

Rhinoplasty

by Dr. Philip Miller

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HOW TO USE THIS BOOK

My staff and I put this book together to answer your questions about Rhinoplasty surgery—how it works, what it can correct versus what it can't, what to consider for people of different ethnic backgrounds, and much, much more.

As you read, I suggest you keep a pen and paper nearby to jot down any questions that arise or note any key points you'll want to revisit later. If your questions are not answered by this book, please be sure to bring them to your consultation.

The book itself is divided into three parts:

▶ **Part I: General Information**

Here we will cover anatomy, rhinoplasty, your consultation, and what to expect from the procedure.

▶ **Part II: Specialized Information**

This is your opportunity to learn about the conditions rhinoplasty can correct, including chronic sinus infection, inflamed or misshapen turbinates, and a deviated septum. We will also discuss considerations for age, gender, and ethnic background.

▶ **Appendix**

Examine reviews from my previous patients, scrutinize my biography, and access pertinent information about travelling to the Gotham Plastic Surgery offices from in-state or out-of-state.

Thank you for reading and thank you for considering Gotham Plastic Surgery.



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WHAT IS RHINOPLASTY?

More commonly known as a “nose job,” Rhinoplasty is both a cosmetic and reconstructive surgery of the nose.

Cosmetically, it can improve the appearance of the nose by reshaping, reducing, or augmenting the tissue, removing a hump, narrowing nostril width, refining definition, or changing the angle between the nose and mouth.

Reconstructively, Rhinoplasty can curtail certain breathing problems, and correct damage from physical injuries or birth defects.

Although nasal surgery is one of the most common surgeries performed by facial plastic surgeons, it is considered one of the most complex operations. This complexity means selecting an experienced surgeon is essential. Ideally, you will want to partner with a physician who is performed thousands of cosmetic and reconstructive nasal surgeries across a wide variety of patients from different backgrounds.

Prior to surgery, your surgeon and their staff should meticulously weigh and consider the prominence of your cheeks, jawline, skin thickness and elasticity—as well as the overall dimensions of your nose—before offering any advice. A thorough analysis is the key to preserving the overall harmony of your facial features.

If your breathing is a problem, special tests may be necessary to evaluate the degree of obstruction in your nasal passages or sinuses. These issues can often be corrected simultaneously with your cosmetic nasal surgery.

ANATOMY OF THE NOSE

The picture to the right highlights the fundamental parts of the nose that can be altered during rhinoplasty.

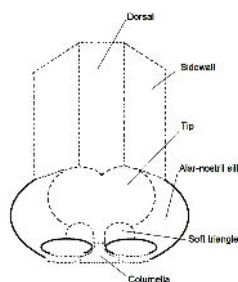
The upper-third consists of the nasal bones, the middle-third contains the upper lateral cartilages (often referred to as the “midvault”), and the lower-third consists of the lower lateral cartilage (called the “tip”).

The Columella is a piece of skin between the nostrils, formed from two parallel pieces of cartilage. This cartilage is what determines how much (and at what angle) the tip of your nose sticks out.

If the tip needs additional support, a *columellar strut* (which consists of a piece of cartilage taken from the septum, ear, or rib) can be used to reinforce it, making the tip firmer and the projection of the nose more attractive.

Looking inside the nose, the septum is the partition between the right and left nasal cavities. The septum extends all the way to the bridge, or *dorsum*, of the nose and creates the lower two-thirds of the nasal bridge. If shifted to the right or left, one of the nasal passages is likely narrowed enough to impede breathing. This is called a *deviated septum*.

Extending off the septum and along the nasal bridge are the upper lateral cartilages. Shaped like wings that extend both horizontally and vertically from the septum, they are responsible for maintaining a wide opening for normal breathing. If the upper lateral cartilages are weak, they fall inward and impede airflow through the nose.



TYPES OF RHINOPLASTY

Open (External) or Closed (Endonasal) Rhinoplasty

Closed (Endonasal) Rhinoplasty

All incisions are made **inside** the nostrils, with none of said incisions being visible from the outside of the nose. Once the incisions are made, the skin is lifted from the underlying cartilage and bone, and the nose is re-contoured or reconstructed.

Open (External) Rhinoplasty:

In addition to incisions made **within** the nostrils, a small incision is made in the skin between the nostrils, **approximately halfway between the tip and the upper lip**. This **exterior** incision allows the skin of the nasal tip to be lifted, exposing the lower lateral cartilages in their native position. These incisions are **tiny**—they are artfully hidden and fade with time.

So, which type of rhinoplasty is better?

While some surgeons strongly believe that open rhinoplasty should only be used in difficult cases where damage from a previous surgery needs to be repaired (revision rhinoplasty), the reality is this:

The type of surgery should be determined by your medical or cosmetic requirements—not the surgeon's personal preference.

A tiny scar that will fade over time is a small price to pay for a natural-looking nose that is in harmony with the rest of your face.

MICRORHINOPLASTY

Microrhinoplasty

Using a specialized, air-powered microsaw that allows for precise bone reduction, skeletal inconsistencies (bumps) are reduced layer by layer until an ideal shape is achieved. This minimally-invasive surgery can take as little as five minutes, and—unlike more complex rhinoplasty—uses a local anesthetic. Post-procedure, patients experience minimal swelling, minimal bruising, and minimal recovery time.



Figure 1. Microrhinoplasty

WHY WOULD SOMEONE WANT TO CHANGE HIS OR HER NOSE?

The nose is the primary feature of the face—sometimes to the vexation or elation of the person living behind it. And, fair or unfair, the symmetry of the nose leaves a lasting impression.

If you feel your nose is too large, too small, too flat, too pointed, or too crooked, or if you have trouble breathing through your nose, you are not alone. Many people feel the shape of their nose takes away from the natural beauty of their eyes, hair, mouth, chin, and face in-general.

This is the primary impetus for someone to change their nose.

WHAT MAKES AN ATTRACTIVE NOSE AND FACE?

Answering this question means thinking about how the nose harmonizes and influences the rest of the face.

A face that is perceived as beautiful or handsome has harmony. All the pieces fit together, and nothing looks out of place. The two sides of the face are symmetrical, balanced, and the nose is straight.

Having said this, do make note of the following:

There is no perfect nose.

There is no *aesthetic pinnacle*, only an *aesthetic plateau*. People can generally agree on what looks unattractive but will have slight preferential differences in determining what looks best—and **that is OK**.

After all, beauty is in the eye of the beholder.

WHAT RHINOPLASTY CANNOT DO

Rhinoplasty can improve the appearance of your nose or correct a physical dysfunction. It can boost your self-confidence, improve self-esteem, and leave you feeling empowered.

But rhinoplasty **cannot** solve your personal problems or completely transform your look. If you are considering facial plastic surgery because you want to be miraculously transformed into an “absolutely perfect” person, you will walk away from surgery disappointed.

IS RHINOPLASTY RIGHT FOR ME?

Rhinoplasty is one of the most popular cosmetic surgical procedures, but not everyone is an appropriate candidate.

As with any elective surgery, good physical health of the patient is essential, as is a realistic expectation of what can be changed.

THE CONSULTATION

Meet the doctor

The consultation is an excellent time to discuss expectations, concerns, and address any questions you may have.

A skilled surgeon will not only listen to your concerns and make note of your

wishes, they will also give you a clear understanding of what is possible so you can form realistic expectations.

The consultation should begin with a meticulous evaluation of the face—the cheeks, jaw, skin health, and the dimensions of the nose. No recommendations can be made without an evaluation first.

This is also the time to highlight any breathing problems that bother you. The doctor should comprehensively examine the nose to identify the problem and, if necessary, order additional tests to better understand the degree of obstruction.

Go over your medical history and overall health with your doctor during the consultation. Review every detail of a potential rhinoplasty procedure, including the facility, anesthesia, recovery time, risks versus benefits, and costs.

Explain what you want

The consultation is the time to explain in detail what you want done—after surgery it will be too late.

Be specific. Don't just say, “I want my nose straight,” say “I think my nose looks crooked when I look at it from the front,” or “I see a bump on the bridge of my nose when I look at it from the side.”

