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**Redefining Asian nose using implants an art in itself**

**By Leslie Sabbagh**

**Redefining Asian nose using implants an art in itself by Leslie Sabbagh**

Newport beach, Calif. – Rhinoplasty for Asian patients brings with it a variety of challenges, not the least of which is the lack of agreement among surgeons on how to achieve the best results, along with a paucity of good reports in the literature.

Nazih Haddad, M.D., who has extensive experience in treating Asian noses, explained his techniques for achieving consistent outcomes and happy patients.

A clear recognition of the challenges with the Asian nose is necessary, he advised, to develop a good surgical plan. "Asian skin is thicker and less elastic than Caucasian skin, making it less easy to remodel," he said.

What's more, the cartilage is softer and thinner compared with Caucasian noses, so it is somewhat less reliable. Attempts to sculpt the cartilage fail because "it does not take the shape you want due to its softness, in addition to warping and possible absorption," said Dr. Haddad, aesthetic plastic surgeon in Newport Beach, Calif.

To further complicate matters, the bony framework, in general, is tiny. This means that the patient's bone structure itself does not help the surgeon to reshape the nose.

**Building the bridge**

The Asian nose is often saddle-shaped: the bony structure is disproportionately small with a wide tip. If the patient wants a Caucasian nose, then the surgeon must build the upper and middle portion of the nose and reduce the lower part of the nose (the tip and alae). The latter technique sometimes requires making an incision in the skin, and this can be challenging, warned Dr. Haddad, who is also a clinical associate professor of facial plastic surgery at the University of California, Irvine.

Asians, Dr.Haddad said, prefer to have a strong nasal profile. A quick and easy way to achieve this – at least as a first-line treatment – is by using Silastic implants. "I suggest using the larger rather than the smaller implants because I have found my patients prefer this look. They also want a more narrow ala."

## Redefining Asian nose using implants an art in itself

Dr. Haddad also uses implants to achieve the narrow alae. This he noted, can be somewhat controversial because conventional wisdom holds that implants have a high likelihood for eventual extrusion. "The incidence of extrusion is about 5 percent, but I believe the benefits far outweigh this risk. The good news is that the thickness of Asian skin better protects and hides the implant."

Placing the implants is not a lengthy procedure, he said, and can be done under local anesthesia. This is important because the patient does not experience a great deal of downtime; often they can return to work right away because swelling is not a problem.

### Procedure

An average of 7 to 8 mL of buffered lidocaine with epinephrine is injected in the nasal dorsum, the tip, and the gingivallabial area. After 10 minutes, an incision is made in the gingival–labial area and, with sharp and blunt dissection, is tunneled up the the columella. Then scissors and a periosteal elevator are used to undermine the skin of the nose and the periosteum to create a pocket for the implant.

Dr. Haddad used a preformed, L-shaped Silastic implant. "I like the preformed models because they require almost no carving. Many surgeons will carve the unformed Silastic at the time of surgery. This usually takes longer and the end results are not as pleasing as those achieved with preformed Silastic. I prefer Silastic over harder implants because the feel is better," he explained.

### Closing the wound

The wound is closed with chromic or polyglactin 910 (Vicryl) sutures. "if the implants is placed deep the the periosteum, then it is well secured," he said. If necessary, Steristrips can be placed on top of the nose.

Projecting the tip of the nose will sometimes narrow the nasal alae. If this does not occur after he places the implant, then Dr. Haddad removes a wedge of skin at the junction between the nasal alae and the floor of the nose which he cuts from the inside or from the outside along the crease of the nostril.

Asian eyes also require special attention, and the patient dictates the outcome based not just on personal preference, but on cultural factors as well. (See Asian eye article on p.16). CST  
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None

## Using Pillar Implants To Avoid Snoring

By Jason Rickard

## Redefining Asian nose using implants an art in itself

Snoring may not seem to be a nuisance to someone who actually snores, but to everyone else, it's completely disturbing and can be the cause of sleepless nights. Snoring is more evident in men and in adults. Snoring is something that should never be overlooked for it can lead to a more serious problem which is sleep apnea.

If you are a heavy snorer, then you need to seek medical medication as soon as possible. Good sleeping habits and eating a balance diet could improve things but if and when you realize that no sleeping tips can send you to bed without the irritating z's, then it is time to head to your doctor.

Pillar implants are getting more popular nowadays. You can discuss with your doctor if implants are suitable for you. Pillar implants are also considered as palatal restoration but patients do not need to undergo a surgical operation. What the implants do is to stiffen the snorer's palette tissue which when moved causes vibration. This vibration is what we know of as snoring.

Doctors would place three inserts in your mouth and the procedure would take no longer than an hour. After a few hours, you can be allowed to eat solids but you must stay clear of hard foods for a certain time. Pillar implants are known to be without serious side effects as they use non-toxic materials and safe to use regularly.

The effect of pillar implants can last a long time. It can prevent chronic snoring permanently. You can also ask for the implants to be removed in case you become uncomfortable or if you feel you no longer need one. If you need implant extrusion or need to check on the placement of your pillar implants, you should visit your doctor immediately.

Pillar implants are the next best thing to surgical treatment. You don't need to visit your doctor as often to complete several sessions. Besides, it's a cheaper way to prevent snoring. Pillar implants are definitely one of the most practical and effective ways to a soothing and quiet sleep.

Jason Rickard is the owner of Your Favourite Shop –

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