

SEPTORHINOPLASTY PATIENTS, ARE THEY SATISFIED?

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Abstract

Patient satisfaction after septorhinoplasty (SR) is very important topic, few studies took this issue in consideration and up to my knowledge, no study has been performed in our country in this regard.

The aim is to evaluate patient satisfaction following septorhinoplasty performed in the Department of Otolaryngology in Basrah General Hospital, Iraq.

This retrospective study included 210 patients underwent SR in the period between 2008 and 2013. All surgeries were carried out by same surgeon (author). Patients were asked to fill an outcome assessment questionnaire form at any time after 9-12 months postoperatively, either by themselves or by the assistance of the ENT resident doctors. This form is specific for postoperative satisfaction evaluation.

Most of the patients were females (126, 60%) and 84(40%) were males. It is found that 90(43.8%) and 80(38%) patients were completely and very satisfied with appearance of their noses respectively. In regard to nasal breathing, 112(53%) patients were very satisfied. Family and friends satisfaction with appearance of patient's noses was complete in 89(42.3%) patients and very satisfied in 87(41.4%) patients. The majority of the studied patients (204 out of 210), stated that new appearance of their noses never limits their social and professional activity. Fifty-nine (28%) patients were not confident that their nasal appearance is best possible. Seventy-three (34.7%) patients stated that second surgery to change nasal appearance was not needed, also 138(65.7%) need no further operation to change or improve nasal breathing.

In conclusion, SR performed in Basrah General Hospital resulted in a good level of patients' satisfaction.

Introduction

The motive to request a beautiful improvement of the nose often remains doubtful in rhinoplasty candidates, some psychological characteristics may be expected, as most individuals with nasal deformities pay little attention to these features, recognize them as a stigma, or consider a surgical correction¹. For many rhinoplasty patients, the daily reflection in the mirror focused the attention on the nose since puberty² which may be fuelled by the consumption of aesthetic surgery reality-TV shows promoting a positive attitude

toward plastic surgery, less fear of surgery, unhappiness with one's own appearance, and eating disorders. Of note, dissatisfaction with physical appearance in aesthetic surgery candidates was most evident in individuals who demand rhinoplasty^{3,4}.

Both surgeon and patient expects improved postoperative look for better patient's quality of life by boosting self-confidence, reducing social anxiety & obsessive-compulsive traits, and diminishing hostility & paranoid ideation⁵⁻¹¹. Still, it is unclear how and to

which extent a patient benefits psychologically from a rhinoplasty¹.

Predictably, achieving the patient's aesthetic expectations was the most important factor in determining postoperative satisfaction after a combined functional and aesthetic rhinoplasty^{12,13}. The psychometrically measured positive effect of a combined functional-aesthetic procedure was most pronounced when the patient mainly sought an aesthetic improvement¹⁴. The severity of the disfigurement is for most patients not fundamental in determining their stimulus, and a correlation between objective ratings of nasal appearance and psychometric data has not been observed¹⁵.

The aim of the present study is to evaluate patient's satisfaction after septorhinoplasty.

Patients & Methods

This is a retrospective study including 210 patients underwent primary SR in the period between 2008 to 2013 in the Department of Otolaryngology in Basrah General Hospital by same surgeon (Author). Patients were asked to fill a questionnaire form postulated by Al-Sarraf¹⁶ in his paper published in 2000 (appendix 1) by themselves or by the assistance of ENT resident doctor at any time between 9-12 months postoperatively.

The questionnaire form includes 7 questions; each of them contains 5 possible answers from 0-4, where zero indicates low score while 4 indicates high satisfactory score, the final results to establish 100% score is by dividing by 28 then multiplied by 100.