Use clear, explicit language to describe the changes you want to see in your nose and ask your doctor to do the same. If your doctor introduces terms that you are unfamiliar with like projection, rotation, scoop, and straighten, ask them to explain what they mean so you have a clear understanding.

If you feel the doctor is not clearly understanding your wishes, or the doctor is making suggestions that do not align with your vision, use the consultation to call attention to those matters.

At the same time, remember that the consultation is the doctor's opportunity to share expertise and be honest about the reality of your expectations. If you want a tiny nose, but have a large, broad face, the doctor may tell you that a cute, tiny nose doesn't belong on your face.

Advice like this is essential to pay attention to!

Remember, what makes a face beautiful or handsome is the symmetry and harmony of the whole picture, not the beauty of each individual component.

The Role of "Virtual" Surgery

Computer imaging is used to help you visualize the possible outcomes of surgery.

By viewing a digital reconstruction of your face from the front and profile, you can see how certain alterations to your nose change your look—this is the easiest and safest way to ensure your new nose will be in harmony with the rest of your face.

Much like you would try on a new dress before buying it, computer imagining allows you to "try on" a new face without making any commitments. Computer imaging is a vital component of the consultation process because—unlike a dress—you cannot take a surgery back. Besides, most prospective rhinoplasty patients learn more from looking at images than they do from scrutinizing their doctor's notes.

At Gotham Plastic Surgery...

We have an app you can install on your smartphone that features a comprehensive encyclopedia of plastic surgery terms, more than 100 before and after photos of actual facial plastic surgery patients, and key visualization tools to help you know what to expect from your procedure.

To use the app, simply take a photo from your camera or photo album and use your finger to play "plastic surgeon" using the Virtual Plastic Surgery feature. This is the exact same technology we will use during your consultation, and you can use it before you come in to discuss potential changes with your friends and family.

REMEMBER, YOU'RE THE PATIENT, NOT THE DOCTOR

Sometimes it is easy to start thinking like a doctor but remember—you are the patient, not the doctor.

Many first-time patients make the same mistake:

Instead of focusing on what they do not like, they speculate on why the problem might exist and what should be done to correct it.

As the patient, your responsibility is to focus *exclusively* on what you do not like about your nose—let the doctor determine what is causing the problem and how best to treat it.

PROCEDURES AT GOTHAM PLASTIC SURGERY

This section describes how procedures at Gotham Plastic Surgery work—what to expect before surgery, during surgery, and what NOT to overlook.

GENERAL INFORMATION

- All our procedures are performed in an accredited, office-based surgical facility using a wide variety of surgical and non-surgical techniques to improve the nose. We can fix defects, injuries, and breathing problems, all while improving its appearance.
- Surgical times average one to two and a half hours and will feature either general anesthesia or IV sedation.
- Most of the incisions will be made on the inside of your nostrils (closed rhinoplasty), although in some cases it may be necessary to make a small, well-hidden incision under the nose (open rhinoplasty).
- The best candidates for surgery are those with good general health, and realistic goals for improvement. Patients should be at least 16 years old, with a face that has stopped growing.
- If coming from out of town, please plan to arrive at least one day before surgery, and stay for three to seven days after your procedure.

RISKS AND COMPLICATIONS OF SURGERY

The Risks of Rhinoplasty

All surgery comes with risks that should be carefully considered by every patient.

- Numbness—immediately following surgery, your nose may feel numb. This is temporary and will go away after a couple of weeks.
- Swelling and bruising—these are normal, and typically take about two weeks to subside.
- Chronic congestion and difficulty breathing—this can occur because of an inadvertent obstruction created during surgery or an inability to fully correct the initial problem.
- Scar tissue—scar tissue may form inside the nose post-surgery and can obstruct breathing, though this is rare.
- Recurring nosebleeds—these are possible after rhinoplasty, as are perforations in the septum. A small amount of reddish discharge is normal for the first day or two following surgery.
- Infection—sometimes the body reacts poorly to the implant used to add height to the bridge of the nose. If the infection persists after a course of antibiotics, additional surgery may be necessary to remove the implant. Like complications from scar tissue, complications from infection are rare.
- Imperfection—with any nose job, the results may not always be “perfect.” Very rarely, a revision rhinoplasty may be recommended to create nasal symmetry.

**AS A HIGHLY SKILLED, BOARD-CERTIFIED SURGEON,
DR. MILLER WILL MAKE EVERY EFFORT TO MINIMIZE
THE OCCURRENCE OF THESE RISKS.**

RHINOPLASTY PRE- AND POST-OPERATIVE INSTRUCTIONS

If undergoing rhinoplasty, please carefully read the instructions for BEFORE and AFTER surgery. Following these instructions improves the likelihood of achieving the best possible outcome.

Bring this list with you on the day of your procedure.

Preparing for Facial Plastic Surgery

- Refrain from smoking for at-least two weeks before, and two weeks after, surgery.
- Avoid sun exposure for two weeks prior to surgery.
- Purchase two, two-pound frozen bags of peas. These will be your ice bags when you get home from surgery. If peas are unavailable, use crushed ice inside a Ziploc sandwich bag.
- Do not eat or drink *anything*—including water—after midnight the night before your surgery.
- Arrange for a ride home from the hospital—you will not be allowed to leave alone.

Day of the Surgery

Please follow these instructions to assure the best outcome for your surgery:

- Wear clothing that fastens in the front or back—avoid sweaters, T-shirts, turtlenecks, or anything you must slip over your head
- Do not eat or drink anything, including water, the morning of your surgery
- Do not wear jewelry
- Do not wear any facial or eye make-up
- Do not wear nail polish
- You may wear your glasses, but do not wear contact lenses
- If you wear dentures, keep them in
- Avoid certain medications prior to your surgery—consult Dr. Miller's office prior to your scheduled surgery for a list of medications to avoid, and check the website at <http://www.drphilipmiller.com/Patients/aspirin.html>

**TAKE THE ARNICA PRESCRIBED BY
DR. MILLER'S OFFICE AS DIRECTED**

Post-Operative Care

- Keep bandages on until you are instructed to remove them
- Avoid foods that require prolonged chewing; otherwise, your diet has no restrictions
- Obtain more rest than you usually get and avoid exertion, including athletic activities and sexual intercourse
- Do not bend, strain, or lift heavy objects for three weeks
- You may wash your face carefully—avoid the dressing
- Absolutely avoid sun or sun lamps for six weeks after surgery, as heat may cause your nose to swell
- Do not be concerned if, following removal of dressing, your nose, eyes, and upper lip show some swelling and discoloration—this usually clears up in two weeks, although some patients may require six to eighteen months
- Only take medications prescribed by your doctor
- Contact lenses may be worn the day after surgery
- Makeup may be used as soon as the bandages are removed.
- Keep the drip pad taped across the bottom of your nose for a day or so—if it soaks with blood every few hours you can replace it with another one (if the pad gets soaked more quickly than this, please contact Dr. Miller's office)
- **DON'T TAKE CHANCES!** If anything causes concern, contact Dr. Miller immediately at 212.750.7100

RECOVERY PERIOD: NOT AS BAD AS YOU THINK

Most people are amazed at how little pain they experience after nasal surgery.

A cast will be applied to your nose, as will any necessary sutures. While the sutures will come out after only a few days, the cast needs to stay on for a full week before it can be removed.

Approximately 85% percent of the swelling is gone after three weeks—the rest after about three months—and as it subsides, you will start to see the improvements from your surgery. You may have some bruising under your eyes, but this can be concealed with makeup once your bandages come off.

Though patients can return to light desk work in just 24-48 hours, most choose to stay at home for a full week (until the cast is removed). Strenuous activity, however, should be avoided for at least three weeks.

Special Precautions during Recovery

- You may talk on the phone, watch TV, shower, and wash your face, immediately after surgery
- You may NOT resume driving until the swelling no longer impedes your vision
- You must avoid bending, lifting, and other strenuous activity for three weeks
- You must avoid contact sports for at least six weeks

ANESTHESIA OPTIONS

During your procedure, a board-certified anesthesiologist will help you feel comfortable and relaxed. Depending on the procedure, you will either undergo mild sedation (also known as twilight sleep) or a general anesthetic.

