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Nose job a bridge to confidence

Surgery to alter the shape of one's nose is one of the most common procedures of plastic surgery

CHANGING NOSES

Rhinoplasty, or the reshaping of the nose, is one of the most common procedures requested in Singapore. This is one way it's done.



Nicholas Wong
Surgery to change the shape of one's nose is a common request in plastic surgery but complications resulting from the procedure are rare. Some of the risks include bleeding and infection. There is also the possibility of being left with an asymmetrical nose or breathing problems, as the nostrils may be narrowed too much. But such complications are rare, says a doctor who has performed many such operations.

Rhinoplasty was in the news recently when make-up artist Yoon Seung, 39, filed a suit against aesthetic doctors Amalinda N. Dast. He claimed that Dr Dast booked a nose job that took 18 months and two operations to fix. The case is ongoing.

In response to queries about the number of complaints against plastic surgeons and rhinoplasty in the last five years, Dr Vincent Yee, president of the Singapore Association of Plastic Surgeons, declined comment. Consumer watchdog Case has received 12 complaints related to nose jobs.

Dr Tan Ying Chien, consultant plastic surgeon at The Sloane Clinic Plastic Surgery Centre, says: "An experienced surgeon who has a clear concept of nasal aesthetics and who is familiar with anatomical details should be able to perform the operation safely with maximum precision and with predictable results."

He estimates that he is seeing about 30 per cent more patients than last year.

Dr Colin Tham, a consultant plastic surgeon at Asia Health Partners, says he does as many as 50 rhinoplasties, or nose jobs, in a year. This is 40 per cent more than two years ago, he says.

The look most Asian patients want is "a higher bridge, more defined tip and narrower nostrils", he says. "A lot of the younger patients want to have the nose of Korean pop stars."

Depending on what is involved, a rhinoplasty can cost between \$2,500 and \$25,000 and the procedure can take between 30 minutes and two hours.

Other popular procedures of plastic surgery include eyelid surgery, liposuction and breast augmentation.

Plastic surgeons say rhinoplasty can be a straightforward or complicated procedure, depending on what needs to be changed.

Dr Tan notes that the nose is a complex structure comprising skin, fat, connective tissue, cartilage and bone, and that the cartilage and bone are interconnected.

"These have an intimate relationship and they interact with one another to give the nose its shape and structure," says Dr Tan.

"If a major change is required, a few of these elements may have to be separated and reattached to give them their original shape."

There is a new trend in rhinoplasty procedures, Dr Andrew Lim, who runs a practice at Mount Elizabeth Medical Centre, says these range from an alar stick to narrow the nostrils to augmentation and reduction surgery.

Augmentation, or increasing the size or height of the nose, usually involves inserting a solid silicone implant or cartilage into the area. Reduction involves



PHOTOS BY THE SLOANE CLINIC PLASTIC SURGERY CENTRE

removal of fat, cartilage and bone from the nose and is usually a more complex procedure.

Recovery time typically takes a week. The shape of the nose stabilises after about a month.

Dr Tham adds: "As the nose occupies a central location on the face, many patients have been disturbed by their noses for years before deciding on surgery."

"I've always wanted to do something about my nose - it's a very common statement heard."

A 43-year-old nurse, who declined to be named, had been planning to correct her flat nasal bridge for five years. Three years ago, she paid \$3,000 for a Korean procedure. "It gave me the confidence that I want. I look better," she says.

A 30-year-old woman who sells cosmetics got a higher bridge early this year, partly in preparation for her wedding last month. "My friends all say I look prettier and I feel more confident now. I didn't dare to wear sunglasses before because they used to slide down but I don't have that problem anymore," she says.

Plastic surgeons advise patients: Understand what you wish to change about your nose, what results you expect and what you are willing to undergo in order to achieve those results.

Dr Khoo notes: "As I sometimes tell patients, it is not always possible to give them the result that they want to their particular anatomy or limitations of a particular surgical technique may preclude it."

Ultimately, a good result in an aesthetic rhinoplasty occurs when there is a good match between the patient's expectation and what the plastic surgeon is able to provide that result."

Dr Tan adds: "The goal is to build a natural-looking and attractive nose that blends harmoniously with the face."

LUXURY FASHION

Dr Andrew Lim, who runs a practice at Mount Elizabeth Medical Centre

Since 2008, consumer watchdog Case has received three complaints related to nose jobs.

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Dr Tan notes that the nose is a complex structure comprising skin, fat, connective tissues, cartilage and bone, as well as the inner lining of the nasal passage. "These have an intimate relationship and they interact with one another to give the nose its shape and structure," says Dr Tan

Dr Tan adds: "The goal is to build a natural-looking and attractive nose that blends harmoniously with the face."