

Beyond the Scalpel: Unraveling the Open vs. Closed Approach, a Rhinoplasty Conundrum

Germán Armando Soto Galindo*

International Facial Plastic Surgery Fellow by the European Academy of Facial Plastic Surgery, Izmir, Turkeya

***Corresponding Author:** Germán Armando Soto Galindo, International Facial Plastic Surgery Fellow by the European Academy of Facial Plastic Surgery, Izmir, Turkey.

Received: July 28, 2023

Published: August 01, 2023

© All rights are reserved by **Germán Armando Soto Galindo.**

In a world where facial surgery continues to rise in demand, the pursuit of a harmonious facial profile has led to the art of rhinoplasty. Otolaryngologists and facial plastic surgeons, possessing profound comprehension of intricate facial anatomy, functional dynamics, and genuine aesthetics, especially of the nose, have elevated these transformative procedures to an unprecedented level of sophistication and efficacy. Over the years, their expertise and ongoing advancements have propelled the rhinoplasty technique into a realm of unparalleled improvement.

As a dedicated facial plastic surgery fellow, I find myself immersed in the captivating world of rhinoplasty, where the age-old debate between the open and closed approaches continues to stir curiosity and challenge our expertise. Having witnessed firsthand the challenges and triumphs of both methods, the question remains: which path leads to the epitome of perfection?

When discussing the open approach, we must acknowledge the appeal of direct visibility and unparalleled precision. By creating a small incision on the columella, the surgeon gains an unobstructed view of the nasal structures, facilitating complex revisions with greater accuracy. The open approach demonstrated superior outcomes in achieving natural-looking results and addressing complex deformities, making it a go-to choice for many surgeons [1,2].

Their counterparts advocate for the closed approach, which leaves no visible external scars. By making internal incisions, the closed approach preserves the natural aesthetics of the nose while potentially offering a shorter recovery period. Notably, there is evidence supporting the closed approach's efficacy in addressing certain cosmetic nasal concerns, showcasing a viable alternative to the open method [3].

Within an academic-teaching environment, the open rhinoplasty approach shines as an invaluable tool, offering unrivaled visibility and anatomical exposure. Surgeons partake in an enriching educational experience, thoroughly comprehending every aspect of the nasal architecture. This transparency enhances the surgeon's ability to educate and train future generations in the intricacies of facial aesthetics. The open approach's supremacy in teaching lies in its ability to allow learners to witness the complexity of surgical maneuvers and refine their craft [4].

The closed rhinoplasty technique holds allure in its limited dissection and minimal trauma to the nose. Preservation of natural soft tissue elements, particularly Pitanguy's and intercrural ligaments, plays a pivotal role in fostering a better healing environment and increased tip support. The closed approach's gentle touch helps reduce post-operative swelling and recovery time, contributing to an overall satisfying patient experience. Adams et al. highlighted that the closed approach has the ability to maintain nasal tip support, resulting in aesthetically pleasing and stable long-term outcomes [5].

Conclusion

In the realm of rhinoplasty, the choice between the open and closed approaches remains a subject of intense debate among surgeons and patients alike. While the open approach excels in providing an academic-teaching platform and a comprehensive view of nasal anatomy, it can entail slightly more post-operative swelling. In contrast, the closed approach showcases impressive soft tissue preservation and patient satisfaction, but it may limit the surgeon's visibility during complex revisions. The choice between the two techniques necessitates a balanced consideration of the patient's individual needs, surgical goals, and the surgeon's expertise.

Ultimately, along with the correct patient selection, it is not merely the method that defines success, but the skill, experience, and artistry of the surgeon that yield the masterpiece of a beautifully sculpted nose. Embracing this conundrum, we embark on a journey where choices hold the key to sculpting beauty and unlocking the true potential of facial harmony.

Bibliography

1. Gupta R., *et al.* "Outcomes of Closed versus Open Rhinoplasty: A Systematic Review". *Archives of Plastic Surgery* 49.5 (2022): 569-579.
2. Adamson PA. "Open rhinoplasty". *Otolaryngologic Clinics of North America* 20.4 (1987): 837-852.
3. Cafferty A and Becker DG. "Open and Closed Rhinoplasty". *Clinical Plastic Surgery* 43.1 (2016): 17-27.
4. Rohrich RJ and Afrooz PN. "Primary Open Rhinoplasty". *Plastic and Reconstructive Surgery* 144.1 (2019): 102e-117e.
5. Adams WP Jr., *et al.* "Anatomic basis and clinical implications for nasal tip support in open versus closed rhinoplasty". *Plastic and Reconstructive Surgery* 103.1 (1999): 255-261.