IT IS NOT JUST ABOUT HOW IT LOOKS: SURGICAL TREATMENT FOR SEPTAL, TURBINATE, AND SINUS DISORDERS

Surgery can help alleviate things like difficulty breathing, chronic sinusitis, and even migraine headaches.

SEPTOPLASTY: CORRECT A DEVIATED SEPTUM

Made of bone and cartilage, the nasal septum separates the two nasal passages, functioning as a wall and maximizing airflow when it is straight and centered. The correct position is the midline, but research shows that 80% percent of the population has a nasal septum that is not properly centered due to congenital defect or physical injury. Instead, it curves into one of the nasal passages, partially blocking the flow of air and preventing the sinuses from draining properly.

Called a *deviation*, or a *deviated septum*, this misalignment can result in more than difficulty breathing. It can trigger frequent nosebleeds, chronic sinusitis, and other respiratory problems.

Septoplasty is a surgical procedure used to correct a deviated septum, and—if done properly—should not change the external appearance of the nose at all.

Overview of the septoplasty

Septoplasty is performed under anesthesia by making an incision within the nostrils. The

lining over the septum, called the mucosa, is gently separated from the septum, exposing the deviated pieces of cartilage and bone. Through a variety of techniques, the septum will be repositioned or reshaped into the midline.

The surgery is performed entirely through the nostrils, and typically takes one hour (although it *can* take up to two hours in more complicated cases). Once completed, small plastic supports may be inserted into the nose to help the septum stay stable for the first week following surgery.

Although it is considered a low-risk procedure, heavy nosebleeds, swelling, difficulty breathing, or fever may occur. If they do, contact Gotham Plastic Surgery *immediately*.

What to do When Septoplasty Does Not Treat Your Symptoms

Revision septoplasty is the term used to describe a second septoplasty performed to correct or improve upon the results of the first surgery. If you have had a septoplasty to correct a deviated septum, but continue to have problems, a revision septoplasty may be required.

Please, know that revision septoplasty is more complicated, and may require further trimming and repositioning of the bone and cartilage. For this reason, a second septoplasty should only be conducted after careful review of your nose and symptoms by a reliable, well-referenced surgeon.

At Gotham Plastic Surgery...

Septoplasty is typically covered by health insurance providers *if* it will correct a larger medical condition like a respiratory illness, allergy, or sleep disorder.

The Gotham Plastic Surgery staff will help you better navigate the billing process by contacting your insurance provider *before* surgery to have the procedure pre-approved.

SINUSITIS

The sinuses are hollow pockets in the skull located behind and above the nose. These pockets are lined with a thin membrane that swells when irritated. When this irritation persists across weeks, months, and seasons, it is called chronic sinusitis.

Chronic sinusitis (more commonly known as sinus infections) is one of the most common chronic illnesses in the United States. Fortunately, many people can find relief through surgery.

What are the surgical options?

Most surgical procedures are designed to improve drainage and airflow in the nasal passages. Any endoscopic revision sinus surgery performed will protect existing tissue and promote proper drainage. You may be referred to a specialist for steroidal treatments and injections, or to a surgeon for formal surgical intervention to remove layered tissue that has been diseased. Septoplasty to align a deviated septum may also reduce sinus-related issues, as might balloon sinuplasty.¹

Challenges with rebound congestion

Many people turn to over-the-counter medications and nasal sprays for relief from chronic sinusitis, and while these treatments can be effective, they are also temporary. Once the medication is stopped, rebound congestion becomes an issue. Effectively reducing inflammation and sinusitis-related pressure over the long-term will often require surgical intervention.

TURBINATE PROBLEMS

The nasal turbinate is a long, narrow, curled bone shelf that protrudes into the breathing passage of the nose. Turbinate bone refers to any of the four scrolled, spongy bones of the nasal passages. These bones occur in pairs on either side of the septum, dividing the nasal airway into four passages, and are covered with tissue to control airflow, humidification, heating, and filtering of the air you breathe.

Role of turbinates in the respiratory system

The turbinates help you breathe properly by responding to climatic conditions and the changing needs of your body. The mucus they secrete covers the nasal cavities and serves as a filter for air-borne particles, including viral and bacterial agents.

When healthy and humid, the turbinates help carry scent molecules towards the higher, narrow regions of the nasal airways, where olfaction nerve receptors are located. If the turbinates get dry or irritated, they may stop functioning properly, affecting your sense of smell.

Turbinate dysfunction

Large, swollen turbinates can block breathing. Allergies, exposure to environmental irritants, or persistent sinus inflammation can lead to turbinate swelling. Deformity of the nasal septum can also result in enlarged turbinates.

Treatment of the underlying allergy or irritant may reduce turbinate swelling, but turbinate surgery may also be required if the condition is chronic, or due to a deviated septum.

¹Balloon sinuplasty is a minimally invasive procedure that treats chronic sinusitis by opening the inflamed and irritated sinuses using a catheter. No bone or tissue is removed from the nose.

Surgical Management of Turbinate Dysfunction

There are several types of turbinate surgery, including:

- *Total turbinate resection*—this widens the nasal airway and is one of the most effective long-term procedures
- *Partial turbinectomy*—this removes the back part of the inferior turbinate, relieving obstruction at the nasal valve, while leaving part of the turbinate in place to condition the air you breathe
- *Laser surgery*—tissues are reduced in size by subjection to intense laser-derived light
- *Steroids*—in some cases, steroids are simply injected into the turbinates to reduce swelling

Determining which mode of surgery is best for you will require physician-conducted testing, and a thorough review of your medical history.

SECONDARY OR REVISION RHINOPLASTY

Revision rhinoplasty, also known as *secondary* or *tertiary rhinoplasty*, is done to correct previous rhinoplasty surgery in approximately 10% of rhinoplasty cases. A revision surgery may be needed for a variety of reasons, including injury, aging, and—of course—dissatisfaction from previous rhinoplasty procedures.

Revision rhinoplasty is usually performed about a year after the surgery, and the costs of a secondary (or tertiary) procedure are higher than other types of rhinoplasty because of the increased difficulty (with every additional surgery, the tissues of the body become thicker and more difficult to work with, which makes obtaining the desired results is more of a challenge).

An important note...

Today, surgeons are taught to take the “less

is more” approach to rhinoplasty, where very *slight* changes to the nose are made to have a significant impact on your appearance. These new, “less is more” techniques mean the need for revision rhinoplasty has dropped dramatically.

COMMON PROBLEMS THAT REQUIRE REVISION RHINOPLASTY

Issues that warrant revision rhinoplasty might include pinched nostrils, a progressive nasal obstruction, or scar tissue formation during the healing process. Sometimes additional surgery is required if the initial surgery did not achieve the patient’s goals.

Pinched Tip

A “pinched tip” is a frequent complaint of rhinoplasty patients, where the end of the nose appears compressed or “pinched,” resulting in less-than-ideal facial aesthetics and impaired breathing.

The “pinch” is due to too much cartilage being removed from the tip of the nose.

Over time, the tip loses support resulting in the “pinched nose” appearance, a collapse of the nostrils’ shape, and the illusion of a persistent bump.

Short Nose

Following rhinoplasty, some patients experience a “short nose” trait due to the removal of too much cartilage. This condition is often corrected by reinstating cartilage to establish support, and by using specialized grafts to restore a more natural-looking shape.

Crooked/Twisted Nose

The “crooked” or “twisted nose” is typically derived from a nasal trauma and can sometimes persist even after the first rhinoplasty procedure.

Revision rhinoplasty will rearrange the cartilage and bone to create an aesthetically pleasing, symmetrical look.

Dr. Miller...

Owens a unique technique for correcting the crooked nose problem that he has presented at rhinoplasty conferences around the United States.

ETHNIC RHINOPLASTY

Specialized rhinoplasty procedures can offer patients of Asian, Hispanic, African American, Caucasian, Middle Eastern, or Indian descent results that more appropriately meet their expectations for surgery.

Many enhancements and alterations made to the nose during ethnic rhinoplasty are the same as those made during a standard rhinoplasty. However—ethnic rhinoplasty considers specific tissue types and anatomical differences in patients from various backgrounds.

