

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

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nose

Whether you have a hump, a low bridge or a bulbous tip, rhinoplasty can help you get the look you long for.

chin

There are a variety of chin-fixing solutions for too much or too little protrusion.

neck

You can address signs of aging in the neck with Botox and other surgical and noninvasive waddle-reducing techniques.

A PERFECT

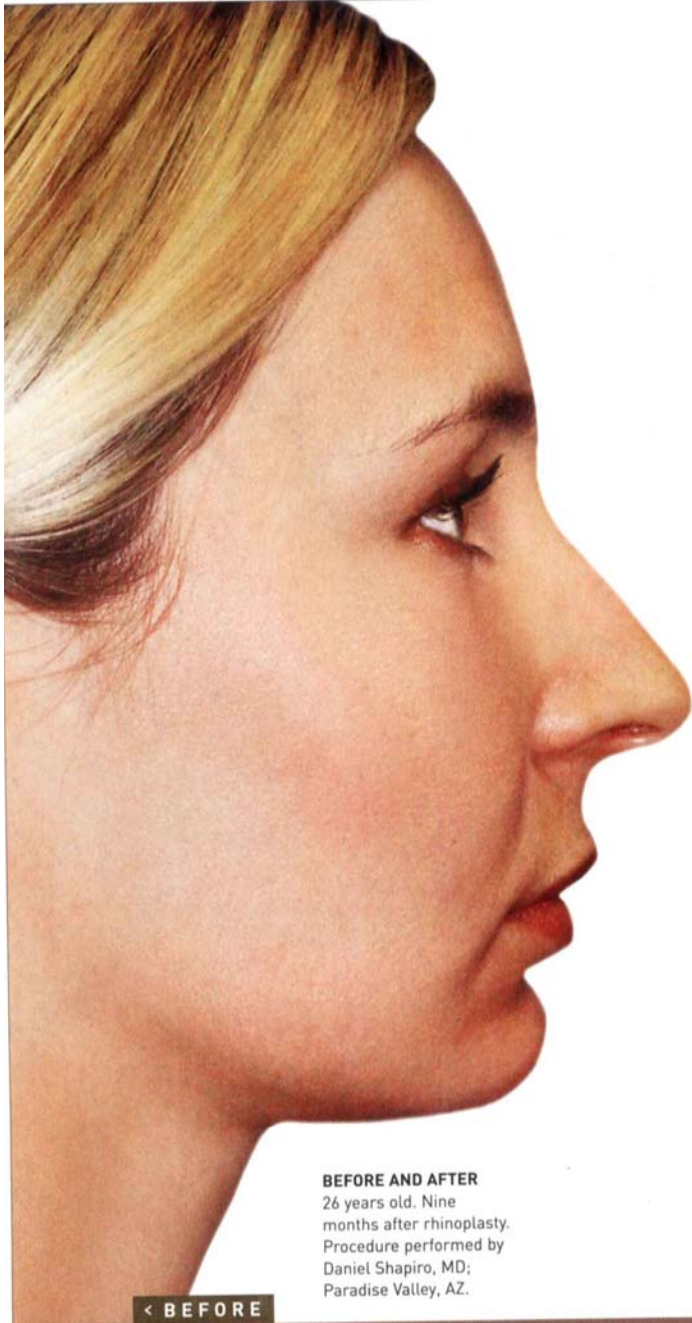
PRO

While wrinkles are often the first problem on many women's to-do lists, plastic surgery to achieve facial harmony can be likened to building a house, says New York City plastic surgeon Robert Silich, MD. "You need to start with a solid foundation: the profile. Decorating happens afterwards, and that's when you work on the wrinkles."

Taking into account the balance and proportion of all the facial features is imperative when addressing the profile. When consulting with a plastic surgeon, "many women come in with questions about their nose, but we'll wind up talking about their chin, and vice versa," says Chicago plastic surgeon Rodger Pielet, MD. Because all of the elements of the face contribute to facial harmony, "if you don't address the whole picture, you're really doing a disservice to the patient," he adds.

