

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

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Turn to page 169 to find a top doctor.

5 Things to Know Before Getting a Nose Job

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."

4

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."



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