RHINOPLASTY FOR ASIANS

Asians tend to have shorter, flatter, wider noses with a somewhat bulbous or rounded tip, low bridge, and wide base. These patients often want to reduce flaring nostrils and have tip or bridge implants to make the nose appear taller with a more prominent profile. To keep the face in proportion with the enlarged nasal tip or bridge, chin implants are recommended.

Silicone implant augmentation is common in Asian rhinoplasty to build up an under-projected nasal tip and short dorsum (bridge).

Small changes to the nose can have a noticeable impact on the patient's appearance without compromising other ethnic characteristics.



Figure 2. This 28-year old was interested in modifying her facial features. She requested me to slightly shave down her cheek bones and make her chin more prominent and her nose shapelier.

RHINOPLASTY FOR HISPANICS AND LATINOS

There are three distinct types of Hispanic rhinoplasty procedures:

- Type I - A high bridge with a hump, where the cartilage is shaved down, and the bone is rasped to remove the hump.
- Type II - An under-projected, dependent tip, where the tip of the nose is raised and projected with supplemental cartilage.
- Type III - A shorter, flatter nose with a broad nasal base, thick skin, and a wide tip, where the shape of the nose is refined by narrowing the base and raising the bridge.

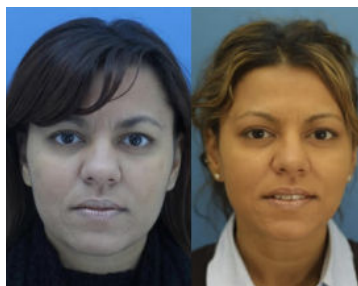


Figure 3. Hispanics and Latinos rhinoplasty

RHINOPLASTY FOR AFRICAN AMERICANS

African Americans tend to have a wide, low bridge; a bulbous, under-projected tip; and a wide base. Patients with these features generally want to narrow and raise the bridge, better define the tip, and narrow the base.

Like Hispanic noses, African American noses fall into three groups based on ethnic heritage. These groups—according to “Rhinoplasty: The African-American Patient” (a seminar published at www.PubMed.gov) —are:

- **Group A** - The African nose: A short nose with a wide, concave bridge, under-projected and less defined tip, short columella (the skin between the nostrils), and wide, flared nostrils.
- **Group B** - The Afro-Caucasian nose: A longer nose, with a high, straight bridge, better nasal tip definition, and less flared nostrils.
- **Group C** - The Afro-Indian nose: A longer, larger nose, with a high, wide bridge which may have an irregularity like a hump. The nostrils are flared and the tips less defined but more projected than the African nose.

Recognizing the nuances of African-American nasal anatomy is essential if a rhinoplasty procedure is to preserve the patient's ethnic heritage, and avoid complications like excessive narrowing, asymmetry, and keloid scar formation (raised scars more common in African-American patients).



Figure 4. African American rhinoplasty

RHINOPLASTY FOR MEDITERRANEAN ETHNICITIES AND MIDDLE EASTERNERS

Mediterranean or Middle Eastern rhinoplasty patients tend to have thicker facial skin with more fatty tissue, and longer noses that feature a higher bridge, droopy tips, nasal humps, imbalanced nostril tips, and wide bones.

Like all patients, the goal with Middle Eastern and Mediterranean patients is to create a more symmetrical and desirable nose that stays in balance with the proportions of the face. However, thicker skin on the nose and face can make their tissue more difficult to manipulate.



Figure 5. Middle Eastern rhinoplasty

AGE AND GENDER-RELATED ISSUES

Rhinoplasty for Adolescents

Every parent wants their child to have plenty of self-confidence, but during the teen years' self-confidence is often a commodity that is in short supply.

Be it the unfortunate result of genetics or injury, an ill-shaped nose can quickly compromise any teenagers' sense of self-worth, and ultimately lead to catastrophic depression.

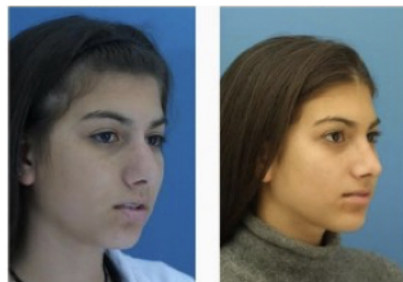


Figure 6. Adolescent rhinoplasty

It is no surprise then that many adolescents consider rhinoplasty as a means of ending the social discomfort that comes from having a nose that is too long, hooked, pug, bumped, or saddled.

But should a teenager have cosmetic nose surgery? —it is not an easy choice to make.

Teens—and their parents—should carefully consider the consequences of cosmetic rhinoplasty before they rush into an office looking for a procedure. Any elective surgery requires an objective evaluation of the costs versus the benefits, which means the patient should be able to demonstrate emotional maturity—something not every teenager can do.

Rhinoplasty is a **permanent** solution—it can never be completely undone—so the decision to go under the knife should not be made on a whim. A professional consultation with a surgeon to discuss the various risks and considerations is essential *before* making a decision.

Ultimately, if a parent and teen conclude rhinoplasty **is** the right option, then it is important to ensure the nose has *stopped* growing and the skin is adequately thick for surgery. For most female patients, this means waiting to operate until they are *at least* 16 years of age—a number that jumps to 19 in male patients.

Operating **prior** to these ideal ages is risky.

If the nose continues to grow, it can destroy the artificial proportions created by the rhinoplasty.

RHINOPLASTY FOR OLDER PATIENTS

There is no such thing as *too old* for Rhinoplasty. If you are in good health and have realistic expectations about the results, a Rhinoplasty can be a great investment. Most 40- and 50-year-olds request revision rhinoplasty, as opposed to primary rhinoplasty.

RHINOPLASTY FOR MALES

Any stigma attached to male rhinoplasty is long gone. In today's unisex world there are no gender barriers in nasal surgery, simply different cosmetic goals and objectives.

Men want to change the look of their noses without fundamentally altering its masculine structure—a major difference between the cosmetic goals of men and women. Women tend to look for dramatic results, whereas men often have subtler, specific goals like removing a hump, softening a hooked tip, or narrowing nostril width.

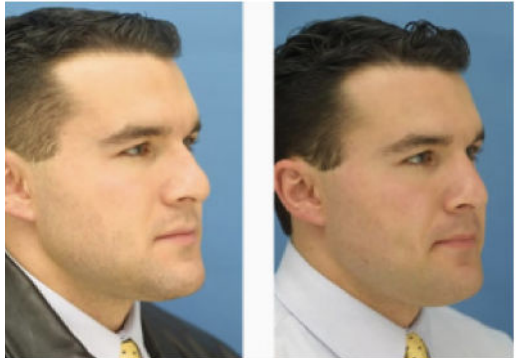


Figure 7. Male rhinoplasty

Of the 240,000 people who had nose jobs in one-quarter were male.²

Perhaps not surprisingly, men have rhinoplasty due to trauma—particularly car accidents, sports injuries, and physical altercations—more than women. Additionally, men undergo rhinoplasty to improve breathing more often than their female counterparts.