WE RARELY SEE OUR OWN TRUE SIDE PROFILE, BUT OUR "SOCIAL PROFILE" CAN BE VIEWED IN THE MIRROR, IN PHOTOGRAPHS AND ESPECIALLY BY OTHERS. THE SLOPE OF THE NOSE, PROJECTION OF THE CHIN, DEFINITION OF THE JAW AND CURVE OF THE NECK SHOULD ALL WORK TOGETHER FOR AN AESTHETICALLY PLEASING VISAGE, AND ACHIEVE WHAT PLASTIC SURGEONS CALL "FACIAL HARMONY."

# PROFILE



**BEFORE AND AFTER**  
26 years old. Nine months after rhinoplasty. Procedure performed by Daniel Shapiro, MD; Paradise Valley, AZ.

< BEFORE



THE NOSE IS RIGHT IN THE MIDDLE OF THE FACE, MAKING IT THE MOST PROMINENT FACIAL FEATURE

### change your entire face

The nose is the first facial feature other people notice, not only because it's in the middle of the face, but because it's always exposed, as opposed to the eyes, which can be shielded by glasses. Dallas plastic surgeon Jack Gunter, MD, stresses, "Different people have different features, so there's no one nose that fits every face." This philosophy has evolved greatly over the past few decades. According to Dr. Gunter, the "operated" look of the last century with a scooped slope and pinched tip has given way to more individualized outcomes thanks to changes in rhinoplasty techniques that allow surgeons to more easily use grafts to change the framework of the nose. This enables surgeons to add to the framework of the nose (which is made of bone, cartilage and ligaments) when necessary, rather than just taking away.

"People are turning to rhinoplasty not only to change their nose, but the appearance of their entire face," says Dr. Silich, and rhinoplasty targets a wide array of concerns. According to Dr. Gunter, "The three most common flaws addressed by rhinoplasty are a hump on the bridge, a bulbous tip and a nose that is too large

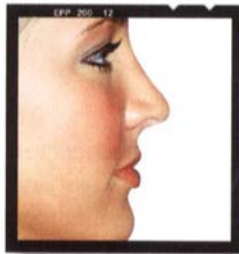
# THE NOSE

THOUGH MANY PEOPLE ASSOCIATE RHINOPLASTY WITH TEENAGERS, THE FACT IS THAT MORE THAN HALF OF ALL NASAL PROCEDURES ARE PERFORMED ON THOSE OVER THE AGE OF 35, ACCORDING TO THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY. WHETHER UPTURNED AND CUTE OR STRAIGHT AND ELEGANT, "THE NOSE ITSELF LENDS A TREMENDOUS AMOUNT OF PERSONALITY," SAYS NEW YORK CITY FACIAL PLASTIC SURGEON PHILIP MILLER, MD.

BEFORE

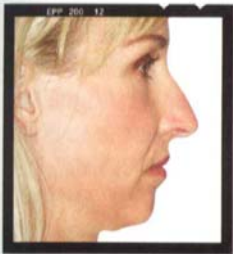


AFTER



20 years old. Rhinoplasty and chin augmentation. One year post-op. Procedure performed by Jack Gunter, MD; Dallas, TX.

