

# Which Rhinoplasty Approach Should I Choose: Open or Closed?

The nose is the most noticeable part of the face, which is why men and women alike tend to become self-conscious of its shape and size. It is also why the rhinoplasty is by far the most popular cosmetic surgery; in the last two years, [over 710,000 rhinoplasties were performed](#) in the United States alone.

While this procedure is usually a cosmetic one, addressing hooked, crooked, or especially wide noses, it can also correct breathing issues brought on by collapsed or obstructed nasal passages.

## What Are Common Reasons for a Rhinoplasty?

### Facial Aesthetics & Harmony

Because the nose is the face's centerpiece, it can make or break aesthetic harmony by complementing other facial features, including the eyes, the cheeks, and the mouth. Because of the nose's importance, even the smallest imperfections can really "stick out" (no pun intended).

A rhinoplasty is fantastic for addressing concerns like:

- The nose's shape, size, width, and straightness.
- Nasal humps on the bridge of the nose.
- Bulbous or pointed nasal tips.
- Large nostrils.

### Breathing Issues & Sleep Apnea

Thankfully, a rhinoplasty can also correct nasal deformities and other breathing-related issues. One common issue that a rhinoplasty targets, for example, is a 'deviated septum'

(crooked cartilaginous tissue within the nose). Another problem that might cause breathing difficulty is a collapsed nasal valve or passage, which usually occurs as a result of trauma to the nose and blocks air from properly entering and exiting the body.

Sleep apnea, a disorder that causes irregular breathing patterns, can also be permanently addressed with a rhinoplasty.

### **Impairment From an Injury**

Sometimes, nasal injuries can result in broader physiological changes, and can even lead to serious medical problems. To get your old nose back, you must put your trust in a board-certified facial plastic surgeon with the experience and mastery to help you reach your goal.

## **Rhinoplasty Techniques**

Unbeknownst to many patients, there is more than just a single rhinoplasty approach; in fact, there are two: “open” and “closed,” each referring to the way in which plastic surgeons access the inner nasal structure. Of course, both approaches have their specific benefits and drawbacks, and can greatly affect a procedure’s results.

### **Open Rhinoplasty**

The open rhinoplasty is the most common approach. The surgeon cuts a small incision in the columella (the tissue at the bottom of the nose, between the nostrils) and raises the skin to better access the nose’s deeper structures. This allows the surgeon to perform more precise, dramatic maneuvers.

While the open rhinoplasty is easier to perform than a closed one, it typically takes longer to finish, and can result in visible scarring if the surgeon isn’t careful enough. It is also much more invasive and demands a longer recovery time

from the patient.

## **Closed Rhinoplasty**

The closed rhinoplasty, compared to the open, is far more difficult to perform. Rather than cutting the columella and lifting the skin, the surgeon cuts incisions within the nostrils, where scars will be invisible. The procedure is not nearly as invasive and takes less time to perform, and it also requires little recovery time.

Because the closed rhinoplasty doesn't grant as much access to internal nasal structure, it is only able to address subtler cosmetic issues. The procedure is also harder to perform for most surgeons, so you will need to find a master specialist rather than an average one.

## **Which Rhinoplasty Is Right for Me?**

Because everyone has a different nose, all rhinoplasties are unique. The best way to determine the right approach for you is to consult with a trusted surgeon who has the skill and patience to properly handle your individual needs.

Take Dr. Andrew Jacono, for example. As one of the country's top facial plastic surgeons, he offers the most comprehensive [rhinoplasty in New York City](#). Widely renowned for pioneering and improving today's cosmetic surgical standards, such as the deep plane facelift, Dr. Jacono can deliver the life-changing results you deserve. Don't settle for an average surgeon; start on the path to confidence in your own skin by scheduling a one-on-one consultation with Dr. Jacono at (516) 773-4646.