

FOREWORD

Thirty years ago Mark Constantian, a young plastic surgeon fresh out of residency, asked if he could come from the East coast to visit and watch me operate. Because there was interest in my unorthodox approach to rhinoplasty and I was eager to spread the word, I arranged a date for his visit. For most of my years in practice, my operating room was open to observers, but even though I had many who came to watch, very few followed up. Mark Constantian was an exception. I was unprepared for the intensity of his interest in rhinoplasty and his insatiable desire for detail. We invested numerous hours discussing cases that I had operated on and reviewing a growing file of photographs of patients who were scheduled for surgery. Those visits became an annual event that lasted until I retired in 2004. Since then the yearly visits and animated discussions have continued, but now they involve his cases.

Why another book on rhinoplasty? Because this particular book is the product of countless hours of thought, discussion, and analysis candidly presented by its author. It has distilled the most common pitfalls in diagnosis with a wealth of surgical material underscoring each anatomic variant or combination of variants. The young practitioner will benefit from the practical considerations laid out in detail—essentials such as how to approach the initial consultation or the value of dictating a preoperative plan with expected results and limitations. The more sophisticated surgeon will likely recognize that special problem patient he or she is about to operate on in one of the hundreds of cases that are detailed in these pages.

The most important prerequisite for producing meaningful new ideas is an obsessive passion for the subject—Mark Constantian certainly has that for rhinoplasty. But he has brought more to the table than just passion. In his early training, Mark was exposed to research and quantitative analysis. He has used that background to quantify his new ideas, providing a scientific basis for the conclusions drawn. There is valuable information on every page, but as a member of the emeritus group of surgeons who has devoted most of a professional life to delving into the many mysteries of this surgery, I was especially impressed by one chapter that

should be mandatory reading for anyone performing nasal surgery—that is Chapter Four: “The Anatomy of Function and How Rhinoplasty Affects the Airway.” This chapter is scholarly, factual, and extremely important. It is in sharp contrast to the thinking that prevailed 30 years ago, when most plastic surgeons avoided looking inside the nose, preferring to refer internal nasal airway problems to ENT colleagues, most of whom did not have the wealth of information that has been presented in this outstanding chapter.

This book is a gift to the profession by Dr. Constantian, beautifully presented and framed in the familiar excellence of QMP and its founder, Karen Berger. Every teacher, if fortunate, can, in retirement, relish the contributions made by a former student. I must say, I am justly proud of Mark Constantian for this superb addition to our understanding of the art and science of nasal surgery.

Jack H. Sheen

FOREWORD

Dr. Mark Constantian is not just my colleague, but a close friend, as is his wife, Charlotte, his partner in work and in life. These two volumes are a labor of love and, if not a love of labor, at least a tolerance for expending prodigious effort to complete a task. Ralph Waldo Emerson was correct when he stated that “Nothing great was ever achieved without enthusiasm.” And there is no shortage of enthusiasm in these pages. Books of this size by a single person are increasingly rare in these times, and it is a refreshing departure from the usual multi-author tomes.

In his debut discourse when inducted to the French Academy in 1753, the naturalist George Buffon stated, “The style is the man himself.” So too with this book. Dr. Constantian is meticulously devoted to detail in everything he does, even when he accompanies himself on his guitar and when he records his playing with background band accompaniment. Who would not want their surgeon to be a perfectionist?

Dr. Constantian’s professional life is proof that one need not be in a large metropolis to attract patients. Nashua, New Hampshire, where Dr. Constantian lives and works, has a population of about 90,000. I have been glad throughout the years to be able to refer some of my dissatisfied patients to Dr. Constantian, Nashua being about an hour’s drive from Boston. On more than one occasion I have sent to him a new patient with a difficult nasal problem. In every instance, Dr. Constantian’s rapport with the patient was excellent. He has often used the occasion of an unhappy patient to bridge the gap between us, even trying to lessen the patient’s financial burden.

Dr. Constantian is more than a talented rhinoplastic surgeon; he is more than a student of rhinoplasty; he is a scholar of the various problems associated with nasal surgery. One will find in these pages honest appraisals of complications, some of them his own. Fortunately for the reader, he is an excellent teacher, more than willing to share his experience, the bad and the good, with anyone who is willing to

study, not just read, this chef d'oeuvre. Throughout each chapter one feels the author's presence and benefits from his step-by-step pedagogy. He not only shows his techniques but discusses his reasons for choosing them. The reader soon becomes a participant.

Plastic surgery's ancient traces centered on the nose and its reconstruction. Through the centuries, the objective has always been a nose of normal appearance. In the latter part of the nineteenth century and the beginning of the twentieth, because of pioneers such as Roe and Joseph, improving the appearance of the nose became a desideratum.

Not all patients are happy after rhinoplasty. Dr. Constantian shares his views on how he deals with this unpleasantness for both patient and surgeon. His admonitions about patient selection should be heeded. He discusses patients to avoid, such as those with body dysmorphic disorder and others whose expectations are unrealistic.

He does not, however, mention surgeons to avoid, so let me tackle that question here. Briefly: The surgeon who does only an occasional rhinoplasty and the prospective patient should avoid each other. Does this mean that only experts such as Jack Sheen or Mark Constantian should undertake a rhinoplasty? No, but we must remember that every surgeon undertaking a procedure should be competent. The old saying "As plain as the nose on your face" should remind us that the result after rhinoplasty is visible to everyone. In this sense rhinoplasty is an unforgiving procedure.

For most of us, rhinoplasty was a mysterious procedure during our residencies. In my days of training (1961-1963) I never saw an open rhinoplasty. I had trouble visualizing what my mentor was doing in the nose with his chisel, rasp, and hammer. I could see the submucous resection, but that was about all. Today the average new surgeon probably understands less about and feels less competent performing rhinoplasty than with any other cosmetic procedure.

Dr. Constantian and Quality Medical Publishing have succeeded marvelously in providing a guide to improve the skills of anyone performing rhinoplasty—to the ultimate benefit of the patients to whose well-being every physician must be dedicated. Finally in this book we have a new tool—in addition to the historical meth-

ods of taking courses, watching videos, performing operations on cadavers, and visiting more experienced rhinoplastic surgeons to watch them work—that allows new rhinoplasty surgeons to become competent.

I feel I should point out that there is no “real” magic in rhino plasty. As Dr. Constantian mentions in his preface, *magic* does not mean pulling a rabbit from a nostril. Instead, he calls our attention to how a properly executed anatomic change produces a balanced nose that may look smaller even when it has been augmented. He makes a point with which most rhino plasty surgeons would agree: “Good rhinoplasty is also brain surgery, and can rehabilitate damaged self-confidence.” And that *is* magic.

Robert M. Goldwyn