

Closed VS Open Rhinoplasty

SYDNEY FACIAL PLASTIC SURGEON **DR SHAHRAM SHAHIDI** USES THE CLOSED APPROACH TO IMPROVE THE APPEARANCE OF THE NOSE WITHOUT LEAVING A SCAR. LIZZY WOOD REPORTS.

Nose reshaping, or rhinoplasty, can improve someone's appearance by altering the size or shape of the nose, the span of the nostrils and the angle between the nose and the upper lip. Lumps and bumps, either natural or caused by injury, can be ironed out, and the function of the nose can be improved.

Sydney facial plastic surgeon Dr Shahram Shahidi uses the closed approach to rhinoplasty to refine the shape of the nose and restore proportion to the faces of his patients. 'I specialise in structured closed rhinoplasty,' he explains. 'The main advantage is that this technique does not leave a visible scar.'

Unlike the open approach to nose surgery, which involves a cut being made between the two nostrils, the closed technique is performed via small incisions made within the nostrils. 'The skin between the nostrils is not cut, which means it is a less invasive procedure and also scarless,' says Dr Shahidi. 'Consequently the time it takes to heal and recover from the procedure is also less. There

is less swelling at the tip and less numbness. The operation times tend to be shorter with less intraoperative bleeding.'

Patients seeking rhinoplasty generally fall into two categories: those seeking functional relief, and those seeking cosmetic enhancement. Problems such as nasal blockages can have a real impact on quality of life, and trouble breathing can affect sleep, exercise tolerance and everyday activities. Dr Shahidi applies some techniques from the open approach to address functional problems, whilst ultimately achieving a scarless rhinoplasty.

'I can address both functional and cosmetic concerns through the closed approach,' he says. 'Many surgeons apply the structured technique – which involves reconstructing the weakened nasal anatomy with left over cartilage – through the open approach. I have developed my own technique of restructuring the nose through the closed approach. In this way my patients gain the benefits of both structured open rhinoplasty with closed scarless approach.'

However, like any cosmetic procedure, rhinoplasty

needs to be tailored to each patient's needs and Dr Shahidi warns that this closed technique is not suitable for everyone. 'For example, more complicated revision cases – where someone has had an earlier rhinoplasty – or overtly deviated crooked noses cannot be addressed through this approach,' he says. 'As a rhinoplasty specialist I am comfortable with all aspects and approaches to rhinoplasty. I decide on the approach that will give the patient the best possible outcome rather than being rigid in one approach or the other.'

Dr Shahidi uses the first consultation to assess which procedure will best suit each patient. 'During the first consultation I try to uncover what the patient dislikes most about their nose: do they have cosmetic or functional concerns or both? Has there been any previous injury or surgery? Then I obtain a full medical history. Is the patient fit for general anaesthetic? Are there any contra indications for surgery physical or psychological?'

Dr Shahidi will also examine the patient's nose both externally and internally. 'I use an endoscope to examine the internal anatomy and determine if there are any internal deviations or deformities,' he says. 'Depending on the history of the patient I may perform further investigations such as testing for hay fever or a scan of the sinuses.'

Dr Shahidi uses digital imaging to help determine what result the patient will be happy with, and what best suits their face. 'I use digital imaging as a communication tool to try to determine what is on the patient's mind,' he says. 'It is crucial that the patient has realistic expectations as to what can be achieved.'

To this end, Dr Shahidi will always conduct a second consultation, ensuring the patient has enough time to go away and think about what was discussed at their first meeting. 'I always review my patients over at least two consultations as there is a lot of information that needs to be conveyed to the patient and they need time to absorb that information,' he says. 'This also gives us a chance to review any test results and tailor the operation to the patient's needs.'

Rhinoplasty can be performed as a day surgery, however, for patients travelling some distance they may stay overnight. 'The operation generally takes between two and three hours. At the end of the procedure a nasal splint and nasal cast are applied and the patient is sent to the recovery area,' says Dr Shahidi. 'Once they have fully recovered the patient can be discharged to the care of a responsible adult.'

Dr Shahidi warns all his patients to expect some swelling and bruising post-procedure, but also believes there is less than would be experienced following an open procedure. 'Having a detailed knowledge of the nasal anatomy and precise, well maintained equipment helps to minimise bruising and swelling,' he adds.

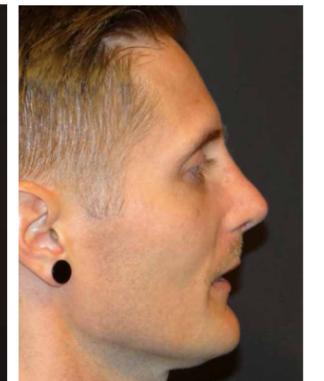
'Most patients are expected to have some bruising for at least 10 to 14 days but this can also be managed with post-

operative head elevation, cold compresses and a good diet plus the addition of fresh, Vitamin C-rich fruit juice.'

Ultimately, the end-goal of any rhinoplasty is to improve both the appearance and function of the patient's nose. 'After the procedure, our aim is that the patient has a better, natural-looking nose that also works,' Dr Shahidi concludes. 'The nose has to fit the rest of the facial features - I often tell my patients I cannot replace their nose with a new nose off-the-shelf, but we can work together to alter the nasal features so that it fits better with the rest of the face and achieves a better balance.' **csbm**



BEFORE



AFTER rhinoplasty by Dr Shahidi



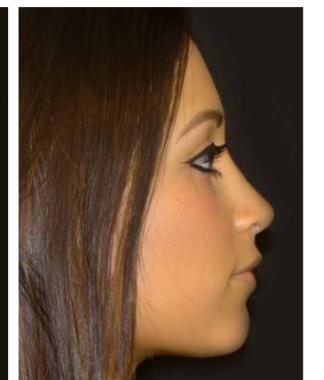
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