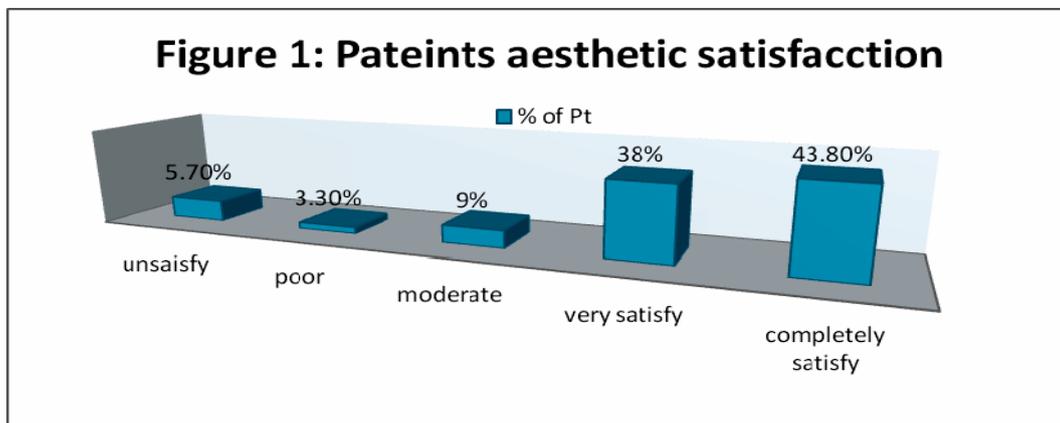
More than this number of patients was operated upon, but they were either lost from follow up (12 patients) or they refused to participate in this study (9 patients, probably because of shyness. Informed consent was taken from all the studied patients. The study was approved ethically by the Ethical Committee of Basrah College of Medicine.

Traditionally SR performed according to the state of the nose and nasal septum, but basically, all surgeries were done under general anesthesia and open SR, spreader graft and columellar strut were routinely done.

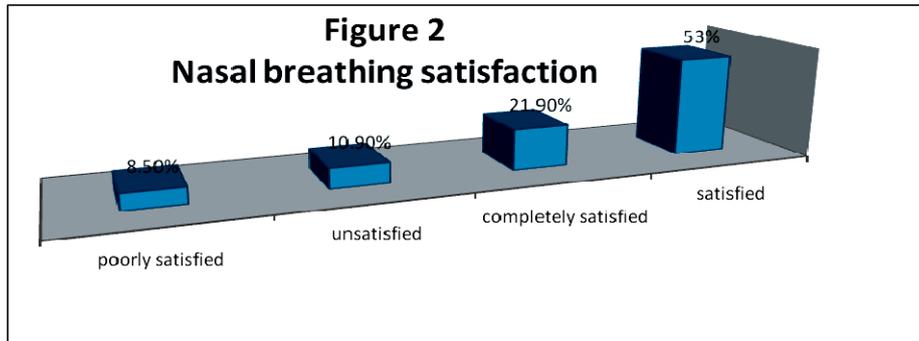
Results

This study included 210 patients who underwent primary SR, 126(60%) were females and 84(40%) were males, with male to female ratio 1: 1.5.

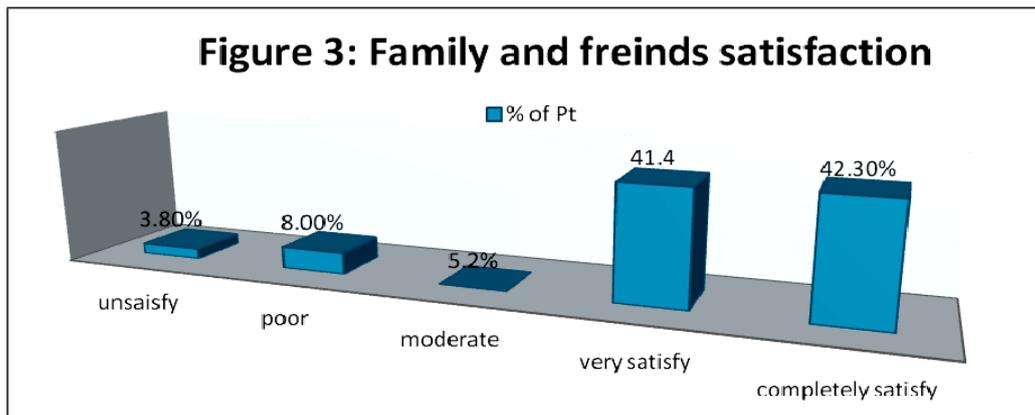
Patient's aesthetic satisfaction: It is found that 92(43.8%) patients were completely satisfied with appearance of their noses, 80(38%) patients were very satisfied, while unsatisfaction and poor satisfaction were found in 12(5.7%) and 7(3.3%) patients respectively (figure 1).



