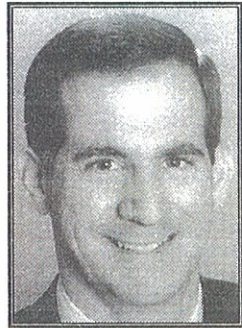


# Subtle Changes Achieved Through Rhinoplasty

Becky is a 39-year old engineer who takes advantage of her independent lifestyle. She goes to the gym after work and participates in weight training and aerobic exercise.

Confident in her professional talent and proud of her fitness level, she felt self-conscious about one thing: "Since 15 years of age," Becky said, "I have wanted to do something about the hump on my nose."



**DR. CLEVENS**

Becky felt her nose detracted from her smile and her eyes.

Besides that, a friend informed her that she was snoring in her sleep.

"I was restless at night and my sinuses were congested. I knew I wasn't breathing properly, but not that I was snoring, too," she said. "I asked for a referral to a surgeon who could repair the function and appearance of my nose. Both my family doctor

and dermatologist recommended Dr. Clevens at the Center for Facial Cosmetic Surgery in Merritt Island and Melbourne."

Ross A. Clevens, M.D., FACS is board certified by both the American Board of Facial Plastic Surgery and the American Board of Otolaryngology. A graduate of Yale, Harvard and Michigan, Dr. Clevens is Brevard's fellowship-trained and board-certified facial plastic surgeon.

"No one facial feature affects the way you look as much as your nose," Dr. Clevens said. "It is the focal point of the face. A nose that is crooked has a hump or a bulbous tip detracts from other facial features."

Dr. Clevens uses computerized video imaging to visualize the look of cosmetic enhancements, demonstrating the harmony achieved in a face that looks better, not different.

"Computer imaging helped me understand the projected results of surgery," Becky said. "Dr. Clevens listened carefully, spending plenty of time explaining what needed to be done. He won my trust."

Rhinoplasty can alter the size of the nose, change the shape of the tip or the bridge,



narrow the nostrils, or change the angle between the nose and lip. It may correct a birth defect; deformities caused by a broken nose, or relieve breathing problems.

"Performing rhinoplasty is different from other cosmetic procedures because it does not reverse the signs of aging; instead rhinoplasty alters a facial feature that the patient has wanted to do something about, in many cases, since childhood," Dr. Clevens said. "Specific surgical techniques are used to accomplish the goals of reconstructing the internal airway to improve the patient's breathing while refining the appearance of the nose."

Becky's nasal surgery was performed on an outpatient basis at a fully accredited

surgical center located near Dr. Clevens' private office.

"Beneath the skin, the nose is made of bony skeleton and cartilage," Dr. Clevens said. "I sculpt the underlying skeletal structure to the desired shape, making sure all the parts surrounding that framework fit together harmoniously. Then, I carefully re-drape the skin over the newly designed structure.

"Straightening a deviated (or twisted) nasal septum improves the patient's nasal breathing, helping a snoring or sinus problem," Dr. Clevens said.

"After the first 24 hours I did not need pain medication, and the minimal bruising under my eyes was easily covered with makeup," Becky said. "I went back to work one week after the surgery.

Dr. Clevens welcomes questions regarding this article or other plastic surgery topics. He has two office locations for the Center for Facial Cosmetic Surgery: 1344 South Apollo Blvd., Suite 100, Melbourne, and 255 North Sykes Creek Parkway, Merritt Island; phone (321) 951-3223 or toll-free (888) 438-3223.