



OrthoAdvice™

# Look Better, Breathe Better with Rhinoplasty and Septoplasty

By Lewis Diulus III, MD

Whether you are interested in nasal surgery for aesthetic or functional reasons, a personal consultation with a Crystal Clinic plastic surgeon is a great place to start.

There are two main types of nasal surgery: rhinoplasty and septoplasty. Rhinoplasty, often referred to as a “nose job,” can be done for either cosmetic, functional or traumatic reasons, whereas septoplasty is performed primarily to improve function.

Cosmetic rhinoplasty improves the nose’s shape and proportion to the rest of the face. For those who don’t like the “hump” on their nose or how the tip looks, we can modify the cartilage to make the nose narrower or straighter.

A functional nasal surgery can relieve breathing difficulties, and reconstructive surgery can rebuild a damaged or deformed nose. Insurance generally covers these surgeries.

There are two different areas on the outside of the nose that can affect the ability to breathe easily. If someone has difficulty with airflow through the nose, it may be because the internal valve has collapsed. Or it may be that the support system of the lower part of the nose is weak. In those cases, we can strengthen the external valve. Deviations to the right or left — whether from birth, a car accident, fall or sports injury — can also be corrected with this surgery. For more extensive reconstructive surgeries, we use cartilage from the patient’s ear, rib or septum to rebuild the nose.

Depending on the surgeon’s preference, he or she may use either an open or closed approach to the procedure. The open technique calls for an incision on the outside of the nose between the nostrils to elevate the skin and fatty

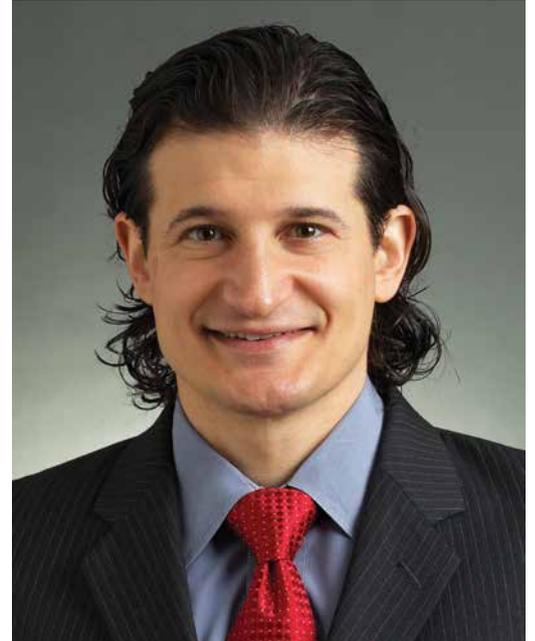
tissue off the cartilage of the nose. This allows for better visualization of all the structures of the nose and offers the surgeon more control of the surgery. In the closed approach, incisions are hidden within the nostrils.

While rhinoplasty can correct a variety of issues, septoplasty is mainly performed to address a deviated septum, which can affect airway flow and the ability to breathe through the nose. The septum is made up of both cartilage and bone. Both can be deviated, increasing congestion and irritation.

In this procedure, a surgeon removes the deviated portions of cartilage and bone. We may even use the patient’s own cartilage as a graft to open up the internal valve. While operating, we can see if the turbinates — a bony and mucosal component in the nose — are inflamed or enlarged. If so, those can be reduced surgically to improve nasal airflow. Like rhinoplasty, septoplasty can also be performed using either the open or closed approach.

Recovery time from both rhinoplasty and septoplasty varies from patient to patient. For less invasive cases, recovery time could be as short as two weeks. If extensive reconstruction is involved, complete healing could take months, but most patients are back to the majority of their regular activities during this time.

If you’re interested in exploring either of these options, call us to schedule an office visit. We’ll discuss your individual concerns, assess your breathing, and develop a customized operative plan. With years of experience in nasal plastic surgery, our team at Crystal Clinic Plastic Surgeons can help you look and breathe better.



*Dr. Lewis Diulus is a board-certified plastic surgeon, specializing in cosmetic and reconstructive surgery. He graduated from Boston University School of Medicine and completed his residency training at Cleveland Clinic and Summa Health System. He also served as a lieutenant commander and surgeon in the U.S. Navy. Dr. Diulus specializes in facial and nasal reconstruction, rhinoplasty, breast reconstruction and other cosmetic surgery procedures. Additionally, he provides a full range of nonsurgical facial rejuvenation treatments.*



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