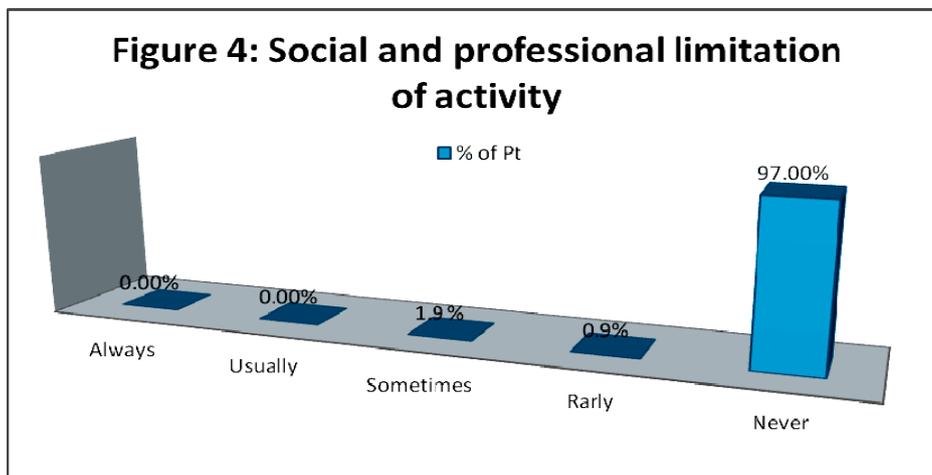
Nasal breathing satisfaction: Figure 2 shows that 112(53%) patients were very satisfied regarding nasal breathing, 46(21.9%) were completely satisfied, while 23(10.9%) were unsatisfied, poor satisfaction was found in 18(8.5%) patients.



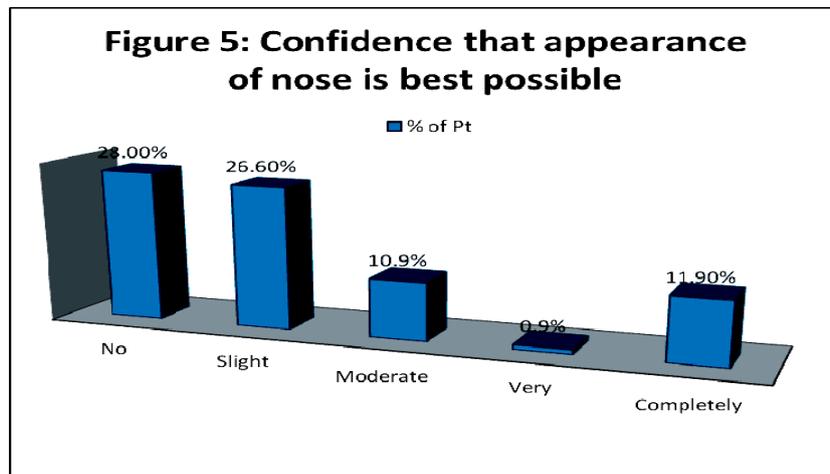
Family and friends aesthetic satisfaction: Eighty-nine (42.3%) of the studied patients stated that their families and friends were completely satisfied with appearance of their noses, while 8(3.8%) patients mentioned that they were unsatisfied, this is clearly demonstrated in figure 3.



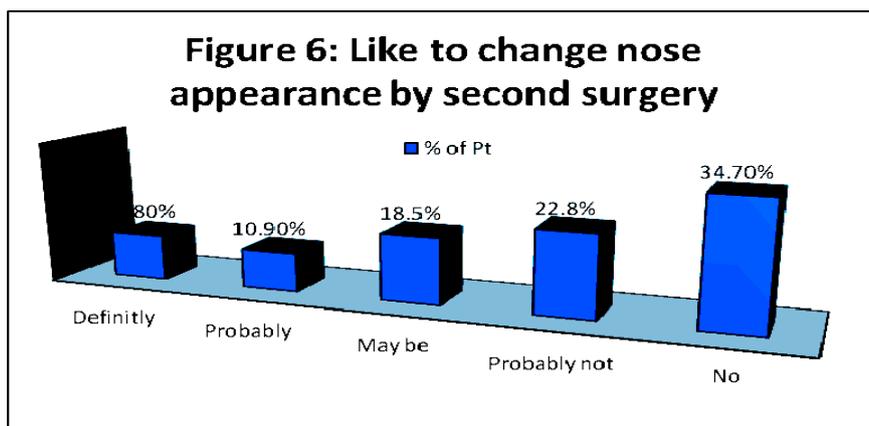
Limitations of social and professional activities: Asking the studied patients whether nasal appearance limits social and professional activities? The answer was never limits the activities in 204(97%) patients (figure 4).



