

Chapter 1 : Nose Thread Lift vs. Nose Fillers: Which is better?

The authors of Your Complete Guide to Nose Reshaping are respected facial cosmetic surgeons who have performed thousands of rhinoplasties. They understand your concerns and the questions you have as you anticipate surgery.

Also known as rhinoplasty, nose reshaping or nose job

When to Consider Nose Surgery

If you are unhappy with the shape, size or angle of your nose

If your nose is too large, too small or not in proportion to the rest of your face

If you have breathing problems resulting from irregularities inside your nose

If you have a nasal hump or a nasal tip that is drooping, too elevated or wide

Considerations

The shape, angle and size of your nose will be improved

Structural problems that restrict breathing and cause congestion can be corrected

Rhinoplasty can have a significant impact on your self-image and self-confidence

Cons

Depending on the type of surgery, you may develop scars at the base of your nose

You may have skin problems or breakdown of skin tissue associated with the use of grafting materials

It will take time to adjust to your new look

These are the top three pros and cons to weigh when considering nose surgery. If you want to focus on what is unique to you, please consult with your aesthetic plastic surgeon.

Are you a good candidate for nose surgery?

The following are some common reasons why you may want to consider rhinoplasty:

- Your nose is too large or too small
- Your nose does not seem to fit with the rest of your face
- Your nose is crooked, badly shaped, or out of alignment
- You have nasal blockage inside your nose and have trouble breathing
- You have a birth defect that you would like improved
- You would like improvement, not perfection, in the appearance of your nose

If you are in good general health, have a positive attitude and realistic expectations, you are most likely a good candidate for this procedure.

A Rhinoplasty can reshape your nose, remove bumps, improve angles and reduce an enlarged tip.

After swelling has subsided after rhinoplasty, your nose will better complement your other facial features.

Detailed Procedural Info

How is a nose surgery procedure performed?

After numbing the area, your surgeon will make incisions to access the bones and cartilage that support the nose. There are two general techniques for making the incisions:

- By adding or removing bone and cartilage and adjusting the supporting structures inside the nose, the size of your nose can be reduced or increased and the nose may be shortened or lengthened.
- Tip grafts made of cartilage can be used to remodel the tip of your nose, making it more uplifted, longer, shorter, or thinner.

Your skin and other soft tissues will remodel to assume the shape of the underlying structure. In some patients, tissue fillers or fat grafts can be added to increase volume in desired areas. Areas where cartilage and bone can be adjusted to improve the shape of the nose are shown. The nasal bridge can be narrowed by moving the bone inward, as shown by the arrow.

What are my options?

There are two main incision approaches:

- In addition to incision options, there are various methods for augmenting your nose or smoothing surface deformities.
- Autologous cartilage grafts taken from your nasal septum the wall inside the nose that divides one air passage from the other offers the best chance for a natural result. If cartilage and bone have already been removed from the nasal septum, then ear or rib cartilage and sometimes bone from the skull are other options.
- Although solid silicone implants are available for nasal surgery, these are foreign materials that may become infected or react poorly with your nasal tissues and have to be removed. That is why natural cartilage, if a supply is available, is the most trouble-free option.
- Fillers or fat grafts may also be injected to smooth the nose, to camouflage deformities or indentations, or to add volume in desired areas.

What will my nose surgery incisions and scars be like?

As previously mentioned, there are two general techniques for making the incisions.

Open rhinoplasty

For an open rhinoplasty, the incisions are made outside the nose with a small access incision on the underside of the nose between the nostrils that then connects with other incisions hidden inside the nose. Advocates for the open rhinoplasty approach say that it fully opens the nose, providing better visualization of the nasal structures and a more direct route for surgical manipulation; the small scar at the base of the nose is barely visible once it heals.

