“the nose specialist”

Dr. Naderi knows noses

With a total hands-on approach, Dr. Naderi is involved in every aspect of his practice—from designing and decorating his own offices, to getting to know his patients on a personal level. He usually spends an hour on the initial consultation, getting to know each patient and their individual goals. To further enhance the communication process, Dr. Naderi uses advanced computer imaging to give his patients a view of the nose that best fits their face, with plenty of options or versions, so they can see the difference one or two millimeters can make. “It’s important for patients to see what their nose can look like, so they can ultimately see the nose that fits best,” says Dr. Naderi. “As the surgeon, I perform all of the imaging myself, making sure what I show on the computer screen is surgically plausible.”

ATTENTION TO DETAIL

As a rhinoplasty specialist surgeon, Dr. Naderi brings harmony to his patients’ faces and minds. His exclusive dedication to the art and science of rhinoplasty and revision rhinoplasty, combined with a compassionate and detail-oriented approach, translates into beautiful yet natural results, with an esteemed reputation among his patients and colleagues.

ABOUT DR. NADERI

Why did you dedicate your practice to rhinoplasty and revision rhinoplasty?

Rhinoplasty is recognized as one of the most technically challenging cosmetic procedures. My dedication to specialization and focused attention allows for a deep understanding in this field, assuring optimal care and results. Rather than taking a “jack-of-all-trades” approach, I have chosen to focus on one small part of the body. This brings patients dissatisfied with previous surgeries confidently to my office for revision rhinoplasty.

What does a beautiful nose look like?

A beautiful nose is the one that fits each individual’s face. The nose should not distract attention from the intrigue of the eyes or the beauty of the lips.

How does your office cater to out-of-town patients?

We see a great deal of patients who fly to us for rhinoplasty or revision rhinoplasty. With an elegant and modern office, as well as a caring and attentive staff, well-versed in concierge service, we cater to and satisfy every patient’s needs—from hotel arrangements to transportation, and everything in between.

What is your favorite part of your job?

What puts a smile on my face is seeing the smile of a happy patient after the splint is removed, knowing they made the right decision. I love seeing the excitement of a young patient or the tears of joy of an older patient after their new nose is unveiled a week after surgery.

To learn more about the practice visit

VirginiaRhinoplasty.com
RhinoplastySpecialistSurgeon.com
NaderiCenter.com
WRINKLES AND SAGGY SKIN ARE OBVIOUS AGING ISSUES, BUT THERE IS ANOTHER FACTOR THAT COULD BE RESPONSIBLE FOR ADDING YEARS TO YOUR FACE—THE NOSE. SINCE THE NOSE IS THE MOST PROMINENT AND CENTERED FEATURE ON THE FACE, IT CAN AFFECT HOW OTHER FEATURES APPEAR, CAUSING AN AGED LOOK. NASAL FLAWS LIKE HUMPS AND A DROOPY TIP CAN ADD UPWARD OF 10 YEARS TO YOUR APPEARANCE. WITH THAT IN MIND, COULD RHINOPLASTY, OR A “NOSE JOB,” BE THE NEWEST WAY TO PREVENT AND ELIMINATE THE SIGNS OF AGING? THOUGHT OF AS A PROCEDURE PERFORMED ONLY TO CORRECT SHAPE (TYPICALLY ON YOUNGER PATIENTS), NASAL SURGERY MAY BE THE ANSWER TO MAINTAINING A YOUTHFUL LOOK.

THE ANTI-AGING NOSE JOB

Creates strong support

“If a portion of the cartilage needs to be removed, it can be, but we also enhance the supporting structures and make the connection between the tip and other parts of the nose stronger and anchor the tip to the septum so that it won’t be as susceptible to dramatic changes related to the effects of gravity,” says Cleveland plastic surgeon Bahman Guyuron, MD.

The problem with the cookie-cutter nose. “The older techniques called for removal or interruption of most of the cartilage, which resulted in prototype noses—everyone had the same nose,” says Dr. Guyuron. These cookie-cutter noses were more apt to age quicker.

How it encouraged aging. Besides the fact that a lot of rhinoplasty patients’ noses lacked individuality, many of these surgeries actually intensified the effects of how the nose normally ages. “Because so much cartilage was removed, there was less support of the tip structures,” Dr. Guyuron says, which would cause the tip to fall down and forward.

