

PLASTIC SURGERY

A NOSE FOR BEAUTY

Here are three common procedures to enhance the look of an East Asian nose.



Dr Hong Soo Wan
Plastic Surgeon

Hong Plastic Surgery

38 Irrawaddy Road
#10-38 Mount Elizabeth Novena Specialist Centre
Singapore 329563
Tel: 6339 6210

820 Thomson Road
#06-68 Mount Alvernia Medical Centre D
Singapore 574623
Tel: 6352 9512

www.hongplasticsurgery.com.sg

The features of an East Asian nose typically include a lower nasal bridge, a more rounded tip and slightly fleshier sides. While that does not mean the East Asian nose is any less beautiful than its sharp and pointed Caucasian or South Asian peers, some people may wish to improve the aesthetics of their nose. Sometimes, only a few strategic touches are needed to refine a nose's appearance. The following three procedures can be done in different combinations to improve the overall appearance of the nose.

Nasal augmentation

This is a procedure to increase the height of the nasal bridge and adorn the facial profile. A silicone implant may be inserted over the nasal bone through a small incision in the nostril. This creates a more natural, solid and well-defined bridge. Care has to be taken to avoid trauma to the nose after the surgery.

Another method is to use fillers. The filler is injected into the soft tissue to increase its thickness over the bridge and thus raise the

bridge's height. When appropriate amounts are administered in the right places, the contour and shape of the bridge, as well as the part of the nose that lies between the eyebrows, can be enhanced.

Reshaping nose tip

To reduce a rounded and fleshy nose tip, some soft tissue may be removed or the alar cartilage (tissues at the tip of the nose) may be repositioned. For a sharper nose tip, cartilage from behind the ear or inside the nose can be grafted onto the tip of the nose.

Alarplasty

In Chinese culture, a big fleshy nose is often considered a sign of prosperity. However, some people may prefer a narrower nose. Alarplasty, which reduces the thickness of the broad overhanging alar (flesh on both sides of the nostrils), helps to soften the flared and meaty look of a typical East Asian nose.

The alar may be repositioned so that it is not lower than the midline of the nose, reducing

the appearance of a short, round nose and creating a more triangular shape. An excision of the overhanging alar tissue at the rim may be used to trim the flesh.

It is advisable for any procedure to be performed only after puberty, when bone in the face has stopped growing. There may be occasions when the doctor does not recommend surgery, such as when the desired outcome is not realistic or achievable, when the procedure will not improve the aesthetics of the nose or facial profile, and if the patient has already had multiple surgeries (making another procedure a serious risk).

The goal of a patient may change with time and perception, but it is important to understand that what looks good on others may not work well with your facial features. Always talk to your doctor about the options available and keep an open mind about what can be done for optimal results. 🌿

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