

The non-surgical rhinoplasty

BY THUHA JABBAR

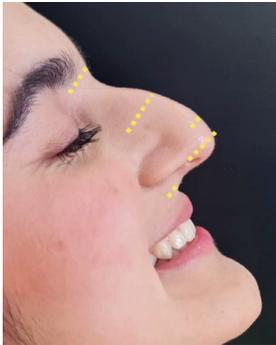


Figure 1.



Figure 2.



Figure 3.

Non-surgical rhinoplasty, also known as a 'liquid nose job' or 'filler rhinoplasty', is a minimally invasive cosmetic procedure that reshapes the nose using dermal fillers instead of traditional surgical techniques. It offers advantages such as minimal downtime and no incisions, making it a viable alternative to surgery and a highly sought after procedure [1].

Having performed over 1000 non-surgical rhinoplasties, from simple cases to those that are more complex and even post-surgical corrections, I have not only expanded my techniques, but have also witnessed the lifespan of the non-surgical rhinoplasty and what happens after the point in which we expect the filler to have been broken down by the body. This article details the steps involved in a non-surgical rhinoplasty, guiding healthcare professionals through the process.

Pre-procedural consultation

- 1. Medical history and expectations:** Assess the patient's medical history, allergies, and current medications. Discuss their aesthetic goals, desired modifications, and expectations realistically. Emphasise the temporary nature of the results and potential risks and complications.
- 2. Physical examination:** Evaluate the nasal anatomy, skin quality, and potential structural limitations. Assess the nose in profile and in frontal view. The profile is what can best be changed non-surgically. Any frontal concerns or asymmetries are less suitable for non-surgical correction and it is important the patient is aware of this from the onset. The non-surgical rhinoplasty is one of the few procedures where the end results can be accurately visualised before you start.
- 3. Photography:** Capture pre-procedural photographs, side, front, 45 degree (selfie angle) and from above when planning to build the nasal bridge. These images are crucial for documentation and treatment planning.

Procedure

- 1. Topical anaesthetic (optional).**
- 2. Mark up the key anatomical landmarks to ensure precise injection (Figure 1).** These include the upper limit of the radix, the highest point of the dorsal hump, the new position of the top, any depressions which require augmentation and the nasolabial angle.
- 3. Product selection:** This is of significant importance in the non-surgical rhinoplasty. The product of choice has to have rheological properties that are most likely to mimic hard tissue once integrated. The ideal product is rigid but not hydrophilic.
- 4. Filler injection:** Using sterile technique, inject hyaluronic acid-based fillers into strategic points to achieve the desired shape and

volume. Precise injection techniques and meticulous sculpting are crucial to attain surgical-like results.

- 5. Review and refinement:** Throughout the procedure, assess the results to the pre-planned visualisation and refine the injections as needed to achieve the optimal outcome.
- 6. Post-procedural care:** Provide detailed instructions on aftercare, including avoiding strenuous activity, sun exposure, and manipulating the nose. Inform the patient about potential side-effects like temporary bruising, swelling, and tenderness. Ensure they are fully aware of the signs or symptom of potential vascular compromise and provide emergency contact number if needed.

Important considerations

- Patient selection:** Carefully select patients with realistic expectations, suitable anatomical features, and no contraindications to fillers.
- Filler choice:** Utilise suitable hyaluronic acid fillers with the most appropriate rheology.
- Injection technique:** Meticulous injection techniques and understanding of facial anatomy are paramount for safe and aesthetically pleasing results.
- Complications:** Be prepared to manage potential complications like allergic reactions, infections, vascular compromise, and filler migration.
- Follow-up:** Schedule follow-up appointments to monitor progress, address any concerns, and perform touch-up injections if needed.

Conclusion

Non-surgical rhinoplasty offers a minimally invasive approach to reshape the nose. By adhering to a structured approach, careful patient selection, and proper injection techniques, healthcare professionals can achieve safe and aesthetically pleasing results (Figure 2 and 3). Remember, thorough consultation, realistic expectations, and meticulous execution are key to successful non-surgical rhinoplasty.

Reference

1. Kumar V, Jain A, Atre S, et al. Nonsurgical rhinoplasty using hyaluronic acid dermal fillers: A systematic review. *J Cosmet Dermatol* 2021;**20**(8):2414–24.



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