



## Colorado Facial Plastic Surgery

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*Creating Beautiful Faces*

## Rhinoplasty & Facial Aesthetics

### What is Rhinoplasty?

Rhinoplasty is the surgical procedure that reshapes the nose. It can be done for cosmetic reasons to improve appearance, for functional reasons to improve breathing or for both.

### What can Rhinoplasty do?

- Reduce the size of a nose that is either too long, too wide or that sticks out too much.
- Remove a hump on the bridge of the nose to create a more attractive profile.
- Refine an unattractive tip and smooth out any irregularities.
- Straighten a crooked or asymmetric nose.
- Restore structure and correct problems resulting following previous unsuccessful rhinoplasty.
- Improve obstructed nasal breathing.
- Repair a disfigured nose following trauma.
- Reconstruct a nose or part of a nose following cancer removal.

### Nasal-Facial Aesthetics and Rhinoplasty.

Research has clearly shown that certain facial features are universally accepted as aesthetically pleasing in the human face. The nose is a key component in creating an overall pleasing facial aesthetic. Interestingly, however, the nose plays a role more for what it doesn't do than for what it does do. That is to say, an attractive nose is one that blends in with the rest of the face in a harmonious way that doesn't draw attention away from the key determinants of facial beauty: the eyes and the mouth. Therefore, an attractive nose is proportionately sized with the rest of the face. In addition it should be symmetric and straight with a well defined and suitably positioned tip. The nasal profile should be straight and strong in men and some may even prefer a convex profile. Women most likely prefer a straight to slightly concave profile. The nasal tip should stand at approximately 90 degrees relative to the upper lip and slightly more turned up in a woman. Keep in mind that there are distinct ethnic considerations when considering nasal-facial aesthetics. People of Asian, Hispanic and African descent tend to have lower profiles, a less projecting tip, a wider nasal tip, a wider nasal vault, a wider nasal base and more flared nostrils than Caucasians.

The philosophy in the early days of rhinoplasty involved rather aggressive tissue removal to create a smaller nose with a concave profile and a 'turned-up' tip. This style of rhinoplasty was in vogue during the 1970's and 1980's. Over time, however, we learned that excessive removal of bone and cartilage

eventually leads to collapse of the nasal bridge or tip with a characteristic 'operated look' and not uncommonly, serious breathing problems. Present day rhinoplasty follows more of a tissue preservation and remodeling approach to give a natural unoperated appearance that is structurally sound, does not result in nasal obstruction and stands up over time.

**.....AN ATTRACTIVE NOSE SHOULD NOT CALL ATTENTION TO ITSELF AND ALLOWS THE EYES AND LIPS to STAND OUT AS THE KEY ELEMENTS OF FACIAL BEAUTY....**

### **Features of an Attractive Caucasian Female Nose**

#### Front View

- Length and width are proportionate to rest of the face.
- Symmetric and straight with smooth contours.
- Smooth brow-tip aesthetic line.
- Width proportional to rest of face.
- Tip is well-defined and size fits the rest of the nose.

#### Side View

- Profile straight or slightly concave.
- Projection proportional to the rest of the face, especially relative to chin projection.
- Appropriately shaped nostrils without excessive visibility into the nose (excessive nostril show).
- Tip rotated slightly upwards (100 degrees) from the upper lip.



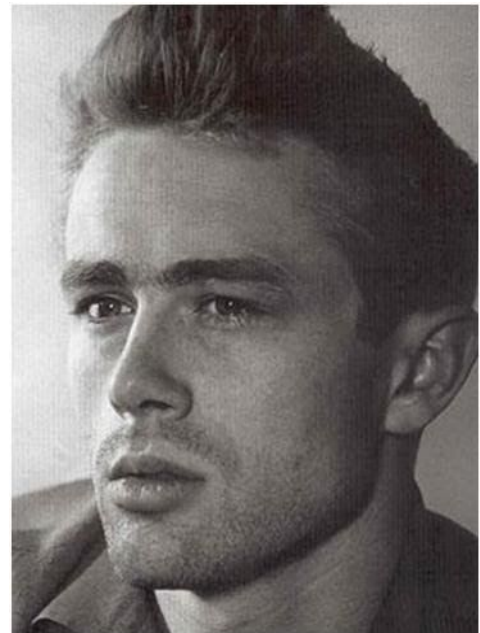
### **Features of an Attractive Caucasian Male Nose**

#### Front View

- Length and width are proportionate to rest of the face but overall width is slightly greater than females.
- Symmetric and straight with smooth contours.
- Smooth brow-tip aesthetic line.
- Width proportional to rest of face.
- Tip is defined but slightly wider than the female nose.
- Nostrils and base are slightly heavier than females.

#### Side View

- Profile straight or slightly convex.
- Projection proportional to the rest of the face, especially relative to chin projection.
- Appropriately shaped nostrils without excessive visibility into the nose (excessive nostril show).
- Tip rotated at 90 degrees relative to the upper lip.



## **Features of an Attractive Ethnic Nose**

Individuals of Hispanic, African or Asian descent will tend to have a wider vault, wider tip, larger nostrils, and a shorter nose and decreased projection relative to the Caucasian nose.

## **Types of Rhinoplasty**

Depending on the nature of the problems associated with the nose and the corrections that need to be performed, rhinoplasty can be categorized into several different types. For more information regarding [Types of Rhinoplasty](#) click here. To see before and after photos of each type of rhinoplasty click the headings below.

- **Reduction Rhinoplasty** – decrease the size of the nose and improve its proportions.
- **Refinement Rhinoplasty** – improve the shape and harmony of the nasal tip or other areas.
- **Adolescent Rhinoplasty** – performed before the patient has reached adulthood.
- **Ethnic Rhinoplasty** - performed in patients of non-Caucasian descent.
- **Aging Rhinoplasty** – performed in middle age or older adults.
- **Cleft Lip Rhinoplasty** – to correct nasal deformities associated with cleft lip and palate.
- **Crooked or Asymmetric Rhinoplasty** – to straighten a crooked or deviated nose.
- **Revision Rhinoplasty** – to correct abnormalities following preceding unsuccessful rhinoplasty.
- **Reconstructive Rhinoplasty** – to restore form and function following trauma or tumor removal.