BEFORE



AFTER



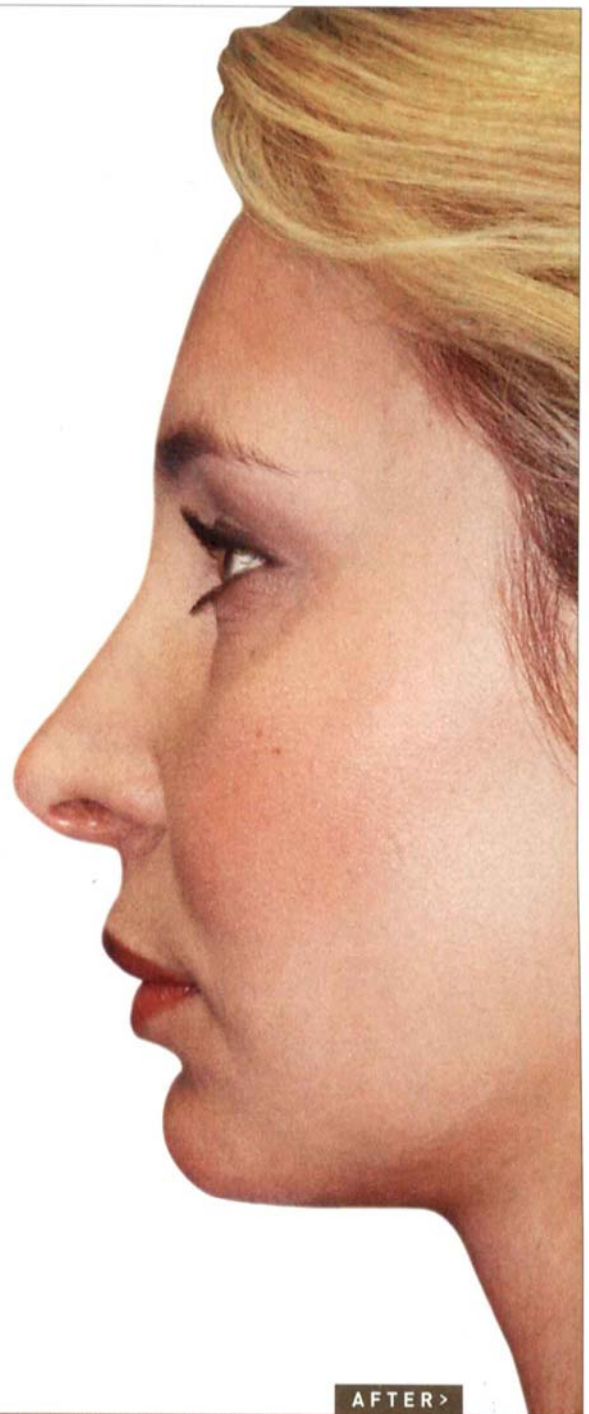
39 years old. Three months after rhinoplasty. Procedure performed by Daniel Shapiro, MD; Paradise Valley, AZ.

when compared to other facial features." Regardless of the flaws fixed, Dr. Gunter explains that the most important goal should be a natural-looking outcome. While the nose plays a vital role in overall appearance, "as long as it looks natural, the nose doesn't draw a lot of attention to the face."

When selecting a plastic surgeon for rhinoplasty, Dr. Gunter emphasizes the importance of selecting an experienced doctor. "Rhinoplasty is probably one of the most challenging procedures we do, both technically and aesthetically," and he advises patients to seek out a surgeon who specializes in the procedure, or at least performs it frequently. "The best time to get it right is the first time," he says.

### THE AGING NOSE

Is it a wives' tale that the nose continues to grow as we age? According to Dr. Gunter, it is a fallacy that the nose gets larger with age. He explains that the nose may look larger because of the effects of gravity. "Ligaments and other tissues loosen and the nose begins to slide down off the framework of bone and cartilage, leading to a droopier appearance." For this reason, rhinoplasty can offer dramatic results for older patients looking to rejuvenate their appearance by moving the tissues back to where they once were.



## WHAT KIND OF NOSE do you have?

Computer-simulated images provided by Canfield Imaging Systems.



