

**EXCLUSIVE STORY** CHRISTIE REVEALS ALL: WHAT'S HER AGE-DEFYING SECRET AT 62?

# NEW BEAUTY

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*The* **LOOK YOUNGER**  
ISSUE **P.89** →

## The "New" Nose Job

The nose jobs of the past—think scooped-out noses with sharp or upturned tips that were obviously “done”—have evolved into something that’s all about customization, refinement and sculpting. Just because you opt to get your nose done, doesn’t mean you have to undergo painful surgery with a long recovery that will keep you at home for weeks. Now, surgeons can fine-tune areas of the nose, like the tip or the nostrils, or streamline and perfect it from top to bottom as long as your expectations are realistic.

### WHAT SURGERY CAN FIX

before



after



West Hollywood, CA, plastic surgeon Gary Motykie, MD, eliminated her prominent hump for a smoother profile.

#### HUMPS AND BUMPS

According to Wayne, NJ, facial plastic surgeon Jeffrey B. Wise, MD, humps and bumps are a common problem and are usually a result of excessive bone or cartilage. “They are almost always hereditary, but they can also be caused by trauma or an accident. Or, they can be from previous surgeries that were unsuccessful.” Patients with humps and bumps often feel like their nose stands out too much in their profile.

**Fix it:** The best way to get rid of unwanted bumps and humps along the bridge of the nose is by surgically shaving them down or cutting them out. The tip may need to be refined, too, in an effort to create a nose that is soft and smooth. “The nose needs to show proper shadows along the side and subtle light reflects off of its tip and bridge in order to be aesthetically pleasing. When the humps and bumps are reduced, the contour is softer and smoother,” says Chevy Chase, MD, facial plastic surgeon Shervin Naderi, MD.



Rhinoplasty, performed by Paramus, NJ, plastic surgeon Robert Zubowski, MD, removed her hump and boxy tip.

#### ASYMMETRIES AND CROOKEDNESS

If the nose is asymmetrical, it can evade the overall balance of the face. “People get focused on the asymmetry of their nose, but miss the fact that their ears, eyes, cheeks and lips may also be significantly asymmetric,” says Dr. Naderi. “There is no perfect symmetry on the face, but these issues become problematic when they are extreme or distracting.”

**Fix it:** Uneven nostrils tend to be caused by more cartilage on one side of the nose than the other. “Rhinoplasty reshapes the framework of the nose, which is done by removing some of the cartilage and bone and adding additional cartilage for support if needed,” says Encino, CA, plastic surgeon George Sanders, MD. Crooked noses with an indentation should be straightened. “By adjusting the bones, we can fix severe crookedness. Cartilage can be used to build up indented spots,” adds Dr. Wise.



A nose job, done by Los Angeles plastic surgeon Geoffrey Keyes, MD, improved her breathing and the look of her nose.

#### A BULBOUS TIP

A bulbous tip, which can cause the end of the nose to lack definition because it appears rounder instead of linear and defined, is a common reason for undergoing rhinoplasty. It can also make the face look juvenile or even overweight when it isn’t.

**Fix it:** The cartilage in the tip can be shaved down for a cleaner look. “If the tip is drooping forward, we can raise it up with a cartilage graft,” says New York plastic surgeon Daniel Y. Maman, MD. Once the tip is defined, the face will look slimmer and more elegant. However, the tip should never look chiseled or pinched, which is an obvious sign of surgery. “A good rhinoplasty creates a nose that looks as if the person could have been born with it,” says San Francisco facial plastic surgeon David Kim, MD.



New York plastic surgeon Jon Turk, MD, was able to fix the wide tip and overall flatness of this woman’s nose.

#### THE WIDTH

For the most part, those with wide noses tend to feel like their faces look too fat, when in reality, they’re not. A wide nose can make the eyes look like they are too close together, which negatively affects the balance of the face as a whole.

**Fix it:** To correct a wide nose, a few different elements need to be adjusted to create a streamlined look. “To accentuate the top of the nose, tiny fractures need to be made so that as the nose heals, it becomes thinner,” says Dr. Wise. As far as the nostrils go, he adds that they, too, need to be brought in by reducing them to make them more refined.



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*transform.*

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**If you have thick skin and a large nose, only so much can be done.**

Rhinoplasty has its limitations, and that's especially the case if your skin is thick (your doctor will be able to tell you) and your nose is large—a surgeon can only do so much to make it smaller because different techniques need to be used. La Jolla, CA, plastic surgeon Robert Singer, MD, says that patients with thick skin need to be realistic about what can be achieved with the procedure. "It can take longer than normal to achieve results because of the thickness of their skin, which can increase healing time."

5

**Your nose will continue to change over time.**

Whether you opt for a nose job or not, your nose will age due to the natural aging process. "With surgery, it's important to get longevity out of the procedure so we need to account for how the nose will look over time," says Dr. Maman. "Cartilage grafts can shift, which is why rhinoplasty techniques have changed over the years. Plastic surgeons used to be very aggressive about removing cartilage, but if too much is removed, the nose loses its structure and the tip can look like it's collapsing."

**A good plastic surgeon** or facial plastic surgeon will tell you everything to expect from the minute you receive anesthesia for your surgery to the end of your recovery and all that happens in between. These are some of the most important things to know about the procedure before you decide to go through with anything.

1

**You'll be bruised under your eyes.**

It's normal for the area around your eyes to be somewhat bruised and swollen. "Although not every patient bruises, bruising is due to the breaking of the bones," says Dr. Naderi. "Some foods and supplements can thin the blood and cause more bleeding and bruising."

2

**You won't see the full results for one year.**

"You can get an idea of how your new nose will look in the first few weeks after surgery, but the final results won't be seen for eight to 12 months," says Dr. Wise. That's because there are soft tissue changes in the skin and swelling in the tip, which take months to resolve. "The framework needs to settle so it can change as the nose heals."

3

**You may need a graft placed in your nose.**

Dr. Kim explains that grafts (bone or cartilage that is added to the nose) are sometimes used to add strength and support in the nose when it's weak or nonexistent. "Strength and support are the basis of a good rhinoplasty. In my opinion, using grafts provides long-term durability to the nose."



**6th century B.C.**  
 The first recorded rhinoplasty is performed in India

**16th century**  
 Aesthetic nasal surgery starts to gain traction as diseases leave nasal tissue decayed

**1700**  
 British doctors discover nasal surgery techniques while in India, which would later become the basis of rhinoplasty

**1815**  
 The first major rhinoplasty was performed by Joseph Constantine Carpue

**1887**  
 Dr. John Orlando Roe, an ENT doctor, performed the first closed rhinoplasty (the incisions are made inside the nostril)

**1950s**  
 A nose job is considered a teenage girl's rite of passage

**1970s and 1980s**  
 The "Diamond Nose" was the ideal nose job with its scooped-out bridge and turned-up tip

**1990s**  
 Noses with straight bridges become the big trend

**2006**  
 The injectable nose job becomes available