THE LATEST WAY TO SLOW THE SIGNS OF AGING

THE NOSE IS DESTINED TO AGE TO SOME DEGREE. BUT, UNBENO KOWNST TO MANY, THE TECHNIQUES PRACTICED IN RHINOPLASTY TODAY MAY ACTUALLY BE ABLE TO SOMewhat DELAY THE SIGNS OF AGING.
THE NOSE: HOW IT’S AGING YOU

THE NOSE, LIKE THE REST OF THE FACE, AGES. WHILE IT DOESN’T TECHNICALLY GROW BIGGER OR LONGER, ALTHOUGH IT MAY APPEAR TO, IT CAN CHANGE IN TERMS OF SHAPE—ESPECIALLY THE TIP—IN THE EARLY TO MID-40S. WHICH, IN SOME, CAN GIVE THE ILLUSION OF A LARGER NOSE. SO WHAT CAUSES IT TO TRANSFORM OVER TIME?

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**HUMPS AND BUMPS**

Most people with nasal humps and bumps, which are related to uneven amounts of cartilage, have always had them to some degree. Even if your nose developed with a bump, and it was always there, it may become more noticeable with age as support from the tissue and cartilage is lost. Others notice nasal humps and bumps later on in life that virtually didn’t exist before.

Using hyaluronic acid fillers, like Restylane, or even thicker and longer-lasting injectables, such as Perlane or Radiesse, your plastic surgeon or dermatologist will inject the areas that you’re wishing to correct to camouflage any concerns. “There is a number of fillers used, but this technique can only correct minor problems,” says Dr. Keyes. The filler acts as a spackle of sorts to soften the appearance of any dents, bumps and humps. In less than 30 minutes, the results are seen (there may be some swelling, redness or bruising, which will subside over a few days). Keep in mind that your nose will physically be larger—although it may not look any bigger—than it was pre-injection since the filler eliminates unwanted bumps by adding volume.

**The Proponent**

“Using injectables to produce minor nose alterations is unquestionably easier than surgery. In fact, temporary injections are producing longer-term effects than expected because reactive tissue fills in the minor depressions. Therefore, the results can be more enduring, although not as long as what is achieved with surgery. In the future, we’ll see even more extensive use of fillers to correct minor nose flaws,” says Dr. Guyuron.

**The Opponent**

“I don’t use injectables to change the appearance of the nose because of concern of infection and skin damage that may be a long-term problem,” says Dr. Hect.
THESE SEEKING A WELL-BALANCED AND YOUTHFUL FACE SHOULD AIM FOR A NOSE THAT’S SYMMETRICAL WITHIN ITSELF, AS WELL AS OVERALL FACIAL SYMMETRY, BECAUSE AN ASKEW NOSE IS SOMETIMES ACCENTUATED BY OTHER MISALIGNED FEATURES.

NOSE

IF YOUR NOSE IS TOO LONG, IT CAN CAUSE YOUR CHEEKS TO LOOK WEAK AND IL-
DEFINED. FLAT CHEEKS THAT LACK VOLUME AND DEFINITION ARE COMMON WITH AGE.

POORLY DEFINED CHEEKS

THIN LIPS

IF THE NOSE IS TOO DROOPY, IT CAN CAUSE THE SMILE AND HOLE PART OF THE UPPER LIP, MAKING IT LOOK THIN AND TIGHT.

THIN LIPS

RECESSED CHIN

IF YOUR NOSE HAS TOO MUCH PROJECTION, IT CAN CREATE THE ILLUSION OF A RECESSSED CHIN AND WEAK CHEEKS. WITH AGE, THE CHIN AREA CAN BECOME SAGGY AND松 AND SLIGHTLY LARGER, MAKING HER FACE LOOK THINNER, EYES BIGGER AND FACE MORE BALANCED.”


THE NOSE

IN ORDER FOR YOUR NOSE TO LOOK YOUTHFUL AND DEFY AN AGED APPEARANCE, IT SHOULD:

01. POINT UPWARD EVER SO SLIGHTLY

NOSES THAT POINT UP JUST A LITTLE ARE ASSOCIATED WITH A YOUNGER LOOK, BUT YOU DON’T WANT TOO MUCH NOSE TO SHOW.

02. BE SMOOTH

THE BRIDGE OF THE NOSE SHOULD BE STRAIGHT AND SMOOTH SO THAT THE PROFILE VIEW MATCHES THE FRONT VIEW. IT SHOULDN’T LACK PROJECTION, OTHERWISE IT WILL LACK DEPTH.

03. BE THE RIGHT WIDTH

WHEN THE NOSE IS TOO WIDE, IT CAN DISTRACT FROM OTHER FEATURES, LIKE THE CHEEKS. IF THE WIDTH OF THE NOSE OVERCOMES TOO MUCH SPACE, OTHER FEATURES CAN LOOK POORLY DEFINED.