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Natural and safer approaches to skin care

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Learn the truth about “clean” skin care! As the creator of one of Whole Foods Market’s top 13 cleanest brands and a participant in their “Premium Standards” program, Ann Webb can help you navigate through the truth and the hype that surrounds natural skin care.

Topics discussed:

- Product ingredients –what’s safe and what should be avoided?
- Product effectiveness –Balancing safe ingredients with effective ingredients
- Proper care of clean skin care –Product separation, heat sensitivity
- Parabens and safer preservative systems.

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The role of spreader flaps in preventing of nasal obstruction in primary rhinoplasty: A randomized-controlled trial

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Background: Nasal obstruction is a preventable complication of rhinoplasty, for which the spreader graft is the gold standard. More recently, the spreader flap technique has been espoused as an alternative to spreader grafting. Herein, we evaluated the efficacy of this technique in a randomized trial setting.

Methods: The spreader flap was used in 32 patients who were candidates for primary rhinoplasty and also 34 others without spreader flap usage were recruited as a control group. Accordingly, acoustic rhinometry was used in every patient before and after one year of operation. Average volume and minimal cross-sectional area of the nose and findings were collected. Also, the pre- and post-operative patients’ subjective assessment about their satisfaction from their appearance and nasal obstruction were evaluated according to Visual Analogue Scale (VAS).

Results: Among the study group patients, 46 (69.7%) were female and 20 (30.3%) were male. Their mean age was $50/5 \pm 6/24$ years. The difference in minimum cross-sectional area (MCA) in the control group was -0.1 and -0.6 (on right and left sides, respectively), while in the spreader flap group it was -0.5 and -0.3, which showed an increase in MCA. However, this difference was not statistically significant ($p=0.50$). Also, the differences between preoperative and postoperative VAS were not significant in both nasal obstruction ($p=0.68$) and cosmetic satisfaction ($p=0.38$).

Conclusions: Spreader flap is an attractive technique in preserving of middle vault in nasal plastic surgery. However, its effect needs more evaluation.

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