

GOSMETIC

SURGERY MAGAZINE

RRP \$14.95 (incl. GST) (NZ \$15.95 incl. GST)
ISSUE 47 • FEB - APR 2010

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ISSN 1834-383X



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balancing act

Small changes to the shape of the nose can achieve significant results, says Sydney plastic surgeon **Dr Michael Miroshnik**. Aimée Surtenich reports.

While everyone's perception of physical beauty differs, studies have consistently shown that a balanced and symmetrical arrangement of facial features is integral in determining the attractiveness of a person's face.

'As the central feature of the face, the nose plays a fundamental role in facial proportion and harmony,' says Sydney plastic surgeon Dr Michael Miroshnik. 'It is the basis around which other facial features, such as the eyes, lips and chin, are viewed.'

'Changing the shape of the nose to balance with a patient's individual features can therefore enhance the appearance of their overall face,' he continues.

The modern approach to rhinoplasty is to sculpt a natural-looking nose to suit the individual patient's face. 'To achieve this we can reduce or increase the overall size of the nose, remove a hump or any contour irregularities,

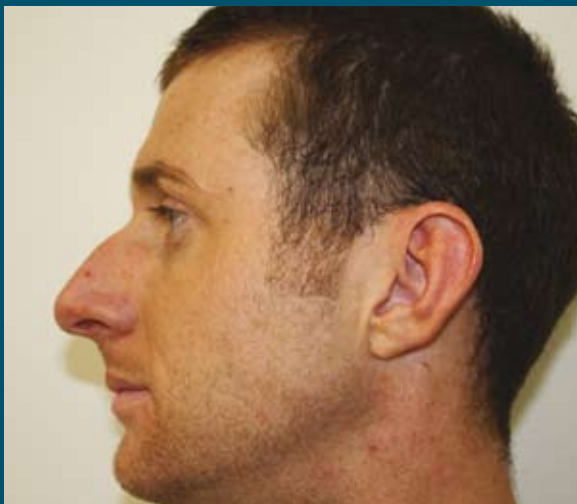
achieve a more defined nasal tip, or change the angle between the nose and upper lip,' Dr Miroshnik explains.

The gender of the patient – and the differences in the aesthetics of the male versus the female nose – must also be taken into consideration. While the ideal female nose is generally smaller and shorter with a more concave profile, a masculine nose tends to have a broader bridge and less obtuse angulation between the lip and tip of the nose.

'The key is to correct any abnormality that detracts from the overall appearance of the face while achieving a natural-looking result in keeping with the patient's gender and specific requirements,' says Dr Miroshnik.

Creating a nose that blends in with and complements other facial features, rather than dominating the face, is fundamental to successful rhinoplasty. 'Even a slight alteration can dramatically improve a person's appearance,' he concludes. **acsm**

This 28-year-old male requested a change in profile because he felt his nose was too overpowering for his face in profile view. He underwent an open rhinoseptoplasty by Dr Miroshnik to remove his dorsal nasal hump and to improve his nasal tip and breathing.



BEFORE



AFTER rhinoseptoplasty by Dr Miroshnik