Endonasal rhinoplasty

For an endonasal rhinoplasty, the incisions are made inside the nasal passages. Because these incisions are hidden, they are invisible after surgery. Advocates for the endonasal approach say that it permits more limited dissection of nasal tissues, offers excellent visualization of nasal structures, and eliminates the visible scar at the base of the nose. An open rhinoplasty requires an incision on the underside of the nostril as shown. Education, training, and

certification Experience with rhinoplasty surgery Your comfort level with him or her Members of the American Society for Aesthetic Plastic Surgery are experienced and qualified to perform your aesthetic procedure. Learn how to select a surgeon. After finding a board-certified plastic surgeon in your area who is experienced in performing rhinoplasty, you will need to make an office appointment to set up your consultation. Generally, because of the in-depth nature of the consultation, there is a cost associated with the initial visit. Your initial consultation appointment During your initial consultation, you will have the opportunity to discuss your cosmetic goals. Your surgeon will evaluate you as a candidate for rhinoplasty and clarify what nasal surgery can do for you. Once your surgeon understands your goals and medical condition, both alternative and additional treatments may be considered see related procedures. You should come to the consultation prepared to discuss your complete medical history. This will include information about: An approach to your surgery, including the type of procedure or combination of procedures The outcomes that you can anticipate Your financial investment in the procedure Associated risks and complications Options for anesthesia and surgery location What you need to prepare for your surgery What you can expect to experience after surgery Show before-and-after photos of cases similar to yours and answers to any questions Questions to ask your aesthetic plastic surgeon For a general list of questions to ask your surgeon about his or her background, to find out about plastic surgery safety, and to plan your procedure, visit the Planning Toolkit. We developed these questions to help you: Make the most informed and intelligent decision about your procedure Confirm that you have the right surgeon for your procedure Make your initial consultation as rewarding as possible Understand your options, potential outcomes, and risks It is important for you to take an active role in your surgery, so please use this list of questions as a starting point for your initial consultation. Am I a good candidate for rhinoplasty? Are the results I am seeking reasonable and realistic? Do you have before-and-after photos I can look at for the procedure I am undergoing? Will I have any visible scars? Where will my scars be located? What kind of anesthesia do you recommend for me? What will be the costs associated with my surgery? What will you expect of me to get the best results? What kind of recovery period can I expect, and when can I resume normal activities? What are the risks and complications associated with my procedure? How are complications handled? What are my options if the cosmetic outcome of my surgery does not meet the goals we agreed on? Preparing for Your Procedure How do I prepare for a nose surgery procedure? Your surgeon will provide thorough preoperative instructions, answer any questions you may have, take a detailed medical history, and perform a physical exam to determine your fitness for surgery. In advance of your procedure, your surgeon will ask you to: Stop smoking at least six weeks before undergoing surgery to promote better healing Avoid taking aspirin, certain anti-inflammatory drugs, and some herbal medications that can cause increased bleeding Regardless of the type of surgery to be performed, hydration is very important before and after surgery for safe recovery. Rhinoplasty is usually performed on an outpatient basis. Be sure to arrange for someone to drive you home after surgery and to stay with you at least the first night following surgery. If your surgery involves septal work or is a revision of prior work, it may require an overnight stay. What can I expect on the day of rhinoplasty surgery? Your rhinoplasty may be performed in an accredited hospital, a free-standing ambulatory facility, or an office-based surgical suite. Most rhinoplasty procedures take at least one to three hours to complete but may take longer. Medications are administered for your comfort during the surgical procedure. General anesthesia is commonly used during rhinoplasty, although local anesthesia or intravenous sedation may be desirable in some instances. For your safety during the surgery, various monitors will be used to check your heart, blood pressure, pulse and the amount of oxygen circulating in your blood. Your surgeon will follow the surgical plan discussed with you before your operation. After your procedure is completed, you will be taken into a recovery area where you will continue to be closely monitored. You will have a splint placed outside your nose to support its new shape as it heals. Nasal packing may also be used inside the nose to provide additional support. You will probably be permitted to go home after a short observation period unless you and your plastic surgeon have made other plans for your immediate postoperative recovery. Aftercare and Recovery Your surgeon will discuss how long it will be before you can return to your normal level of activity and work. After surgery, you and your caregiver will receive detailed instructions about your postoperative care, including information about: Drains, if they have

