
medical | nonsurgical rhinoplasty

by Daniel N. Ronel, M.D.

A fantastic new technique has recently emerged on the plastic surgery scene: a nose job without surgery. Nonsurgical rhinoplasty is quick, relatively painless and inexpensive—and the results are the same as a traditional nose job.

The procedure

A soft tissue filler is precisely injected into the nose, filling depressions, smoothing ridges and sharp angles and even lifting the tip. A dorsal hump can be made to disappear, an asymmetry can be corrected and a flat nasal bridge can be elevated. The effects last from six months to several years, depending on the type of filler used.

The procedure has many advantages over traditional rhinoplasty:

- No anesthesia is required
- It is an in office procedure performed in 15 to 30 minutes
- The recovery time is minimal, with some swelling for a day or two
- The patient remains awake and can provide input during the process
- The cost is relatively low
- There is no scarring within the nose, minimizing breathing discomfort
- There are no nose bleeds during the recovery period

Although Juvederm® and Restylane® are commonly used, I prefer Radiesse® and Artefill® because they last longer and the results are more predictable. Radiesse contains calcium hydroxylapatite, which is a normal component of bone and teeth. It is a natural, biode-

gradable substance so there is no need to conduct allergy tests before it is used. Artefill is composed of microscopic polymethylmethacrylate (tiny plastic) beads wrapped in a bovine collagen carrier. It is permanent and requires a 28 day waiting period after a simple skin test. These fillers stay exactly where they are placed—they do not migrate like some other fillers.

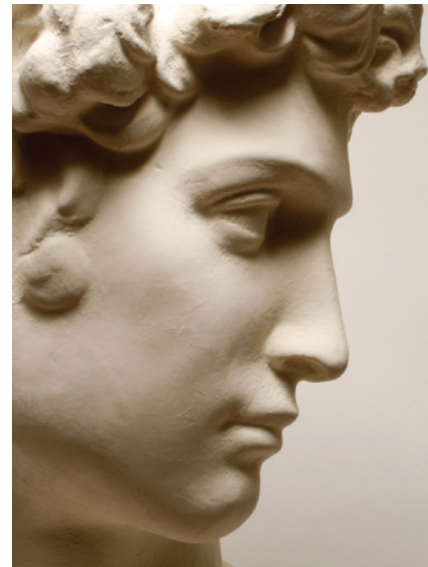
Most patients seeking to improve the esthetic quality of their noses are proper candidates for the procedure. Injections of fillers can:

- Diminish the appearance of humps and bumps
- Smooth out dents, hollow areas or indentations, thereby making the nose more symmetric
- Create or augment a flat or depressed nasal bridge (a common request in the Asian and African American communities)
- Correct a droopy or depressed tip of the nose

Nonsurgical rhinoplasty does have its limitations. For those with major nasal deformities or those who are looking to reduce the size of their nose, surgical intervention is necessary.

Buyer beware

There are many practitioners injecting fillers, and some have better training and more experience than others. A nonsurgical rhinoplasty requires much more precision than injecting other parts of the face, such as the cheeks or nasolabial folds in a liquid lift. The



procedure should only be performed by a doctor who has studied 3-dimensional facial anatomy and has detailed knowledge of nasal structures. Board certification in an appropriate specialty, such as plastic surgery or ENT, is important.

A nose job without surgery is an excellent option for those who want a noninvasive procedure and are looking for fast and satisfying results. It is affordable and available to most people who want to improve the esthetic appearance of their nose. ■

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