

A New Nose

Restructure through rhinoplasty

The “less is more” approach to reshaping a nose is replacing outdated requests for a ski-slope look, Twiggy-thin bridge or Jessica Hahn-style pointy tip. “We’ve gotten away from the pointy tips that were common in the 1970s and even the 1980s,” says Dr. Richard Gentile, who says a fair number of teenagers and an increasing number of men seek services at Facial Plastics & Aesthetic Laser Center in Boardman, Fairlawn and Warren.

“Aesthetics are important, but function is just as important,” Gentile emphasizes. If you shave off too much of the schnoz, patients could suffer from breathing problems since noses naturally grow thinner as we age.

But Gentile doesn’t have to worry about recreating this manufactured look; proportion is in, skinny is out, and most patients understand that they can’t start from scratch. “If you have a triple-X-sized nose, it will never be a small-sized nose,” Gentile says, adding that most patients relate to the portfolio of patient before-and-afters he shows them during consultations. He generally refers to a picture of someone who reminds him of the pre-operative individual.

“I will say, ‘you remind me of this patient,’ and then I gauge their reaction,” he says. “Sometimes they’ll say, ‘That nose isn’t narrow enough,’ but most of the time, they are in agreement that the ‘after’ is a good result. From that, I can get an idea of what we can do.”

Gentile says most patients don’t seek an extreme makeover, rather an improvement on what they already have. In fact, because many men and women must return to professional work environments, they prefer that results are less dramatic — a marked improvement, but not so obvious that their procedure becomes watercooler gossip.

“Patients don’t want to look so different that when they see someone they know on the street, the person looks at them and says, ‘Nice nose job,’” Gentile remarks.

Gentile says patients request nose jobs for a variety of reasons. Some have lived unhappily with a hump for years. Others want to improve their profile, thin down the bridge or reshape a crooked line. A certain population seeks reconstructive surgery to alleviate breathing problems, and many men



High Profile

Jennifer Lopez’s thin, but well-proportioned nose complements her beautiful features.

and teenagers visit Gentile after an injury.

Dr. Steven Goldman, of Beachwood Plastic Surgery and Laser Center, says the benefits of rhinoplasty are twofold for many patients, who sincerely state functional “repair” reasons for the surgery. “But maybe what pushed them to get their nose fixed for breathing was they wanted to get the hump fixed, too,” he suggests.

Goldman says his patients sometimes refer to celebrity noses like Jennifer Lopez or Keira Knightley when they describe their ideal end result. “People who go into surgery don’t want me to leave them with a little hump,” he says, citing Jessica Simpson’s pretty-but-imperfect nose, which appeals to patients who can’t achieve a model finish. “You don’t want to leave patients with a ski slope either,” he adds.

Regardless of preference, patients who have broad nose structures and thicker skin will never leave a plastic surgeon’s office with a petite, tiny-tipped nose. “Most patients understand that what they have already is what we can work with,” Goldman says.

This is a relief for Gentile, who prefers to err on the conservative side. “Fortunately, they never bring in pictures of Michael Jackson,” he jokes.

Rhinoplasty is the second most popular surgical procedure, according to American Society of Plastic Surgeons 2005 statistics. More than 298,000 people had nose reshaping procedures in 2005. (www.plasticsurgery.org)

Procedure Pointers:

Sizing — Proportion to facial structure is a key factor in analyzing whether a nose is attractive. That said, patients with larger structure before surgery shouldn’t aim to shrink their nose to a size too small for the face. (Dividing the face in horizontal, equal thirds, the nose should be positioned in the

middle-third of the face.)

Before — First, ensure that your plastic surgeon is certified by The Board of Plastic Surgery (www.plasticsurgery.org). During your consultation, ask to see before-and-after pictures of past patients, Gentile says. He relies on computer imaging to produce postop pictures to ensure realistic expectations.

After — Swelling and bruising in the under-eye area will persist a week following surgery, and during this time, the doctor will prescribe pain medication to alleviate soreness. Some patients experience swelling for several weeks; most people can return to work within one to two weeks. The nose will heal completely in 12 to 16 months.

Lip Service

Pump Up Your Plump

If you want to know what to expect of your pout after a lip enhancement procedure, think Goldie Hawn in "The First Wives Club." Plump, sure — bee-stung and swollen, absolutely, says Dr. Lee Hang-Fu, of Aesthetic Avenue in Fairview Park.

"I use that movie as an example of a postop look," Hang-Fu says, describing what patients should expect when they get lip service, whether injections of synthetic fillers or their own body fat. "It's hard to eat for the first four to six hours while numbing wears off, and the first week they will look like Goldie Hawn."

The second week? "They look much better and presentable to friends and family," Hang-Fu confirms.

"The third week, they love their lips.