been placed Normal symptoms you will experience Potential signs of complication. See options for short-term recovery locations in Aftercare and Recovery Planning Toolkit. Immediately after rhinoplasty After surgery you may be asked to wear a nasal splint over your nose for support. The splint will protect your nose while you sleep and shield it from accidental bumps. You may also have a small triangular bandage beneath the tip of your nose. Nasal packing will be placed inside your nose for additional support; it acts as an internal splint to hold everything in place and to keep the airway clean and free of crusts. Many patients dislike the idea of anything being put in their noses, so adjusting to the nasal packing may be difficult. Some surgeons insert a small tube in each airway to allow the patient to breathe more freely when the packing is in place. Expect some swelling and bruising and possibly some discomfort. Your face will be puffy, and the areas around your nose and eyes will be bruised and swollen after surgery. Your surgeon may recommend cold compresses to help minimize the swelling and reduce pain. You may need to keep your head elevated and relatively still for the first few days after surgery. Your doctor may prescribe a pain medication to deal with any pain you may experience. You will have to limit your activities for a few days to weeks. Recovery time frame after rhinoplasty It is vitally important that you follow all patient care instructions provided by your surgeon. Your surgeon will also provide detailed instructions about the normal symptoms you will experience and any potential signs of complications. It is important to realize that the amount of time it takes for recovery varies greatly among individuals. You will need to wait for several weeks before you can engage in exercise or athletics. The first two weeks All surgical packing within your nose will be removed within four to seven days after surgery. The splint and bandages on your nose will be removed in a week to ten days. It takes about ten to fourteen days before most of the swelling and bruising improves. Your return to work or school depends on how much exertion your job or your school activities require. Most normal activities including exercise can usually be resumed within three weeks.

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Nose Thread Lift vs. Which is better for a more defined nose? This guide might help. Being in the centre of the face, the nose is probably the first facial feature people look at when they first look at you. A high nose bridge with a rounded tip is a highly coveted feature among many Asian women. In fact, a number of Chinese women and even men are searching for reliable doctors in hopes to attain a more beautiful, defined nose. There are two options where people can augment their noses – non-surgically: Nose Thread Lift and nose fillers. What is nose filler? Nose filler treatment usually involves injecting Hyaluronic Acid HA fillers into the skin. It is used to sculpt the nose by precisely adding volume to the nose. These fillers are made of HA gel, which are compatible with your body. After the numbing cream or local anesthetic has set in, the doctor will inject HA fillers into the bridge and tip of the nose to give it height and projection. Can nose filler treatments have side effects? Some mild swelling or redness can be expected at the injection points. Some bruising may also occur. However, these side effects should subside in a day or two. If nose filler treatment is performed by an inexperienced injector, there is also a possibility of infection and vascular complications such as skin necrosis and even blindness. Although this rarely happens, a detailed consultation with the doctor is necessary to find out what the risks are and if the doctor is skilled enough to carry out the treatment. How long does nose filler last? Nose filler can last for up to 12 months after the treatment. If repeated regularly, it can last for as long as 36 months, depending on individual. What is nose thread lift? Because of the minimal downtime, patients can resume their daily activities thereafter. After numbing and application of local anesthetic, the doctor places fine threads along the nasal bridge for the height and the septum to give projection to the nose. The threads are placed under the skin to elevate the nose bridge and tip while stimulating collagen formation to provide sustainable lift for the nose. The number of threads required varies according to individuals. An initial consult with the doctor is required to determine the current shape of the nose and the desired outcome before he can decide the number of threads required. Results are immediately visible as the threads provide the scaffold for the nose. Does Nose Thread Lift have side effects? As the PDO threads are bio-absorbable, they will be broken down in 6 to 8 months after the treatment. PDO is an essential material used by surgeons for their surgical sutures. It is normal to experience some soreness and swelling immediately after the treatment. However, these side effects will subside in a few days. How long does Nose Thread Lift last? Results from a Nose Thread Lift treatment can usually last for about years. If the treatment is repeated 9 months after the initial treatment, you can expect the result to be longer-lasting. With stimulation of collagen in the nose, some permanent lifting can be expected. So, which is better and safer: Nose Thread Lift or Nose Filler? It is a perennial question that many people ask. The truth is, there are associated benefits and risks pertaining to each treatment. Although undergoing either procedure can effectively augment the nose, some doctors prefer to perform a combination treatment so that the patient can have a more defined nose. By harnessing the benefits of both treatments, you will be able to enjoy a beautiful nose that has a definitive structure with a longer-lasting lift. This article was contributed by Radium Medical Aesthetics.