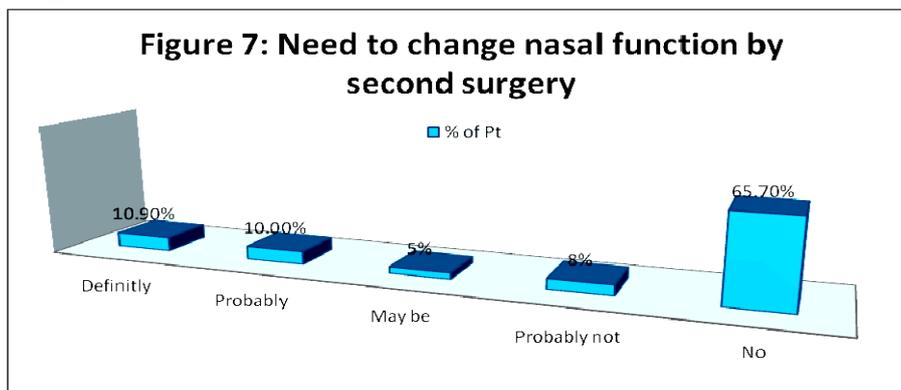
Confidence that nasal appearance is best possible: Fifty-nine (28%) patients were not confident that the appearance of their noses were best possible, 11.9% of the operated upon patients were completely confident (figure 5).



Needs for second operation to change nasal appearance: Figure 6, shows the answers of patients, 73(34.7%) patients replied (definitely not), while 27(12.8%) patients, stated that they are definitely like to change their nasal appearance.



Needs for second operation to improve nasal breathing: The majority of the studied patients (138 = 65.7%), stated that they did not like to do additional operation to improve breathing, but 23(10.9%) patients mentioned that definitely need such an operation (figure 7).



Discussion

Rhinoplasty with or without septoplasty is now a common operation performed by otolaryngologist and plastic surgeons aiming to improve appearance of the nose as well as function, this may be due to the believe that it is the quickest and most effective way to make themselves feel better and more confident in their everyday lives.

Females in this study were more common than males, with males to females ratio of 1: 1.5, this is nearly acceptable with many studies¹⁷, this because they are probably affected by media and social networks and the desire to look like artist and media stars. This may also be attributed to the good financial standard of females and their involvement in official and nonofficial outdoor works.

Satisfaction of patients with appearance of their noses is a complex issue, many factors may play role in this regard, patient psychological state, surgeon efficiency, perfect patient selection, surgeon- patient communication emphasizing on what can and what cannot be achieved. By taking these factors in consideration, we can increase the degree of patients' satisfaction regarding appearance of their noses.

Nasal breathing after septorhinoplasty may be jeopardized specially if septoplasty is not well performed. In this study, nearly three quarters of the studied patients were very and completely satisfied with nasal breathing, probably because septoplasty, columellar struts and spreader graft were performed for all patients. This participates in improvement of internal and bony valve of the noses, and it may also be the reason of majority of patient not like to do second surgery to change or improve nasal breathing.

The optimal nasal shape which present in patient's mind in spite of surgeon discussion cannot be overcome, because of that and the probably of other factors that makes more than halve of our patients

thought that their nasal shapes are not best possible. The stimulus for looking for rhinoplasty arises from a culturally motivated need for prettiness and magnificence or as a recognized preliminary necessity to make friends and attract the opposite sex. Mayer stated that more than halve of those seeking rhinoplasty had psychological problems, one patient was diagnosed as psychotic and 2 as severely neurotic, one having a depressive reaction and the other an obsessive and phobic reaction¹⁸.

Psychological factor may have influence on feeling of disappointment, because of that nearly one quarter of the studied patients likes to do another operation to improve their nasal appearance.

Preoperative evaluation of patients requesting cosmetic rhinoplasty is very important. The acronym SIMON (single, immature, male, over-expectant or obsessive, narcissistic) was coined for the male high-risk patient who are more likely to be not satisfied, whereas SYLVIA (secure, young, listens, verbal, intelligent, attractive) applied to a good candidates¹⁹⁻²¹. Even after many years, a group of patients continued to live with intense dissatisfaction²². Critical preoperative psychiatric evaluations have an important place in excluding serious pathologies, by this way, patients diagnosed with personality disorders and body dysmorphic disorders (BDD) would not go through the operation, thus reducing possible stressful situations. Those diagnosed with BDD may not be satisfied with surgical attempts, requesting recurrent surgical interventions as a result²³ and so reasons for recurrent requests should be determined that's why underlying serious psychopathologic situations

may be determined. If such situations could be excluded, cosmetic rhinoplasty can yield successful long-term results.

It is concluded from this study that septorhinoplasty performed in the

Department of Otolaryngology in Basrah General Hospital, resulted in good level of patients satisfaction. Psychological assessment of all patients looking for rhinoplasty is crucial to increase this level.

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