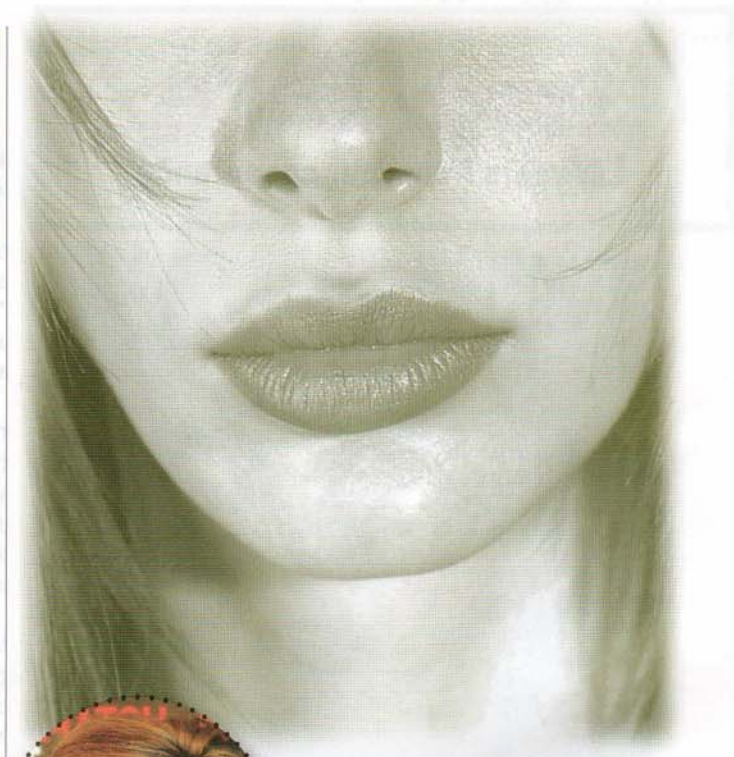
The fourth week, their lips lose some [fullness] and are usually 40 percent bigger than what they started with."

Hang-Fu says most patients who refer to celebrities to describe their ideal "after," name Angelina Jolie. "I think it's a bit too much, but hers are natural," he remarks.

That said, Hang-Fu notes that lips tend to thin out as we age, so a little lip service will keep kissers full. "If you want to maintain your lips, you may want to get them injected starting anywhere from age 30," he says.

Though patients shouldn't expect to mimic a serious pout if they're equipped with tiny, bow-like lips. Juicy Jolie lips won't fit every woman's face, emphasizes Dr. Michael Wojtanowski, Ohio Clinic for Aesthetic and Plastic Surgery, Westlake.

Bigger is not better. "Someone with tiny, tight lips can't be



Hot Lips

Angelina Jolie's natural, bee-stung lips work well with the shape of her face. Scarlett Johansson's pretty pout couldn't have hurt her four Golden Globe nominations.

made to look like that," Wojtanowski says, emphasizing proportion and realistic goals. "There isn't enough give in lip tissue and [lips that size] would be disproportionate to the rest of the face."

What's so appealing about the Jolie look, anyway? Dr. Richard Gentile of Facial Plastics & Aesthetic Laser Center in Boardman, says rising stars often become plastic surgery pinups. So some patients are seeking Scarlett Johansson's look (from the movie "Match Point") rather than the popular Jolie pout. "Her lips are less extravagant," Gentile notes.

Most patients who desire fuller lips don't turn to Hollywood smiles, but instead complain that they don't have lips, Hang-Fu says. Many of his patients are age 40 and older and many want to erase wrinkles or bleeding lines. "Smokers also tend to get a lot of wrinkling around the lips," he says.

Collagen implants can be made from purified "bovine," or cow skin (www.plasticsurgery.org). In 2004, filler injections were one of the most popular facial plastic surgery procedure, following chemical peels (www.facemd.org).

Procedure Pointers:

Personal Plumper — Hang-Fu pleases patients when he tells them, "I love fat!"

He prefers to inject "personal material" into patients' lips as opposed to degradable synthetic fillers. "I think your material is best, and you have plenty of that material," he says. (He probably doesn't emphasize the "plenty" part to patients.)

Fat removed from the thighs and abdomen can be injected into the lips as natural filler.

Injections will have 40 percent permanency when fat is prepared properly; Hang-Fu does this by draining it on a piece of gauze before inserting it in a syringe. On the other hand, fillers last four to six months; collagen — an "older filler" — lasts about three months, Hang-Fu says.

New Technology — Dr. Lu-Jean Feng, medical director of The Lu-Jean Feng Clinic in Cleveland, says Restylane and Radiesse are two filler technologies often used for lip and facial enhancement procedures. Restylane lasts up to six months and can cost \$300 to \$1,100, depending on how much filler a patient needs. Radiesse lasts longer — one to two years, she says — and costs \$250 to \$1,350.