

WHEN YOUR NOSE DOESN'T “FIT”

EVERYTHING YOU NEED TO KNOW
ABOUT RHINOPLASTY

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DEDICATION

To my best friend, wife and business partner.
We've defied all odds.

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FOREWARD

I just finished reading Dr. Sullivan’s “*When Your Nose Doesn’t Fit*” and was impressed by the clarity of thought and thoroughness of the manuscript. I have had the privilege of knowing Dr. Sullivan for over 30 years and have witnessed first hand his surgical and educational skills as we have collaborated on a number of educational endeavors including Harvard sponsored rhinoplasty courses. Dr. Sullivan is an experienced writer and educator and this book reflects his longstanding ability to succinctly describe complex concepts in a systematic manner. He is correct in stating that many potential rhinoplasty patients feel “paralyzed by too much information”. This ‘paralysis’ leads to an inability to adequately prepare, plan, and communicate effectively with ones surgeon/potential surgeon.

As with many surgical fields, the last 20 years has ushered in a wide variety of techniques available to rhinoplasty surgeons. Although these advances in surgical options/techniques have allowed for customization of specific surgical plans, it has also become more confusing for the consumer. Dr. Sullivan’s book provides a clear roadmap as to which questions potential patients should ask as they begin a dialogue with the surgeon that ideally results in a clear understanding of the patient’s priorities. The value of this work is that it constructs a common language so that ‘consumer’ and surgeon can communicate at a level that maximizes the chance for a successful outcome.

Dr. Sullivan’s work brings the important aspects of the process into clear focus. The result is a book that you can trust, written by a surgeon with the talent, experience, and integrity that makes every word and concept valuable to anyone considering elective nasal surgery.

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INTRODUCTION

Of all facial plastic surgery cosmetic procedures, I believe rhinoplasty surgery demands the most skill and creativity. Even though the nose occupies a very small area of the central face, it is incredibly important to facial balance, symmetry and harmony, not to mention respiratory function. To me, the perfect nose resembles a work of art which blends with the other facial shapes and contours. Yet, when a nose doesn't quite "fit," it is fairly obvious even to the untrained eye (or, as the saying goes, it becomes "as plain as the nose on your face.").

As a medical student and young physician, I fell in love with the anatomy of the head and neck region, but it was the intricacies and complexity of the nose which intrigued me the most. My fascination with the nose caused me to pursue specialty training in otolaryngology (head and neck surgery) and facial plastic and reconstructive surgery at the University of Michigan. My chairman and mentor at the time, Dr. Charles Krause, was a skilled rhinoplasty surgeon. I have incorporated many aspects of his approach to the procedure into my own rhinoplasty routine. It was his connections which brought many top rhinoplasty surgeons from around the world to our department to assist in our training. My residency colleagues and I were being trained by the best of the best. I was fortunate to learn from many great rhinoplasty surgeons, including: Drs. Shan Baker, Greg Wolf, Jan Beekus, Eugene Tardy, Bobbie Simon and Gaylon McCollough, just to name a few. Every surgeon in this group enjoyed an international reputation and contributed significantly to the specialty of rhinoplasty surgery. However, it was Dr. Eugene Tardy's systematic and thoughtful teaching approach which impacted me the most. Dr. Tardy was a master of the rhinoplasty procedure. Watching him perform

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the surgery was like watching a sculptor execute a work of art. I have always aspired to achieving the same degree of artistry when I perform rhinoplasty surgery.

I am extremely grateful and humbled by my exceptional rhinoplasty training and feel blessed to have developed a very busy and satisfying rhinoplasty practice of my own over the past 30 years. I have the good fortune to see rhinoplasty patients of all ages, who come not just from Columbus and central Ohio, but from all across our nation, and sometimes from across the globe. Dr. Tardy preached that the formula to success in rhinoplasty is thoughtful preparation, a well-conceived and studied plan, and a consistent, reliable system of execution. I have taken his teaching to heart, which is why rhinoplasty surgery is my favorite procedure to perform, and the reason I decided to write this rhinoplasty book for patients. *When Your Nose Doesn't Fit* outlines what I feel is a thoughtful plan of attack, when thinking about the rhinoplasty procedure, to help patients improve the chance for an excellent outcome.

I have written this book just as I would conduct a rhinoplasty consultation in my office. The initial section outlines an easy-to-understand, step-by-step approach to the decision-making process throughout the pre-surgical planning and preparation. In the second section, I go over some of the common concerns which prompt patients to pursue rhinoplasty surgery, along with solutions for those concerns. The third section provides a quick guide for prospective patients (and parents of prospective patients), addressing questions that are frequently asked about rhinoplasty and associated procedures. The final section is a concise summary of the steps you can take to achieve a nose that “fits” with the rest of your face, and what you can do once you've made your decision. It is my sincere hope that you find this book helpful in your journey to find *the best version of you*.