BULBOUS TIP



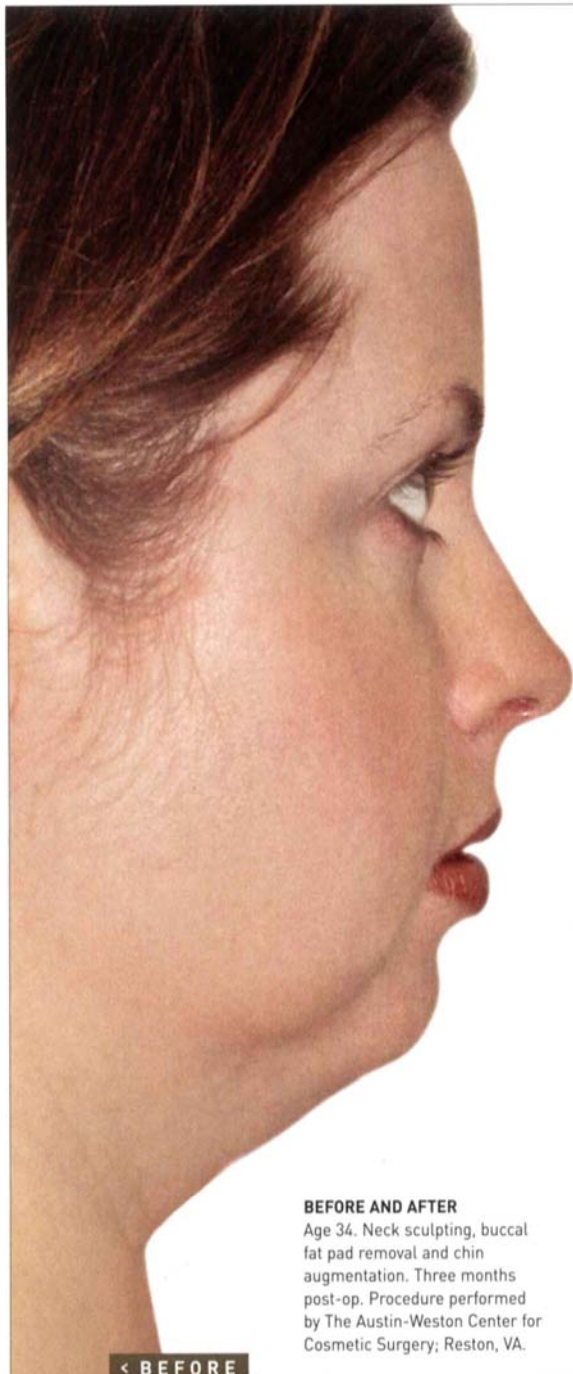
HUMP



DROOPY TIP



LOW BRIDGE



THE CHIN AND JAW NEED DEFINITION TO ACHIEVE HARMONY

**DID YOU KNOW?**

Injectables can also be used to refine the chin and jaw. When using fillers, they are injected in small amounts and in precise locations so that there is total control over the shape and contours. Both temporary and semipermanent injectables can be used for results that can last for up to two years, depending on the product used. Because the results are not permanent, adjustments can be made as your face changes over time so you can retain a natural look.

**BEFORE AND AFTER**

Age 34. Neck sculpting, buccal fat pad removal and chin augmentation. Three months post-op. Procedure performed by The Austin-Weston Center for Cosmetic Surgery; Reston, VA.

< BEFORE

**perfect projection**

Women of all ages seek out chin and jaw procedures because of aesthetic issues due to either genetics or time. You have your heredity to blame for too little or too much projection. The years can also take a toll on the chin and jaw since slack, saggy skin can conceal the definition you once had, and obscure the angle that differentiates your chin and jaw from your neck. This skin laxity, coupled with the fat accumulation under the chin that comes with age, can also create a double chin. Implants can be used both in the chin and along the jawline to enhance facial contours. The solid implants are placed over the bone through a small incision either inside the mouth or under the chin in this outpatient surgery that has patients back to work within a week. Dr. Silich says, "even a minor change to the silhouette can make a big difference." When placing these implants, the goal is to provide proportional projection between the nose and chin, which lends a more balanced—and thus more harmonious—facial appearance.