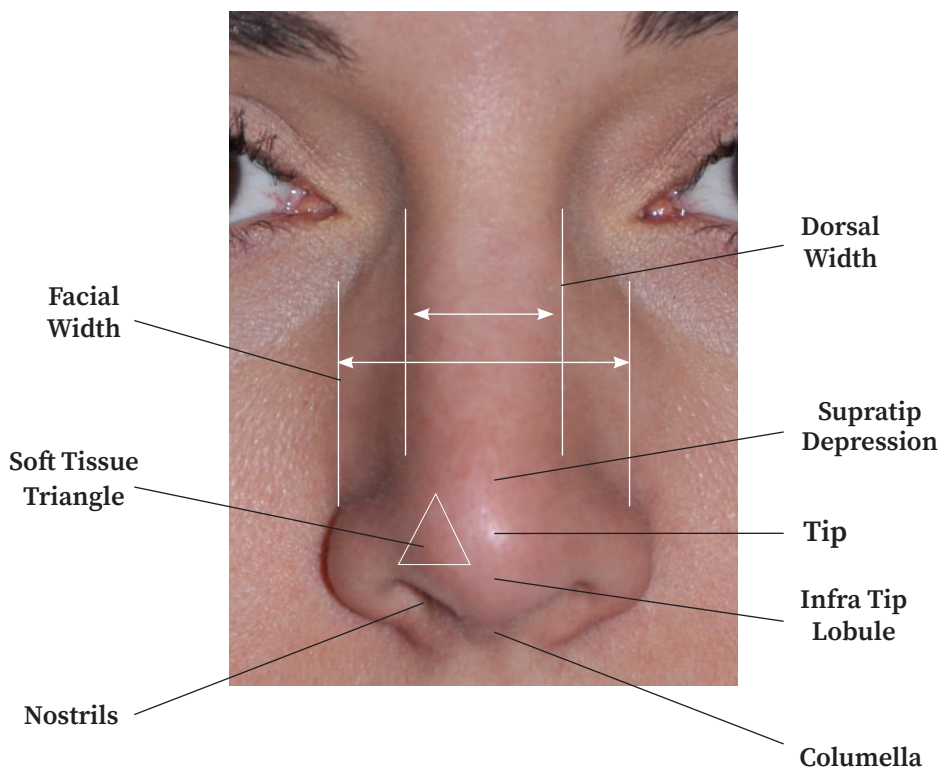
Rhinoplasty Workbook

By

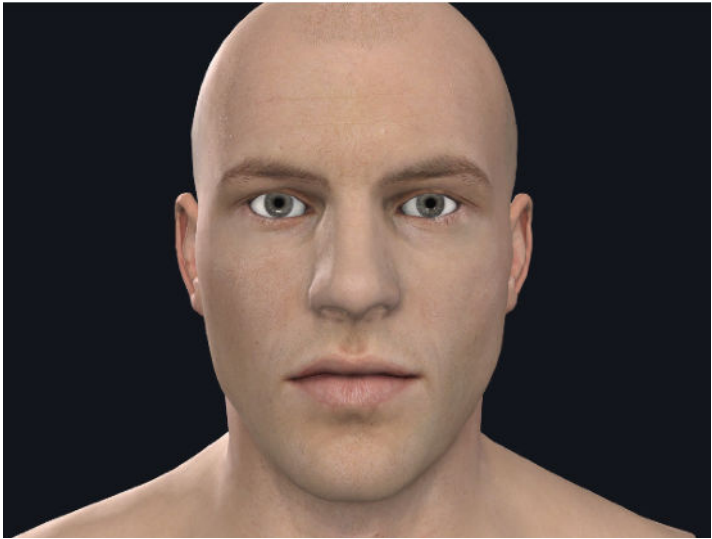
A stylized, handwritten signature in black ink that reads "Philip J. Miller". The script is fluid and cursive, with the first and last names being more prominent than the middle initial.

PHILIP J MILLER, MD, FACS

NASAL DIAGRAM (Frontal View)

