



# Scarless Surgical Rhinoplasty

The nifty new way to get a nose job

almost all manoeuvres done using the traditional open rhinoplasty approach (with a scar) can be done with the scarless procedure. It is not just about sliding an implant into the nose, as it was in the past. The septum can be harvested to be used as structural support during the procedure.

surgeon will determine the areas of deformity, the underlying support of the patient's noses, as well as her aesthetic ideals.

To achieve the cosmetic and functional goals, grafts are often needed to provide structural support as well as to increase the height of the nose. The grafts can be harvested from the nasal septum, ear cartilage or rib cartilage. Implants can also be used. The choice of grafts or implants to be used is discussed with the patient extensively, before a decision is made.

## What can scarless surgical rhinoplasty do?

Scarless surgical rhinoplasty or septorhinoplasty can be performed to:

- Correct deviation of the nasal septum
- Straighten the bridge of the nose
- Increase or reduce the height of the tip of the nose
- Reduce a nose with a hump
- Narrow the nostrils
- Refine the tip of the nose

## What are advantages of scarless septorhinoplasty?

- No external wound so less likely for others to know that one has undergone surgery
- Less swelling
- Quicker recovery and less downtime
- No need for removal of stitches

**Many people know** about “nose jobs” to improve their appearance. The term for such a surgery is “rhinoplasty”; “rhino” is Latin for nose, and “-plasty” means to reshape or to restore form and function.

Some patients have a “crooked” nose, due to curvature of the wall that divides the nostrils. This wall is called the septum. Septorhinoplasty corrects curvature of the septum, and can also alter the framework of the nose, thereby improving the patient's appearance. It can be either functional or cosmetic.

Now there is a unique scarless method to perform the surgery. Read on to find out more about how you can get a nicer nose.

## How is a traditional surgical rhinoplasty done?

The traditional method for either a surgical rhinoplasty or septorhinoplasty involves incisions inside the nostrils, as well as an incision on the central strut of the nose, the columella.

## How is scarless surgical rhinoplasty different?

In the scarless surgical rhinoplasty technique, the incisions are performed only within both nostrils, so there is no external incision, hence the term “scarless”.

In the past, the techniques and results that can be achieved with scarless or “closed” rhinoplasty were very limited. However, based on the techniques that I have learnt during my one year of training in Seoul,

## Am I suitable? What graft materials can be used?

After a thorough consultation and analysis of the facial and nasal structures, the



*These are post-operative pictures of two different patients - the first had a classical open rhinoplasty, and the other had a scarless surgical rhinoplasty*

Dr Valerie Tay is an Otorhinolaryngology specialist at SMG ENT Centre, a Singapore Medical Group Clinic. She completed her postgraduate Otolaryngology (Ear, nose and throat) training in Singapore and pursued advanced sub-specialty training in Facial Plastic Surgery in the renowned Navi Plastic Surgery Clinic, a high volume plastic surgery centre in Seoul, South Korea.

She is experienced with a wide range of ENT conditions in both adults and children, such as sinus problems, snoring, ear problems and salivary gland diseases.

Most recently, she was a consultant with the Otolaryngology department in Tan Tock Seng Hospital, where she led the Facial Plastic Surgery service.

Having a keen interest in teaching, she served as a clinical senior lecturer with the Yong Loo Lin School of Medicine, National University of Singapore, and was a Core Faculty member of the ENT (ACGME-I) residency programme.

Dr Tay believes that health is a way of life. Medications and surgery are only part of the answer in healthcare, she believes in empowering her patients to take responsibility for their diet and lifestyle choices to improve their well-being.

