

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

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## 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



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

after



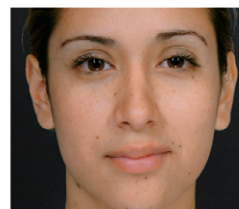
#### ◀ HUMPS AND BUMPS

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.



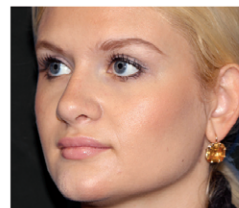
#### ◀ ASYMMETRIES AND CROOKEDNESS

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 the nostrils go, he adds that they, too, need to be brought in by reducing them to make them more refined.