Chapter 3 : Guide to Nose Reshaping Surgery | American Board of Cosmetic Surgery

Your complete guide to cosmetic surgery, all about rhinoplasty surgery, aka nose job in seattle cos â™™! july 11, â™™! comments off rhinoplasty, aka nose job, is a plastic surgery procedure for correcting and rebuilding the kind, bring back the functions.

Your Complete Guide to Having Rhinoplasty According to recent data , rhinoplasty continues to be one of the most popular plastic surgery procedures among both men and women. Consider this your rhinoplasty need-to-know guide for advice and answers about everything from how to pick a plastic surgeon to how long your recovery will take. Men and women may feel better about their appearance and enjoy a boost in confidence after having rhinoplasty to correct a cosmetic concern. There are some common reasons people get rhinoplasty: The reasons for getting rhinoplasty and other nasal procedures are not always purely cosmetic, such as when someone has reconstructive surgery to correct disfigurement caused by an injury. Some other non-aesthetic reasons people may have nasal surgery include the following. The septum is a thin wall that separates your left and right nasal passages. Deviation simply means that the septum is displaced to one side or the other. A deviated septum can be present at birth or it can occur as the result of an injury. A deviated septum can worsen over time, as part of the natural aging process. When the deviation is severe enough, it can cause nasal obstruction. This can result in breathing issues, dry mouth, pain or pressure, and difficulty sleeping. Surgery to repair a deviated septum, septoplasty, is often done at the same time as rhinoplasty. Turbinates are structures inside the nose that help to warm cold air before it enters your lungs. They also help to baffle and direct incoming air flow. The turbinates are covered in tiny cilia, which serve to filter out airborne irritants and contagions that would otherwise enter your body. If the turbinates are chronically enlarged, you may feel congested and have trouble staying asleep. Turbinate surgery can also be combined with cosmetic reshaping. A deviated septum and enlarged turbinates are two of the most common causes of breathing troubles. Other things, such as nasal polyps, can be at fault. You may need to have a nasal endoscopy to determine the exact cause of your troubles. Choosing Your Rhinoplasty Surgeon Rhinoplasty is one of the most difficult plastic surgery procedures. Booking a rhinoplasty consultation is fundamental part of finding the plastic surgeon you want to work with. Choosing a plastic surgeon who is board certified should be at the top of your priority list. To become board certified, a plastic surgeon must complete years of specialized training beyond medical school. The artistry and skill required to do quality rhinoplasty is not something that comes easily and you should never put your face in the hands of someone who is not adequately credentialed. Plastic surgeons who diversify their practice too much may not necessarily specialize in any one area. Rhinoplasty is a surgery that should only be done by someone who has an advanced knowledge of the intricacies of nasal anatomy. Ideally, you will want to work with a plastic surgeon who uses a patient-centered approach. Patient reviews and testimonials: Ask about reviews and ratings from past rhinoplasty patients. You may be able to find these on internet review sites such as RealSelf. At your consultation, you can ask whether there are past rhinoplasty patients who would be willing to talk with you about their experience. Make sure you feel good about your relationship with a plastic surgeon and the other staff at the practice. Feeling comfortable and safe with your plastic surgeon contributes greatly to your level of satisfaction with the final results. A plastic surgeon should listen carefully to your goals, your concerns and your questions. If you ever feel as if your opinions or concerns are being ignored or dismissed, keep looking until you find a qualified plastic surgeon who is the right fit for you. Talk to your plastic surgeon about where he or she plans to do your rhinoplasty. You should only have surgery in an accredited facility for several reasons. An accredited facility is required to keep meticulous records and adhere to stringent standards in regard to your health and safety. If your plastic surgeon is operating at an accredited facility, you can be assured that a licensed anesthesiologist will be the one to administer your anesthesia. Accredited facilities are also accountable to governing bodies that help ensure compliance with standards and best practices which are constantly reviewed and updated to improve quality of care. Looking at Before and After Pictures One especially important part of your rhinoplasty consultation is having the opportunity to look at before and after pictures of rhinoplasties a plastic

