

BEAUTY DISSECTED

BY DR FIRDOUS QUADER MINU



M.B.B.S, D.L.O ENT, Head-Neck
& Cosmetic Surgeon,
Phone: 01199845531

Rhinoplasty - Reshaping of the nose

WHEN we look at a person the first thing we notice is the nose. It is the most prominent part of the body, right in the centre of the face. The shape of the nose makes a great difference in our appearance. So, if we are not happy with it, there may be trouble. Some people feel very conscious about the shape of their nose and may lose confidence in themselves. This is mostly seen in young adults who are very conscious about their looks.

The shape of nose can be changed in any way that is required or needed. I say required, as, in some cases it is a necessity, like, in cases of accidents where the shape has been affected by fracture or displacements, or there may be a congenital defect like cleft lip where the nose may also be involved. And of course, then, there are those who are unhappy with their shape but have no medical problem, but want it changed and so, needed.

In Bangladesh or I should say in this subcontinent we have a tendency to like noses which are long and sharp tipped, "lomba & khara" as we say it. So people who have a small nose or a nose with a flat dorsum and tip, (bocha nak), are at some stage teased about it. The good news is that Rhinoplasty can fix this problem. Also if your nose is too long or you have a hump on your nose, rhinoplasty is the answer.

There was a misconception that these surgeries can only be done abroad, but people don't need to go abroad anymore as it is being done very successfully in Bangladesh. There are many types of rhinoplasty according to patients' need.

Augmentation Rhinoplasty- This is done for people who have a small or flat nose, in this procedure we augment

the dorsum by placing grafts, which can be cartilage, bone, or artificial implants. What kind of graft is used depends on the amount of work and choice of surgeon. All of the materials used are safe and nontoxic to the body. When bone or cartilage is used it's harvested from the ears, elbow or ribs, so another procedure is needed for those areas. If artificial implants are used, they are available in medical stores as silicon blocks or custom made nasal implants. These have to be imported but are available here. I find the use of implants very convenient as no other procedure is needed for graft harvesting and so the patient has one less scar, and also it's very safe. I do use cartilage or bone when needed. Usually a splint is kept for 5 days and there may be some bruising, which disappears in a few days. Results can be seen almost immediately but patient needs to wait for all the swelling and bruising to settle before the final result can be seen.

Reduction Rhinoplasty- Sometimes a long nose can also look bad, if it's too long or crooked, then we do a Reduction rhinoplasty, where the part which is most prominent can be reduced. The bony part of nose or cartilaginous part, whichever it is, can be reduced. Also if the base of the nose is too broad it can be reduced by a Alar base reduction.

Tip-plasty- For those who just need a sharp tip we only expose the tip and do a tip-plasty.

Some people come with complaints of blockage inside the nose caused due to injury or it may be developmental with age. Sometimes the bridge is also crooked. Here a Septorhinoplasty is required.

In most cases we see that a combination of procedures

are required and is usually done under local or in some cases general anaesthesia. Most of the procedures are done from inside the nose so no scar is seen. In none of the cases hospital stay is needed. These are day cases where patients come in, do the procedure, and go home once they are fully feel fit. They will have a bandage for 5-6 days to protect the nose.

In cases of accidental injury or fracture of nasal bone, or congenital defects, reconstructive rhinoplasty is done. Here we try to rectify the defect as best as possible and try to make the nose look nice. More than one sitting may be required in some cases to improve the look. It is usually counseled before the surgery, so they are mentally prepared for the procedures. Sometimes as we grow older there is a redistribution of tissues and fat, this may change our facial shape, to look more blunt. We have seen that rhinoplasty can bring a nice change in appearance.

In all cases when a patient comes to see us, a detailed history is taken to determine the patient's need for the surgery. They are properly counselled as some people think that the shape of nose can be changed to whatever they want, and so they can have a nose like any actor, which is a total fantasy. Their expectations have to be realistic. Usually we will take preoperative pictures to compare later on.

We have seen that patients usually get a lot of confidence after doing the procedure, as they find themselves more acceptable.

Rhinoplasty is becoming very popular in Bangladesh. It can bring about a great change in a person's appearance and can make them feel and look better.

For consultation, please call- 01199845531

ASK DR SAGIR

SAGIR U AHMED DVM, PhD



Why we need to spay or neuter our pets

SPAYING means ovariectomy of our female pets. Ovariectomy - the surgical removal of the uterus and ovaries, or ovariectomy - the removal of ovaries, are procedures performed under general anesthesia.

Neutering means castrations of the male cat. Castration is another surgical procedure that results in the removal of the testicles in the male animal. It is a faster, simpler surgical procedure than ovariectomy because the testicles are normally located outside the body in the scrotal sac. Entry into the abdominal cavity is unnecessary in the normal male animal and the duration of anesthesia is very short.

Benefits of spaying (females):

No heat cycles, therefore males will not be attracted

Less desire to roam

Risk of mammary gland tumors, ovarian and/or uterine cancer is reduced or eliminated, especially if done before the first heat cycle

Reduces number of unwanted cats/kittens/dogs/puppies

Helps dogs and cats live longer, healthier lives

Benefits of neutering (males):

Reduces or eliminates risk of spraying and



marking

Less desire to roam, therefore less likely to be injured in fights or auto accidents

Risk of testicular cancer is eliminated, and decreases incidence of prostate disease

Reduces number of unwanted cats/kittens/dogs/puppies

Decreases aggressive behavior, including dog bites

Helps dogs and cats live longer, healthier lives

Spay and Neuter Post-Operative Care Instructions:

If your pet's surgery was in the last 24 hours, when you return home:

Restrict an adult pet's food intake to avoid stomach upset from anesthesia. Do not offer adult pets any food for the first 2 to 3 hours. After 2 to 3 hours, you may offer food in very small amounts for the first 12 hours, but do not be concerned if your pet does not want to eat right away. Remove

food until morning if vomiting occurs. Offer normal amounts of water.

Patients can be offered food and water upon returning home.

Keep the pet in a confined area away from other pets and children for a day. Do not place them in a

high place (bed, sofa, etc). Rest and sleep are essential for healing.

If pain medication has been prescribed by your vet, please follow the written instructions carefully.

A small amount of blood around the incision is normal immediately after surgery.

You must keep your pet from licking the incision or the surgical stitch. If your pet cannot be restrained from licking, it is recommended to use an E-collar, which fits around the neck and prevents licking.

If your pet is using an E-collar, prepare for them to react negatively at first. It will be awkward for them, and hinder their movement. It usually takes pets 24 hours to get used to the collar, but then they are quite accepting of it.

Follow the medication instructions of your vet accurately.

Model: Mowgli