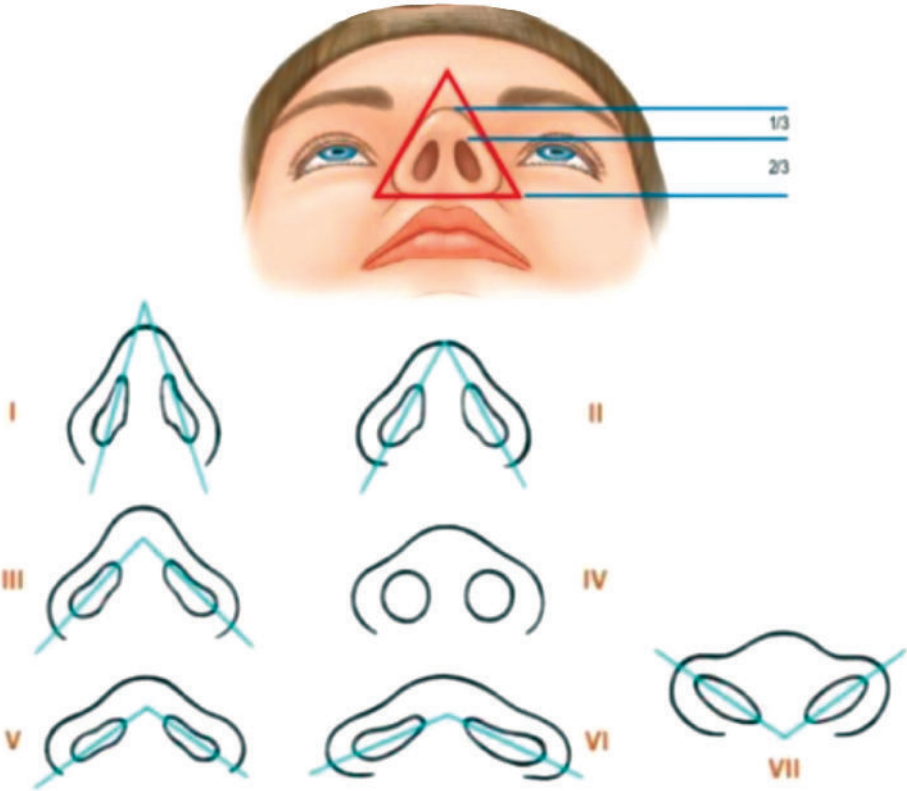


FRONTAL VIEW

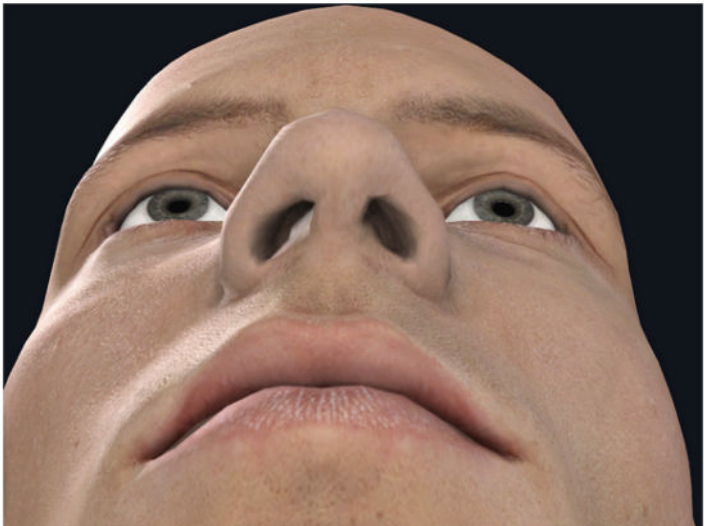


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BASE VIEW

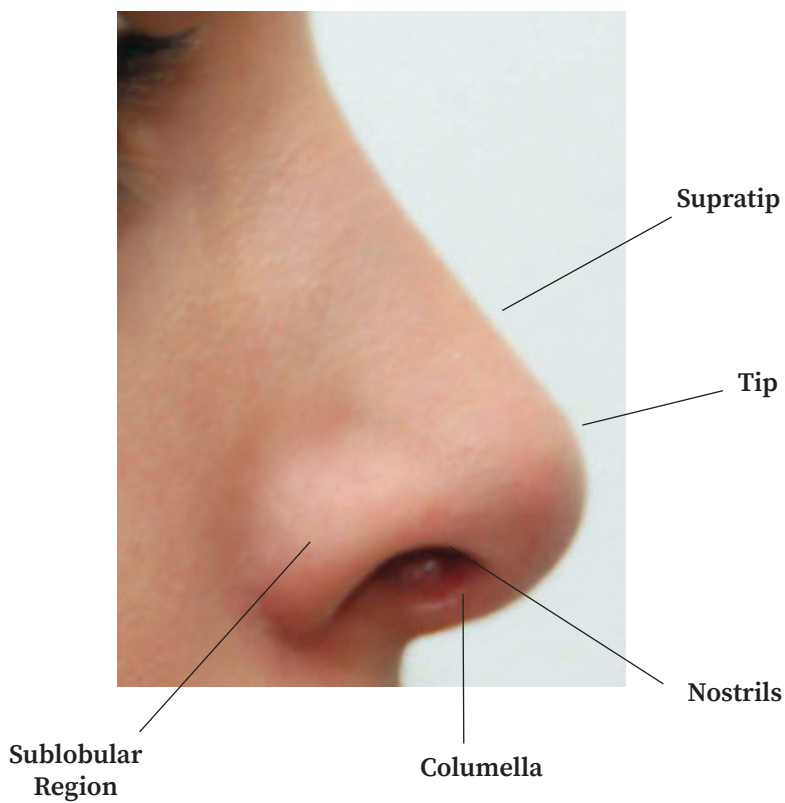


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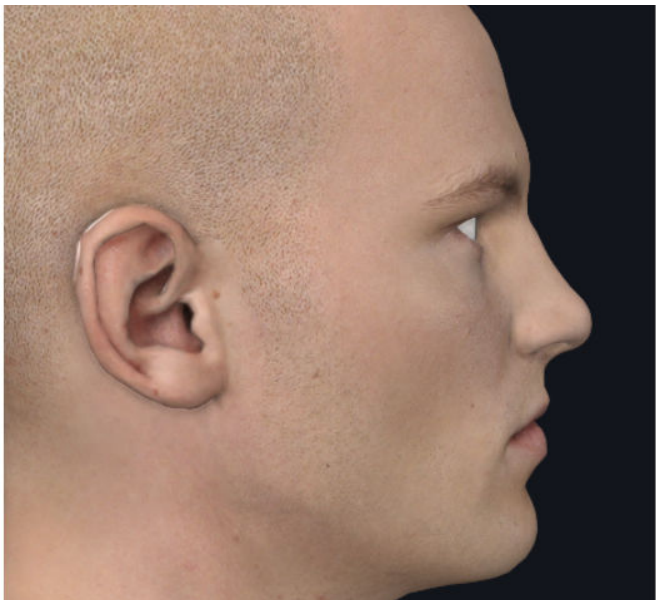


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NASAL DIAGRAM (Side View)

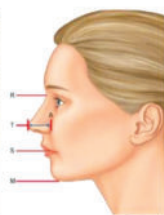
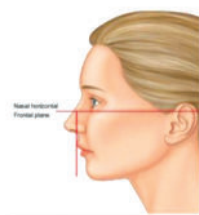
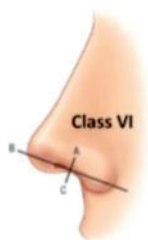
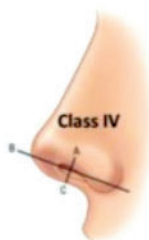
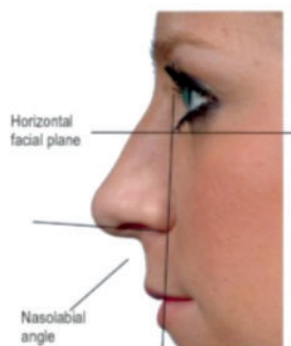
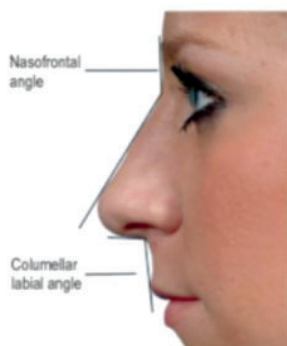


RIGHT SIDE VIEW

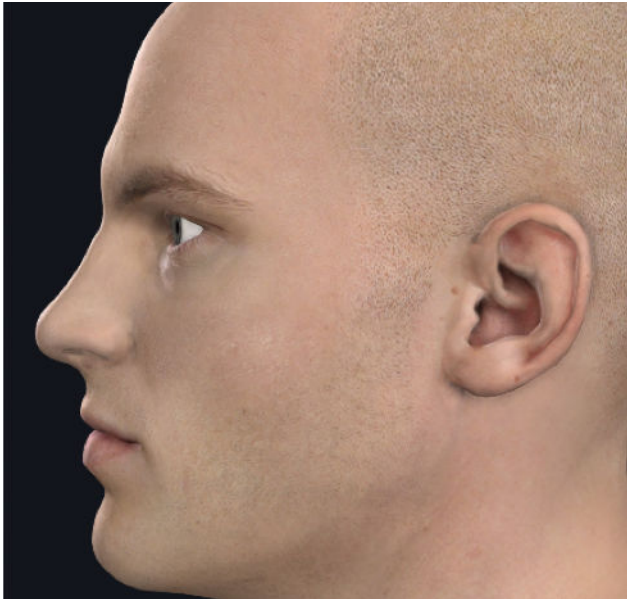


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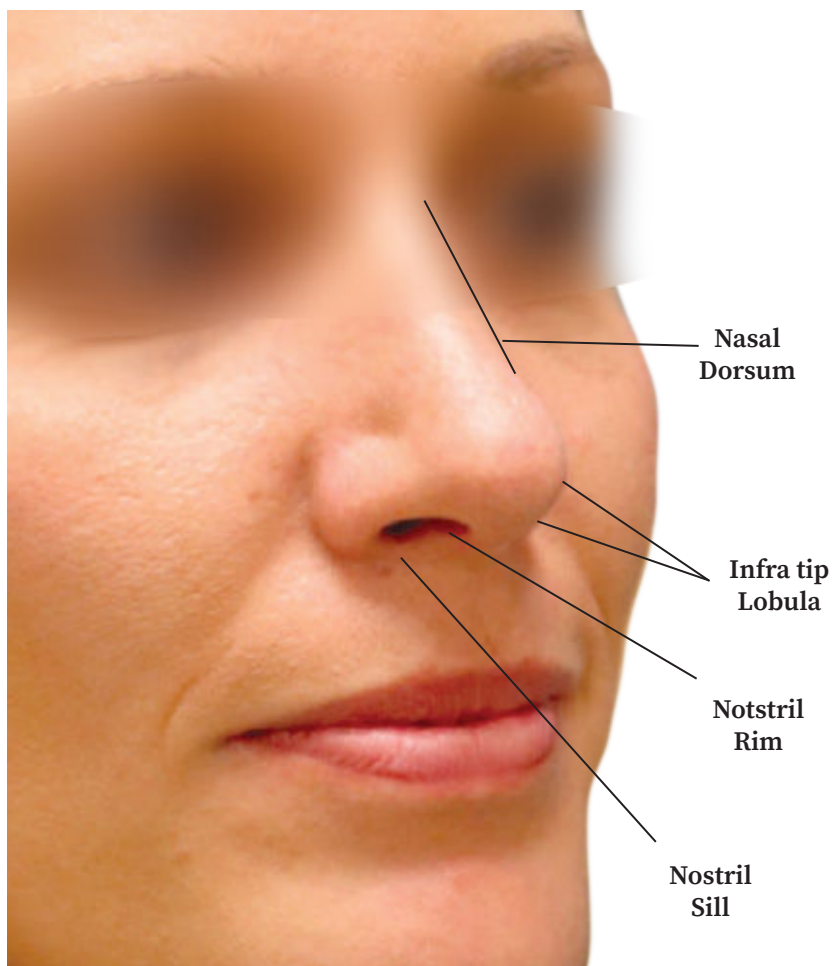


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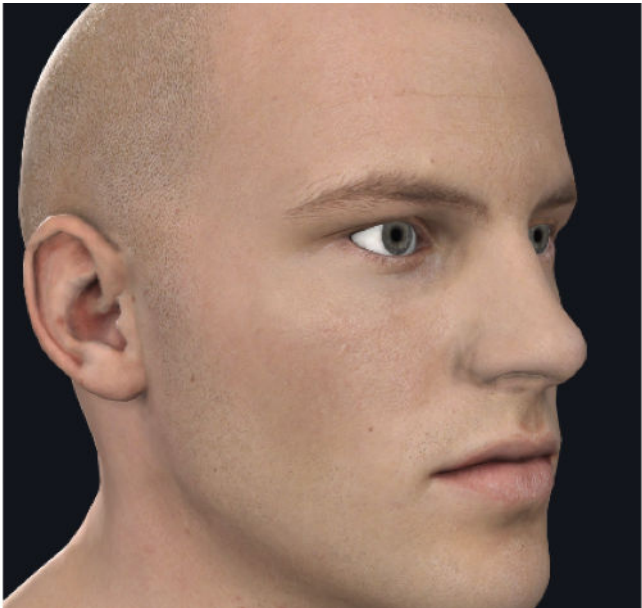


