

Alar Cinching with Subcutaneous Flaps: A Procedure to Achieve Narrowing of the Nasal Base while Controlling the Alar Axis and Sidewall Curvature

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Background: Insufficient narrowing of alar width, alar distortion, and noticeable scarring are commonly encountered after alar base reduction. The authors aimed to demonstrate an alar cinching with subcutaneous flaps procedure to reduce the alar width while controlling the alar axis and sidewall curvature.

Methods: A retrospective chart review of 560 patients who underwent alar base reduction between 2000 and 2015 was performed. The clinical outcomes of alar cinching with subcutaneous flaps were compared to those of vestibular floor excision with cinching suture. Mean change in alar width was compared to assess narrowing efficacy between the two groups. In addition, mean changes in interalar distance for the upper, middle, and lower parts of the alae were compared to evaluate the alteration of alar axes.

Results: Seventy-three patients who underwent alar base narrowing alone (alar cinching with subcutaneous flaps, $n = 42$; vestibular floor excision with cinching suture, $n = 31$) were identified. Alar cinching with subcutaneous flaps was significantly more effective than vestibular floor excision with cinching suture in reducing alar width. In patients with vertical alar axes, alar cinching with subcutaneous flaps achieved more uniform narrowing of the entire alae, resulting in prevention of alar distortion. The incidence of complications after alar cinching with subcutaneous flaps was 5.7 percent.

Conclusions: Alar cinching with subcutaneous flaps achieved sufficient narrowing of the nasal base in the long-term follow-up in patients with any type of alar axis and enabled the reduction of sidewall curvature while eliminating the need for wedge resection. (*Plast. Reconstr. Surg.* 142: 1165, 2018.)

CLINICAL QUESTION/LEVEL OF EVIDENCE: Therapeutic, III.

A wide alar base is common in East Asians; however, alar flare is less common than a broad nasal base. A low dorsum and bulbous nasal tip caused by insufficient nasal tip projection exaggerate the apparent width of the alar base. Alar base reduction surgery is frequently

performed to correct bottom-heavy noses among East Asian patients.

Several surgical techniques are performed for alar base reduction; however, no single method is

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