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THE FUTURE OF RHINOPLASTY IS HERE

***Minimally invasive technologies reduce discomfort and
get patients back to work faster***

Chicago, IL, March 17, 2015 – Every year, an estimated 500,000 people seek consultation for changing the appearance of their nose, according to the [American Academy of Facial Plastic and Reconstructive Surgery](#) (AAFPRS). Rhinoplasty surgery (nose surgery) remains the most popular and most commonly desired cosmetic surgery procedure for both men and women under 35. Although popular, traditional rhinoplasty recovery can be cause severe swelling and bruising -- and delay returning to work or normal activities for up to two weeks.

“Historically, nasal surgery patients have had limited nasal breathing due to swelling in the first few days after surgery,” explains [Dr. Jay Dutton, Midwest Facial Plastic Center](#) surgeon. “They also typically develop bruising around the eyes and have to wear bulky nasal dressings and splints for up to 14 days.” This long recovery and delayed return to work discourages some patients from undergoing rhinoplasty.

However, new technologies are now available to make recovery faster and getting back to work easier and faster, including minimally invasive rhinoplasty

and 3D imaging. “The biggest advantages to these techniques are less postoperative swelling, less blood loss, a shorter recovery period and no external incisions,” explains Dr. Dutton.

During a minimally invasive rhinoplasty, Dr. Dutton uses small incisions inside the nose. Surgery is performed with the use of an endoscope (a tiny camera) to help him precisely visualize inside the nasal cavity. He also uses delicate instruments and small drills to move bone and preserve nasal structures which support the nose. Patients typically return to work as early as five to seven days post-surgery.

“The beauty of the minimally invasive procedure is that patients can breathe immediately when they wake up in the recovery room,” explains Dr. Dutton. “They do not require gauze packing, and in some cases nothing in the nose at all. If small plastic splints are placed, they are hollow so patients can breathe, sometimes even better than pre-op. When those come out, patients almost always breathe better than before surgery.”

At the Midwest Facial Plastic Center, Dr. Dutton also uses 3D imaging to avoid injuring normal structures during surgery. “I use 3D computerized tomography navigation to help guide me during certain techniques,” explains Dr. Dutton. “I also use specialized software to create a 3D model of the anatomical problems to make a precise plan preoperatively.”

Many advances continue to be made in the area of minimally invasive rhinoplasty. “I think the most exciting direction minimally invasive rhinoplasty is heading will involve tissue bioengineering of the patient’s own cartilage,” explains Dr. Dutton. “Eventually, we may even use something like a 3D printer which would print out a mold of a nose. It would then be implemented with a patient’s own cartilage cells and re-implanted in the nose. We are constantly exploring better ways of perfecting this surgery.”

Dr. Dutton explains that although new technologies are very important to a safe and quick recovery, the key to a successful outcome is to work with a surgeon who has performed many surgeries and has your best interest at heart.

About Dr. Jay Dutton

[Jay Dutton, M.D.](#), F.A.C.S., is double-board-certified in both otolaryngology and facial plastic and reconstructive surgery with extensive experience in all aspects of facial plastic and reconstructive surgery, particularly advanced rhinoplasty, endoscopic sinus surgery and facial reconstruction. He served as Chief of the Sections of Facial Plastic Surgery and Reconstructive Surgery and Rhinology at Rush University Medical Center for eight years and is still strongly involved in the training of students, residents and fellows at Rush.

For more information or to schedule an appointment, call 630-574-8222 or visit www.midwestfacialplasticcenter.com.

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