

Rhinoplasty effective treatment for nasal valve insufficiency

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did not seem to affect the magnitude of improvement in nasal breathing outcome."

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(HealthDay)—For patients with nasal valve insufficiency, functional and aesthetic-functional rhinoplasty, involving reconstruction of the lateral nasal wall achieved with use of spreader and alar grafts, are associated with improvement in nasal obstruction symptoms, according to a study published online Dec. 10 in *JAMA Facial Plastic Surgery*.

Andrea Yeung, M.D., from the University of California in San Francisco, and colleagues evaluated the improvement in nasal obstruction symptoms after cartilage graft reconstruction in [patients](#) with nasal valve insufficiency. Twelve participating surgeons enrolled 79 patients who were diagnosed as having nasal valve insufficiency as the primary cause of [nasal obstruction](#). The patients underwent functional (31 patients) or aesthetic-functional (48 patients) rhinoplasty.

The researchers observed an improvement in nasal breathing overall; at three months there was a mean decrease of 48.6 points compared with the preoperative baseline Nasal Obstruction Symptom Evaluation (NOSE) scale score (67.1; P

"Nasal valve reconstruction with spreader and alar grafts is effective in treating patients with nasal valve insufficiency," the authors write. "Combining aesthetic interventions with functional rhinoplasty

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