surgeon has done. Make sure the photos are taken from the same angle in both shots. The lighting also matters. The same or a very similar light source should be used in both pictures and the lighting should come from the same angle. Ask questions about the photos. Ask if the person also had nasal surgery done at the same time.

Being a Good Candidate for Rhinoplasty At your rhinoplasty consultation, your plastic surgeon will determine whether you are a good candidate for this type of surgery. There are several factors that can influence your candidacy. Your face must reach skeletal maturity before you can be considered a candidate for rhinoplasty. The earliest this typically happens for most patients is around age 18. The reason you have chosen to pursue rhinoplasty plays a very important role in helping your plastic surgeon determine your candidacy. In order to be a good surgical candidate, you must be in good general health.

Bad Reasons to Have Rhinoplasty Always keep in mind that even the people who are paid to be beautiful often have the aid of makeup, lighting and digital retouching to help them appear impossibly gorgeous. A desire to enhance your appearance and boost your self-confidence is a great reason for wanting to have rhinoplasty. However, there are plenty of unhealthy reasons to want nose surgery. If you are interested in rhinoplasty or any plastic surgery procedure for any of the following reasons, you may want to hold off while you improve your mental outlook. To please someone in your life. To win over a love interest or make more friends. To land your dream job or advance your career. To save a relationship. Just like wanting plastic surgery to attract someone, having work done to keep someone in your life is equally ill-advised. To fit societal or media standards.

What Happens during Surgery? The technique used will vary at the discretion of the plastic surgeon to create specific results such as forming a higher bridge, narrowing a wide nose or removing a bump. In reality, this is not always true. The exact method used will depend on the anatomy of your nose and the changes you want to be made. Breaking is typically only done in cases where the nose needs to be significantly thinned or straightened. Your plastic surgeon will help you understand what will happen during your rhinoplasty. Your plastic surgeon may place the incisions inside or outside your nose. This decision will be made on a case-by-case basis. This allows the skin to be lifted, giving the plastic surgeon easier access to the bones and cartilage. This is to help support and protect the structures of your nose as it heals. Swelling and bruising is normal in the days following rhinoplasty, and you may even end up with a black eye or two. Most people can go back to work after about a week. However, some people choose to take additional time off to allow the bruising and swelling to subside more. The right amount of time to take off depends on your particular situation and the type of job you have. As a general rule, you should avoid strenuous activity and lifting anything greater than 5 pounds for the first month after your rhinoplasty. It can take a long time for you to see the final results of your rhinoplasty. Just remember that what your nose looks like in the beginning may not be reflective of what your final results will look like. It is imperative that you follow the instructions your plastic surgeon gives you for recovery care. This will include any medications you should take, things you should avoid, guidelines on caring for your surgical site and what to look for as you heal.

Rhinoplasty by Gender Rhinoplasty is a delicate art, and a plastic surgeon must not only take care to customize each procedure to each individual. He or she must also take into account how rhinoplasty should be done differently depending on whether the patient is a man or woman. Women often look for a more refined and feminine nose while these same characteristics may not be ideal to a man seeking rhinoplasty. Be sure to talk to your plastic surgeon about whether he or she has done rhinoplasty surgeries on a number of both men and women. Once you decide to go ahead with rhinoplasty, your countdown to surgery begins. Use this time to prepare yourself, physically and otherwise. Eat a balanced, nutritious diet to keep your body in fighting shape. Nicotine restricts blood flow, which increases the risk of surgical complications.

