal or open nose job is usually obvious, but in others it can be a difficult clinical and cosmetic decision. Patients should carefully weigh the pros and cons of rhinoplasty with a skilled board certified plastic surgeon such as Dr. James Lowe.

There is a better way.

The nose has important supporting structures and muscles that secure and support the nasal shape and airway. These structures hold things in place while allowing for good nasal breathing. As patients age these structures droop and the shape of the nose may become worse or bigger. Past nasal trauma may cause progressive airway obstruction or nasal deformity. In order to reliably address nasal shape and breathing the nose is often best opened at the base. This allows for detailed examination and repair of structures under direct vision. The surgery is not blindly performed like other techniques. Although current open techniques require a small visible scar, the clinical results and recovery are highly reliable. Open rhinoplasty really works because details

matter in rhinoplasty. However, the recovery is not several weeks, but several months. Patients feel OK at the end of a week, but do not fool anyone for at least 3 weeks. Patients will have a good idea of the final long term results by 6-8 months. Not only will their nose look better the nasal airway will not be compromised in any way.

Unfortunately, good rhinoplasties are like everything else in life. If you want more, you have to put more into it – meaning, you may have to undergoing more surgery and more recovery for a good result. Some nose jobs are combined with other minor surgical procedures such as upper eyelid tucks or liposuction. Laser resurfacing and other injectables can be added to enhance facial rejuvenation. The plastic surgeon’s goal is to individualize patient care to ensure the nose looks the way thee patient wants it to look. Dr. Lowe has never done a perfect rhinoplasty but will take his time to give each patient the best results possible. Patients should review the cosmetic options for nasal surgery best suited for each them during consultation.

How do I avoid looking “operated” on?

Rhinoplasties or nose jobs are not for everyone. Just because a patient has a large nose or a large nasal hump does not mean they will look better after nasal surgery. At least once or twice a week in America examples of bad cosmetic surgery can be seen at the mall, church, internet, or on TV. Although beauty is indeed in the eye of the beholder – bad cosmetic surgery is usually obvious. In some cities, the bad cosmetic nasal surgery is so prominent that it scares patients from even seeking consultation. The wrong procedure, performed by the wrong surgeon, in the wrong patient, for the wrong reason, causes the wrong result.

Nothing in cosmetic surgery is as frightening and obvious as a bad nose job. Many of these people actually believe or convinced themselves that they look good. Some will even rave about the cosmetic surgeon who performed the procedure. Simple and quick is good in fast food, but is rarely better in nasal cosmetic surgery. Sadly, good plastic surgery is often what patients fear the most. It can be difficult to embrace a good rhinoplasty performed the right way by the right surgeon. After a full recovery, good nose job is subtle and difficult to identify. Great facial rejuvenation is performed on patients who simply look better but not different. These patients rarely admit to the nasal surgery and why should they?

Getting through a cosmetic procedure safely relies a great deal on medical science; the way a patient looks is pure art. Rhinoplasty surgery performed by different surgeons can be very different. The difference is not merely the price and service, but the approach and artistic skill of your surgeon. The artistic goal is not to remove every hump or hook from your nose, but to improve the region in a natural way. Much of the structures of the nose must be maintained to allow for adequate nasal breathing. Although some nasal structures will be reduced or moved during nasal surgery, the vital structures of the nose are preserved and protected to ensure function and shape.

Dr. Lowe’s goal is to make each patient better without looking like a different person. He believes that nasal deformities and obstruction can result in a great deal of patient suffering. A good rhinoplasty should first and foremost address patient desires. The approach is individualized base on the patient’s unique features, concerns, and expectations. A good nose job procedure attempts to significantly improve both form and function. Rhinoplasty surgery can be the right thing for the right person. For further information check out our website or other helpful links at www.drjlowe.com