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### Rhinoplasty: what is involved and who is suitable?

Rhinoplasty is a complicated procedure that involves changing the shape of the nose and improving the nasal airway. Patients seek a rhinoplasty either for cosmetic reasons, correction of traumatic deformity or correction of nasal airway obstruction.

There are two techniques of rhinoplasty: closed (less swelling, quicker recovery, unable to visualize the anatomy), open (able to refine the tip of the nose, more swelling and slower recovery). In addition, there maybe cartilage grafts taken from either the nasal septum or rib. The procedure takes between 2 to 4 hours and requires an overnight stay in hospital. The patient will then be required to wear a nasal splint for 14 days, and care needs to be taken to avoid trauma to the nose for 6 weeks. The final results take 3 to 6 months to achieve.

It is always important when seeing a patient to determine what there aims are and what you are trying to achieve (i.e. More refined tip, decreased dorsal nasal hump, less rotated tip). However, the function of the nose always takes most importance. Hence, the cosmetic and functional needs of the patient always need to be married to achieve the best outcome.

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## Scar management: Myths and facts

Everywhere you look there is the next wonder product that will improve scarring. So what do we tell patients about scarring and about how to manage their scars to achieve the best results?

### Some facts

1. Patient history of scarring is important in determining outcome
2. Certain locations (i.e. eyelids, face) heal much better then other locations (i.e. back, deltoid and sternal areas)
3. Wound closure technique and orientation of scar are important determinants of outcome
4. Scars post operatively require regular moisture to prevent scaling and cracking of the scar
5. Regularly message of the wound helps breakdown scar tissue quicker and more effectively
6. You should avoid excessive exposure of scars to UV light to avoid abnormal pigmentation
7. Scars take between 1 to 2 years of maturation to achieve there final result

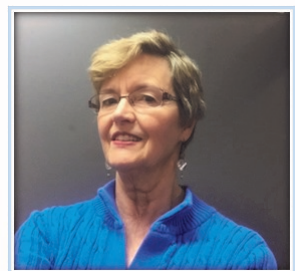
### Some Myths

1. Vitamin E and Bio-oil improve outcomes. At WPRS we recommend regular sorbolene cream or QV cream to provide moisture to the wound
2. Children heal without scars. This is incorrect and if anything the younger the child the higher the risk of hypertrophic scarring.
3. Elderly people heal badly. Despite a higher risk of wound breakdown and infection, elderly scar very well.
4. Light based therapies (i.e. Photodynamic therapy) improve scarring

At WPRS, we employ the above principle to achieve the best outcomes for our patients. Additionally, for patients with a history of poor scarring with employ the assistance of our in house occupational therapist to assist with patient care.

### WPRS would like to welcome Eileen Kennedy to the team, as our Hand Therapist.

Eileen has been working in the field of hand therapy for 22 years with 15 years as a Certified Hand Therapist. She is well qualified to provide friendly, compassionate, patient-centred care for all hand injuries.



Acute Injuries and chronic conditions can benefit from hand therapy. These may include:

1. Fractures, sprains, ligament injuries.
2. Cumulative trauma, carpal tunnel syndrome, tennis elbow, tendonitis and tendonosis.
3. Hand arthritis, trigger finger, rheumatoid arthritis, Dupuytren's contracture.
4. Effects of stroke, multiple sclerosis and other neurological conditions.