

Rhinoplasty in the Mestizo Nose



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KEYWORDS

- Mestizo rhinoplasty • Bulbous nasal tip • Thick skin • Mestizo nose • Hispanic patient
- Mesorrhine nose

KEY POINTS

- Rhinoplasty in Mestizo patients is evolving from reductive aggressive techniques to those whereby a structural stepwise approach is used.
- Mestizo patients want smaller noses that look more defined, while retaining ethnic features.
- The structural technique involves using sutures and grafts to give additional support and create definition with minimal tissue resection.
- Structural grafting involves using cartilage grafts as devices that give additional support to underlying support structures of the nose.
- Sutures are an excellent alternative to increase rotation and create definition without decreasing the support of the nasal tip.



A video of a septal extension graft accompanies this article at <http://www.facialplastic.theclinics.com/>

INTRODUCTION

More than half of the growth of the population of the United States from 2000 to 2010 was due to an increase in the Hispanic population.¹ Even though today Hispanics are not the fastest growing ethnic group within the United States, they still are the biggest ethnic minority, making it a very important group of patients seeking facial plastic surgery procedures.

Rhinoplasty is the leading facial plastic procedure that is performed worldwide and Latin America is not an exception.² Today there is an increasing awareness that rhinoplasty is not a “one-size-fits-all” procedure and more often more patients are looking for specialists who have experience in dealing with ethnic patients and their particular problems.

The trends in rhinoplasty surgery have also shifted from the traditional reductive aggressive procedures to those wherein ethnic features are

preserved. Mestizo patients are not the exception. A structural stepwise approach is presented whereby satisfactory long-term results can be achieved using sutures and graft to reinforce support structures and define nasal features.

THE MESTIZO PATIENT

Mestizo means mixture of races. It is a combination of the local Indian tribes that inhabited the different regions of the continent, the Europeans (mainly Spanish invasions) who initially conquered the area in the fifteenth century, and the Africans that were brought over during the slave trade (**Fig. 1**). Additional European migrations during the first and second World Wars complete the picture.³

Mestizo nasal and facial characteristics vary frequently because much depends on which of the different races predominate in the patient's features. In general, the Mestizo nose could be

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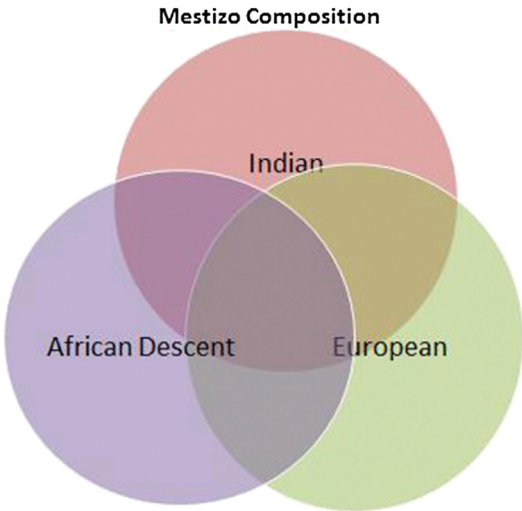


Fig. 1. Mestizo racial composition. Mestizos is defined as a mixture of races. In Latin America, it is a combination of Caucasians, African descendants, and local Indian tribes. The proportion will vary depending on the area from where the patient is coming from.

classified as having messorhine characteristics (**Table 1**). The underlying cartilaginous and bony framework is frequently weak with a covering (skin–soft tissue envelope [S-STE]) that tends to be thick, resulting in an external appearance that shows a nose that is bulbous and undefined and

Table 1 Nasal characteristics in Mestizo patients	
Nasal Characteristics	Mestizo Patients
Skin type	Normal/thick/sebaceous
S-STE	Thick/tendency toward inflammation
Nasal bones	Normal to short
Bony dorsum	Normal to low radix Wide nasal bridge Small pseudohump
Cartilaginous nasal vault	Normal to weak, wide
Nasal tip/alar cartilages	Flimsy/unsupportive/ wide/undefined Poor tip recoil
Columella	Normal to short
Nasolabial angle	Normal to acute
Nasal spine	Normal to short
Nostril shape	Horizontal shape/ sometimes flaring
Alar base	Normal to wide

can look slightly flattened (**Fig. 2**). Mestizo patients are also known as “Hispanics” and “Latinos” and the 3 terms can sometimes be used interchangeably, although the term Mestizo is the one that most closely defines racial features.⁴

DEFINITION OF PROBLEMS/PLANNING THE SURGERY

A stepwise approach is usually used when planning a rhinoplasty procedure (**Fig. 3**).

- 1. Patient’s desires/definition on what is beautiful to patient

The big question when performing Mestizo rhinoplasty is, what do patients want? In the author’s experience, Mestizo patients want smaller noses with more defined-looking features.

- 2. Cultural/ethnic/racial variations

Latin American Mestizos do not have a specific racial pattern. Individual facial and nasal features will be defined on particular migration patterns of the geographic area from where the patient is coming from. Today, Mestizo patients are considered mixed race patients wherein a blending of characteristics is what can be found as a predominant facial feature.

- 3. Physical examination/anatomic diagnosis/definition of problems

An accurate physical examination to try to make a correct diagnosis of the different anatomic structures of the nose will let the surgeon establish in an efficient way the different findings of the nose. In this way, a precise definition of the different problems can be established to be able to define what type of solutions can be offered.

- 4. Photographic documentation

Six standard rhinoplasty views are routinely taken on all patients: front view, base view, left lateral view, left oblique view, right lateral view, right oblique view. These images are used to perform computer imaging with the patient where possible cosmetic results are shown to try and define if they fit with the patient’s desires of what he or she wants with their nose. When working with computer imaging, it is very important to show patients realistic images of the changes that can be obtained. Preoperative images are used during surgery and they become an integral part of the patient’s medical record. They are constantly used during postoperative visits to show patients how their results are evolving. Postoperative pictures are again taken at 6 months and

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