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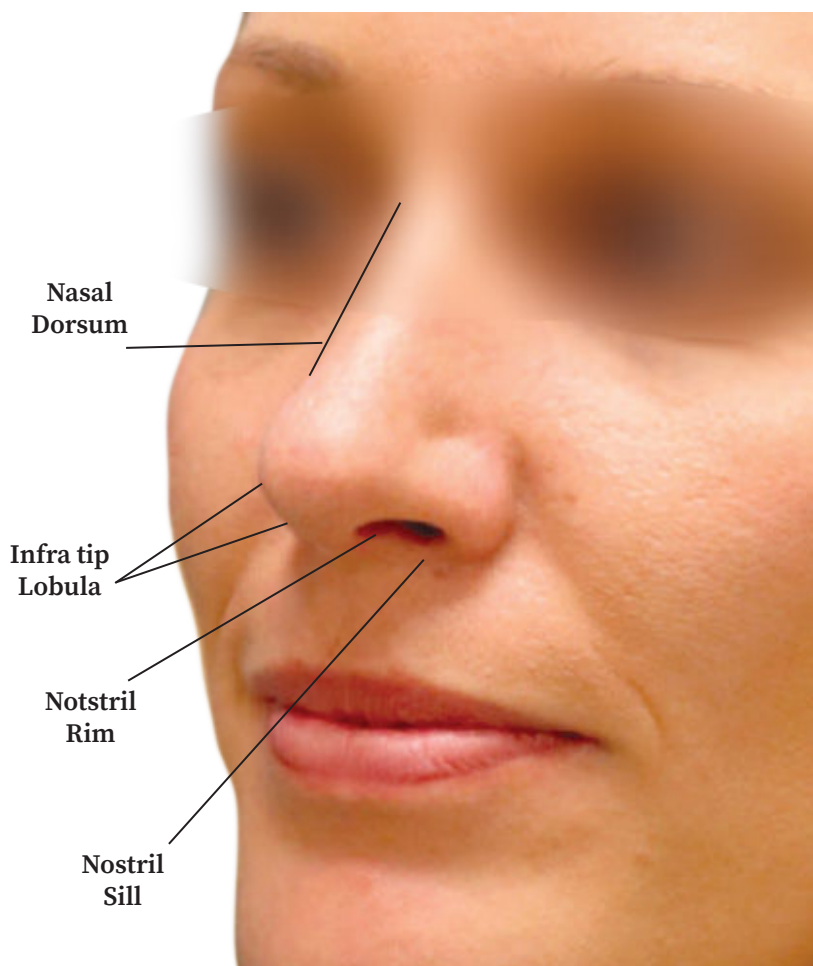


RIGHT OBLIQUE VIEW

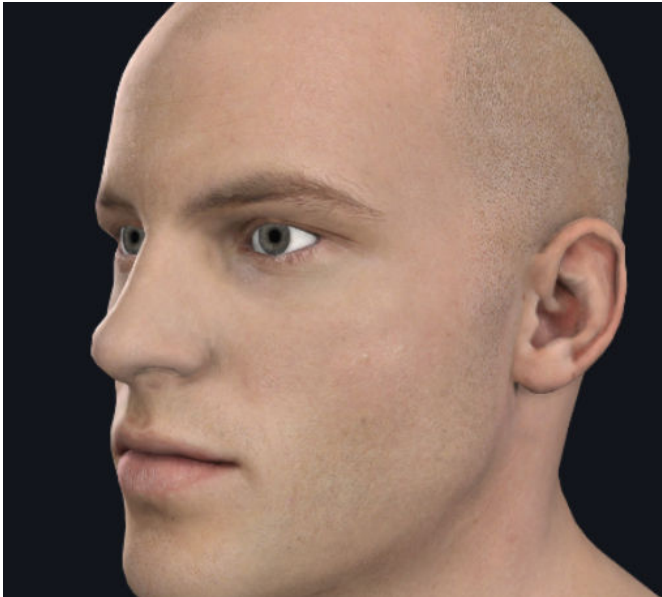


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“REVIEWS”

“I’m very, very happy with my Rhinoplasty procedure; it looks natural. I have had positive feedback from my family and friends. I think Dr. Miller has a good sense of balance with the surgery and what’s best suited for your face or body. He has a good understanding of both medicine and art. I felt extremely comfortable with his competence and his bedside manner. He’s patient and listened to any concerns and questions I had. I think it was a positive experience overall.”

– Thersa R (Google+ Reviews)

“Dr. Miller is wonderful and gave me back my confidence. I had 3 prior rhinoplasty surgeries which in turn caused my right nostril to be crooked and higher than my left. I lost my confidence and never felt my nose looked normal. I researched various plastic surgeons for over a year and after reading all the reviews and interviewing 3 of the top surgeons in the country I decided on Dr. Miller. After my first Skype call with Dr. Miller I knew he was the one. He knew exactly what I needed and he made me feel relaxed and confident. I flew to NY and met with Dr. Miller before my surgery and knew I had chosen the best doctor. Needless to say I am so happy with my results. I love my nose. I never thought I would say that again. Dr. Miller made my nose look better than it did prior to breaking it. He is an artist, in fact my daughter broke her nose as a young child and I will be taking her to Dr. Miller as soon as she graduates college. Dr. Miller is the ONLY doctor I will go to for any other facial surgery I plan on doing. He is truly the Best!! I am very Grateful To Him!”

–Koren B. (Google+ Review)

“I’m from Pennsylvania but chose to come to New York for Dr. Miller, even though it’s about three hours away from where I am. I would travel back and forth for the consultations. I was nervous because I had never had any type of surgery before, but they kept me calm. I traveled home after the procedure, and it was all worth it. Everything turned out the way that I wanted it to. The nurse Kelly is amazing and Dr. Miller is fantastic. He is very skilled at what he does. I would definitely recommend Dr. Miller no matter how far he is because he gets it right the first time. I risked my time and was concerned about finding a good doctor, and I really think that I found the best.”

–David M (Citysearch Review)

“Dr. Miller gives the impression that he really cares and that you’re happy with the results. He wanted to know that I got what I wanted from the Rhinoplasty and he kind of aligned it with what I felt was best. He’s specialized in that area, which is what I like, but he’s someone who is board certified and not just someone in general trying to specialize. You can tell he really knows his area. He definitely met all my expectations and more...I could not have been happier. I would do it a hundred times over.”

–Esther Felix (Google+ Review)

"Dr. Phillip Miller is a true artist. I did my nose here. I did not want to do anything major. I just wanted to refine the tip. Dr. Phillip Miller listened to everything I wanted it. When the cast was off, the nose looked perfect. My biggest fear was of getting a Latoya Jackson looking nose or nose that looked like it's been worked on. Dr. Phillip Miller gave me exactly what I wanted plus it looks so natural that no one can tell that I had it done. The healing process was the hardest part for me. It takes time for the swelling go down and to see your final results. I have no patience for that. Luckily for me, the Gotham staff is extremely supportive and understanding of their patients. They will not let you go out of the office unless you are satisfied and taken care of. They were willing to see me every day in order to monitor the swelling. I highly recommend Dr. Phillip Miller. You will be in good hands!"

–Judy Martin (Google+ Review)

"For me, taking an airplane from Spain to go to see Dr. Philip Miller, was something I had no doubt about. I left my hospital and rushed to New York to be with the best in Facial Plastic Surgery. Every individual has at least one teacher in his life who leaves a great influence on his personality, and for me, Dr. Philip Miller is a Star in Facial Plastic Surgery. I have been with him in a rotation at the Gotham Plastic Surgery Office learning from his outstanding facial plastic surgeries. As a doctor, I found guidance, friendship, discipline and affection, everything, in one person. The great work which you treat it as a passion, your ethics and outstanding natural results overwhelmed me. There is no other profession that so directly shapes the world of a tomorrow. Also, I would like to thank all his crew, whom treated me as their own. You have an all-star team. You are seriously the best. As a doctor, I recommend Dr. Philip Miller for all what I described before. Thank you very much for your gift, the gift of knowledge, which you shared with me. I want to thank you for doing the most important work of all—educating the next generation."

