Rhinoplasty
Everything You Need to Know about Fixing and Reshaping Your Nose

Dr. Edwin Williams
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With straight talk and a knack for explaining the process in easily accessible terms, Dr. Williams has written the definitive guide for those considering nose-shaping surgery.

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— Sonya, Albany, New York

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Dr. Edwin Williams, internationally recognized and respected Board Certified Facial Plastic Surgeon, answers your most frequently asked questions about rhinoplasty with the skill and intelligence of an accomplished surgeon and the compassion and understanding gained in twenty-one years of successful practice.

Dr. Williams has helped thousands of patients decide whether or not this procedure is for them. Dr. Williams has mastered this complicated yet common procedure, performing over thirty-five hundred such surgeries in his medical career.
In this guide, Dr. Williams addresses your every concern about rhinoplasty, including:
- Which rhinoplasty procedure is right for me?
- Is there more than one way to fix my nose?
- Will it hurt?
- How much will it cost?
- When can I get back to work and working out?
Dr. Williams not only answers these questions, but anticipates and answers others, sharing his expertise, knowledge, and vast experience in clear and accessible language for those considering rhinoplasty.

**Dedication**

While there are many rhinoplasty surgeons who have mentored me and taught me the principles of rhinoplasty, it is my patients who have been my greatest teachers. They have given me countless opportunities to develop as a surgeon and a person, teaching me some of life’s most valuable lessons in the process.

It is with appreciation and gratitude that I dedicate this book to all of them.
My Journey

My journey in the field of rhinoplasty began during my surgical training, where I became more and more interested in facial trauma and the reconstructive aspects of facial plastic surgery. Over the next several years, I developed a fascination with the reconstruction and aesthetic aspects of the nose and decided to pursue a fellowship whose primary focus involved rhinoplasty and nasal reconstruction.

The complexity of nasal reconstruction surgery and its various forms continues to challenge my thinking on a daily basis. The profound impact this seemingly simple procedure can have on a patient’s self-esteem and functionality continues to intrigue me, and I find this work extraordinarily fulfilling.

To the Victims of Domestic Violence

All proceeds from the sale of this informational guide will be donated to the FACE TO FACE program, the humanitarian and educational surgical exchange program conducted under the auspices of the Educational and Research Foundation for the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS Foundation).

FACE TO FACE is staffed by medical personnel—facial plastic and reconstructive surgeons, nurses, speech pathologists, and anesthesiologists—who donate their time and expertise, frequently for two weeks at a time. Among those they help are women in this country, where domestic violence has wreaked havoc on their lives both emotionally and physically.

http://www.aafprs.org/physician/humanitarian/ph_ffviolence.html
Thank you for your contribution.
A special thank you to the very talented people, especially the staff of the Williams Center for Plastic Surgery, who contributed to this project:

Merci Miglino, editor and writer—for her guidance and creative influence.

Susan Sullivan, RN, chief operating officer for the Williams Center—for her constant insight, guidance, and support.

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Cherie Williams, my wife, and my family, Katie, Riley, Lydia, and Evan—for their constant support and understanding, which has allowed me to achieve this next level in my rhinoplasty surgical career.

Special Thanks

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When asked my ultimate objective in performing rhinoplasty, my answer is always the same: I want to leave you with a nose you don’t see. Sounds a bit counterintuitive, right? Here we are reading a book whose entire focus is about fixing the nose, and I’m suggesting that you want a nose that you don’t see. Let me explain. There are many studies out there exploring what “visual fields” folks are looking at when they stare at, say, the Mona Lisa or when intently listening to another person. According to these studies, the human mind seeks to connect with the eyes of another. Applying this to the goal of rhinoplasty, we want to see the eyes and not “see” the nose. We want the nose to play second fiddle, so to speak, while the eyes take the lead.