Prepare Your Recovery Space: A lot of people clean and organize their home right before surgery to help make their recovery as relaxing and stress-free as possible. Get someone to help you with household duties such as meal preparation and childcare, if needed. Pick up any medical supplies and prescriptions your plastic surgeon gives you. You may want to make sure your Netflix subscription is paid up and grab a stack of magazines or a good book to keep you occupied during your recovery.

Rhinoplasty and Your Voice One common rhinoplasty myth is that your voice will inevitably change after having a nose job. This can be of particular concern for people who use their voices for a living such as singers and professional speakers. A skilled and experienced plastic surgeon, in many cases, can work with such precision that your voice will not

be altered.

Chapter 4 : About For Books Your Complete Guide to Nose Reshaping Complete - Video Dailymotion

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What changes can I make to my nose? Men and women of all ages benefit from rhinoplasty. Nose reshaping is one of the more popular cosmetic surgery procedures for teenage patients too, although cosmetic surgeons take special care when evaluating whether or not a younger patient is ready for rhinoplasty. Physically, the nose must be fully developed—typically by around age 14 for girls and 16 for boys. For patients of any age, it is important to have realistic expectations. A skilled, qualified cosmetic surgeon will explain to you what is possible and help you achieve a nose that looks natural with your unique features. Choosing a Rhinoplasty Surgeon Rhinoplasty is a highly complex procedure that demands a specially trained cosmetic surgeon. Learn more about ABCS surgeons. When consulting with potential surgeons, ask how many rhinoplasty procedures he or she has performed, and be sure to look at before and after photos of prior patients. The results you see should look natural to each individual patient, and you should like the results you see—this indicates a surgeon whose aesthetic sensibility aligns well with yours. Get more tips on choosing a cosmetic surgeon. Because of this increased access, cosmetic surgeons will typically use the open rhinoplasty approach for patients requiring more extensive reshaping. The resulting scars are well-hidden in the natural contours of the nose so they are as inconspicuous as possible. This approach is most commonly used for patients who need more minor adjustments to the nasal structures to achieve their desired improvements. The advantage of closed rhinoplasty is that there is no visible scarring after surgery; however, this approach may not be suitable for more extensive rhinoplasty procedures. As you might have guessed, tiplasty involves reshaping the nasal tip only, without affecting the other nasal structures. Cosmetic surgeons may use the open or closed approach for tiplasty. By strategically injecting a filler at certain points in the nose, a skilled cosmetic surgeon can help smooth out bumps, reshape the nasal tip, and improve nasal symmetry. Life After Rhinoplasty Rhinoplasty is typically performed as an outpatient procedure using general anesthesia, although local anesthesia with intravenous sedation may be appropriate in certain cases. After your procedure, your nose may be placed in a splint. This helps to support your newly reshaped nose and protect it from accidental contact. You may also go home with packing inside your nostrils—this can be uncomfortable, but temporary. Packing is typically removed within the first week after rhinoplasty. Your cosmetic surgeon will prescribe pain medication to help minimize discomfort during your initial recovery. Take it easy after rhinoplasty For the first 1 to 2 weeks, many patients experience bruising and swelling. At first, you may not be able to see the improvements made during surgery. Most patients feel ready to return to work or school after 1 or 2 weeks, depending on the level of activity required. Typically after 3 weeks, most normal non-contact activities can be resumed. This is usually not noticeable to others, though. The results of rhinoplasty surgery are permanent. While this means your new nose will be with you for a lifetime, it also makes it that much more important to choose a qualified cosmetic surgeon whom you can trust to deliver the results you desire.

Chapter 5 : The Nose Knows: Your Complete Guide to Having Rhinoplasty

Written by physicians with years of experience working on thousands of patients, this focused book explains in detail how rhinoplasty—or nose reshaping—is accomplished.

Chapter 6 : Advanced Cosmetic Surgery & Laser Center Edwards Rd # Cincinnati, OH Hair Salons - MapG

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