–Nabil Fakh Gómez (Google+ Review)

"Imagine a medical professional who allocates a reasonable amount of time to see you, takes you in on time, and then listens, cares, and completely explains all of your treatment options in understandable terms. Imagine a doctor committed to the highest level of care who incorporates those new, proven techniques and methodologies best suited to your specific case. Imagine a doctor's office where every member of the staff is fully committed to a vision of patient centered care. No, it isn't a fantasy, it happens every day at Dr. Philip J. Miller's office. Dr. Miller has given me the nose I have always wanted, and significantly improved my quality of life. I give Dr. Miller and his entire staff the highest compliment I can. I would highly recommend him to anyone in need of his medical expertise."

–Laura Holderied (Google+ Review)

"I recently underwent a very positive rhinoplasty with Dr. Miller. Everyone connected with his office was extremely professional and cordial. I especially appreciated my initial consultation with Joseph, who helped me clarify exactly what I wanted to have done. Once I met with Dr. Miller, I knew I was in the right hands. His bedside manner was impeccable, not superior or rushed. He was kind, attentive and good natured. My positive experience carried through to my procedure day, when I was graciously met by the early morning staff, who did everything they could to put me at ease. The results are exactly what I had hoped for; there is nothing drastic or fake about my appearance. Anyone considering rhinoplasty can rest assured that Dr. Miller will deliver the results you are looking for."

–Heidi Wolk (Google+ Review)

"Dr. Miller's customer service and bedside manner made me choose him to have a rhinoplasty, septoplasty, and a natural chin. He made me feel really comfortable and I wasn't intimidated or scared. There was no gimmick and it was just straight answers. Plus, the whole staff is extremely friendly. The recovery was a lot easier than expected and I was back at work seven days later. The best thing I like about the results are the compliments!"

–Bianca M. (Citysearch review)

"Everything from the office, to the staff, and Dr. Miller...everybody is so friendly, and they know your name. I haven't had a schedule mixed up. They respect you and they're very efficient. They're also incredibly caring and they follow up...he was very reassuring and calm, and he talked me through it to let me know exactly what was going to happen and what to expect afterwards. Ever since the surgery, I've had no problems or reoccurrence of the chronic sinus infections. I would say that it was a 100% success!"

–Samantha G. (Citysearch review)

"I debated having a rhinoplasty done for years and met with multiple doctors but still didn't feel sure about it. When I met with Dr. Miller (during a zoom consult) I instantly knew I was ready. His entire team throughout this process, especially during this time, was so hands on and made me feel at ease. Everyone was easy to talk to to get in touch with and answer any and every question I had (and there were a lot). The day of the procedure I was nervous beyond belief but Dr. Miller and Dr. Garland made me so comfortable and the procedure was a breeze! I can't thank them and everyone there enough, I am so happy with the results as well they exceeded my expectations!"

–Amanda Y. (Google+ Review)

"I initially heard about Dr. Miller through word of mouth and found his credentials and experience appealing when I went online. I thought the staff was nice and they didn't rush me. So far, I feel fine and don't have any problems from the Rhinoplasty last month. There's no bruising, which was very good. I'm back to my regular activities and everything went smoothly!"

–Andres B. (Citysearch Review)

"I knew I wanted to have a Rhinoplasty in New York because I go to school full-time here. Dr. Miller was really good at walking me through what he was going to do, it was very helpful. The whole office worked with me and was considerate, attentive and helpful as well. I'm very happy with the results and everything, but it's still a little swollen. He put me on a treatment that tightens up the skin and I can see a difference right away. He's very honest and will point out if he's happy or not with the results, which I definitely appreciate in a doctor for me."

–Magan N. (Citysearch Review)

"The office is extremely professional from the very first meeting through the procedure and all follow ups. The staff is incredibly efficient, warm and friendly. Dr. Miller is an artist, who truly cares about creating a personalized aesthetic. As I am a member of the medical community, I feel my expectations for professionalism and expertise is high."

–Susan B. (Google+ Review)

"Great Doctor. From start to finish, my experience with Dr. Miller was comfortable and pleasant. He and his staff could not have been more caring throughout this experience-especially on the day of my surgery. To put your face in the hand of someone takes trust, and I completely trusted him. Overall, I am very happy and can't wait to see the finished product..."

–Lorraine Walters (Citysearch Review)

"My experience with Dr. Miller and his team was incredible. Everyone who I met with was warm, welcoming and incredibly informative. The whole process was extremely organized and thorough – there was nothing missed in their instructions for pre and post operation. The results are amazing and exactly what we talked about (if not better!)."

–Phoebe G. (Google+ Review)

"Dr. Miller was very skilled. I had my nose done after seeing my cousin get one from Dr. Miller. I was so scared. I love the results. Dr. Miller's great."

–Reece799 (Citysearch Review)

"Nothing short of amazing. Dr. Miller is highly trained in facial plastic and is also an ENT which is a plus. I finally had a Rhinoplasty after decades of being subconscious about how disproportionate my nose was to my face. From the first phone call to my last follow up, staff is extremely knowledgeable and professional. Before scheduling, I did a lot of research. There weren't many facial plastic surgeons who compared to him. The recovery was a breeze because they set you up to have the best post op experience beforehand which helped tremendously. I felt like I had a million questions but his Physician Assistant never made me feel like I was a bother! Pain was minimal, it is truly a mental recovery. A bit of congestion which I would compare to a cold, some minor and temporary taste and hearing difficulty because everything is connected. All subsided quickly. After the cast was removed, everyday was a little bit better. I couldn't be happier. Feels unreal honestly. And my confidence level...is on a whole other level! I like him so much I went back for some botox and filler."

–Abby M. (Google+ Review)

INSTRUCTIONS FOR OUT-OF-TOWN OR OUT-OF-COUNTRY PATIENTS

At Gotham Plastic Surgery, we welcome out-of-town patients, and will do everything in our power to meet your needs throughout the duration of your visit.

Our staff is happy to assist you with all your travel arrangements. Please contact us at patientinfo@gothamplasticsurgeryny.com for concierge assistance or fill out an online request form. In your email or contact request form, please include a description of why you would like to meet with Dr. Miller and provide clear photographs of the area in-question, including profile and back views where applicable.

Also, please list any medications, vitamins, or nutritional supplements you are currently taking, so the Gotham staff can more fully prepare for your appointment. Once the Gotham staff has reviewed your submission, they will contact you to schedule an appointment.

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ABOUT THE AUTHOR



For more than 20 years, Dr. Philip J. Miller has been one of New York's leading facial plastic surgeons and a recognized expert in the fields of rhinoplasty, blepharoplasty, and rhytidectomy.

For the last decade, Dr. Miller has consistently been voted one of the Best Doctors in America and the Top Doctor of New York—one of the reasons he is frequently invited to share his skill and experience at national facial plastic surgery conferences.

In addition to his surgical and educational duties, Dr. Miller has served on the Board of Directors for the American Academy of Facial Plastic and Reconstructive Surgery, and as a guest examiner for the American Board of Otolaryngology. He has published original articles in peer-reviewed facial plastic surgery journals, authored numerous manuscript chapters, written for rhinoplasty and neck rejuvenation textbooks, and was recently invited to serve as a guest editor of the monographs Facial Plastic Surgery and Clinics of Facial Plastic Surgery.

Dr. Miller has also served as a visiting professor at medical schools in both the United States and England, and he has been featured on NBC's The Today Show, the Discovery Channel, Elle, Marie Claire, W, Hamptons, Gotham, The New York Times, and The Wall Street Journal.



YOU CAN VIEW DR. MILLER'S COMPLETE CURRICULUM VITAE [HERE](#)



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www.drphilipmiller.com

A handwritten signature in black ink that reads 'Philip J. Miller'.

PHILIP J MILLER, MD, FACS