Taking the attention away from the nose means making it so natural that when people are looking at your face or at your before-and-after photos, it’s not obvious that you have had your nose fixed. The art of facial surgery is bringing the face into balance without losing the unique characteristics that define the patient’s identity. My intent in writing this book is to answer your questions about the surgery and let you in on what I, as an experienced rhinoplasty surgeon and a Board Certified Facial Plastic Surgeon, have learned over the years.
After performing this complicated yet common procedure some thirty-five hundred times, I have become especially tuned in to what patients want to know before making the decision to proceed with the surgery. The very first thing I do in my consultations, before I even share the specifics about what I see, is ask what you don’t like about your nose. I listen to what is said (and not said). If you say, “I have big nostrils,” that might mean one thing to you and another to me as a surgeon, so listening with the intent to really understand your concerns is essential if I am to help set and meet your expectations.

In some cases, patients may not be able to articulate their concerns. That’s when I say, “Well, let me tell you what I see. I’m going to use some medical terms, but then I’m going to try to communicate them in a way that you can relate to.” As I observe your nose and share what I see, I might talk about what we surgeons call “projection,” which simply means the nose is too far from your face, as seen in the before-and-after photos as seen on the following page.

If I don’t take the opportunity to really listen to you, I could miss an essential aspect of what changes are important to you. I understand that for many patients, it’s difficult to speak up when they perceive someone’s expertise as beyond theirs. However, I encourage you to speak up. Make every effort to share what you want and don’t want. Give your surgeon every opportunity to meet your expectations and needs with his or her expertise and skill—the result of which is something both of you can feel great about.

My appreciation for patients’ perspective and input is why I’ve enjoyed success as a rhinoplasty surgeon. Obviously, my hard work and resulting skill are critical, but really most of what I’ve learned comes from my conversations with the patients.
Chapter 1

A Nose by Any Other Shape Would Smell as Sweet

While this is a book about the aesthetic nature of the nose and what we can do to improve it, we’ll start with some basic information on what your nose does and how it does it.

Simply put, the nose helps us breathe and smell. It also warms, moistens, and filters the air before it goes to the lungs.

The nose is the main entry to the respiratory system, your body’s system for breathing. When you inhale through your nostrils, the air enters the nasal passages and travels into your nasal cavity. The air then passes down the back of your throat into the trachea, or windpipe, on its way to the lungs.
Chapter 2

Why Consider Rhinoplasty?

Every year over half a million people interested in improving the appearance of their nose seek consultation with a facial plastic surgeon. Since you are reading this book, I’m going to assume you are one of them. You may be a teen or young adult becoming more aware of your appearance. Perhaps a friend has had a rhinoplasty and you are noticing how much happier he or she is with his or her appearance. You may have suffered name calling or worse because of the size or shape of your nose.

Or maybe you are someone who finally has the time and money to get the rhinoplasty you always wanted or to explore what the surgery can do to enhance your looks or create a younger-looking and more vital appearance.

Whatever the reason for your consideration, you want to know exactly what to expect from a rhinoplasty. First, let me say that the ideal goal in rhinoplasty is to improve the nose aesthetically, making it harmonize better with other facial features so that it has a more natural, normal appearance. This way the nose will blend better with the face, rather than be the dominant or obvious feature. To give my patients the best opportunity to visualize what’s possible for their unique features, and to determine if their expectations are realistic, I use a computerized imager during the initial consultation.

The straight hollow tubes of the nostrils are shaped specifically to regulate airflow. A wall called the septum, made of very thin pieces of bone, separates the nostrils and the nasal passages.

Closer to the tip of your nose, the septum is made of cartilage, a flexible material that’s firmer than skin or muscle but not as hard as bone. Behind your nose is a space called the nasal cavity, which connects with the back of the throat. The nasal cavity is separated from the inside of your mouth by the palate (roof of your mouth).

The nose also detects smells and contributes to our sense of taste. For us to smell something, molecules from that source have to make it to the nose. Everything we smell is giving off molecules, whether it’s perfume, onions, or something far less pleasant. Those molecules are generally light, volatile (easily evaporated) chemicals that float through the air into your nose.

NASAL ANATOMY

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