**WHAT TO EXPECT**

The chin implant procedure generally takes from 30 minutes to an hour, and can be performed under general anesthesia or local with sedation. Though you'll be swollen and bruised after surgery, recovering from chin augmentation with an implant is not marked by significant pain and discomfort. Expect to be sent home with tape or another sort of bandage over your chin that may need to be worn for upwards of a week, and don't be surprised if you experience an odd sensation in your chin due to skin stretching, and possible itching as nerve endings heal. A soft or liquid diet may be recommended for a few days after surgery if your incision is inside your mouth.

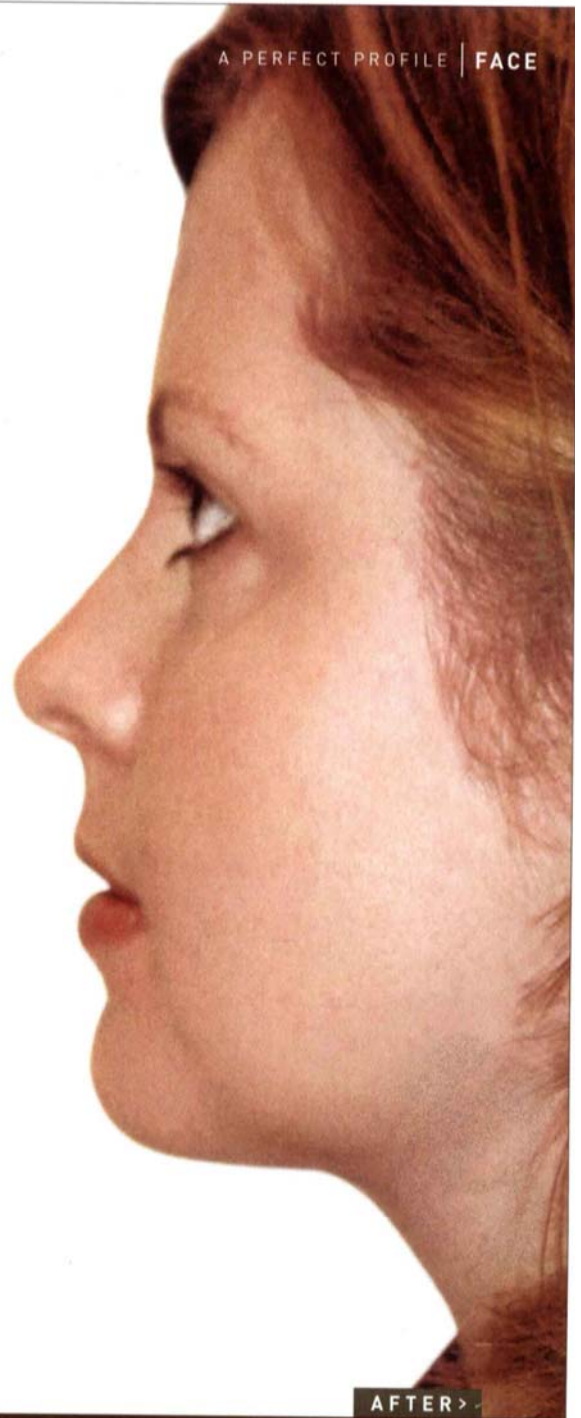
# THE CHIN AND JAW

## an implant alternative

Implants can only add projection to the chin, but many patients need to address too much projection or the height of the chin, as well. According to Atlanta maxillofacial surgeon Glenn Maron, DDS, "Sliding genioplasty is for patients with an extremely small, disproportionately large or an asymmetrical chin." The procedure repositions a patient's own bone to create the proportionate chin projection and height necessary for facial harmony. "By making a cut in the bone, the jaw and chin can be moved up, down, backwards or forward," explains Dr. Pielet. Incisions are made inside the mouth and the muscles remain attached during the procedure. After surgery, the bone is secured internally with wire or plates and screws, and healing is just like with any other fracture (without bandages). Dr. Maron explains that sliding genioplasty recovery involves more swelling and discomfort than chin implants due to the more extensive nature of the procedure. Patients generally stick to a liquid or soft diet for up to a week, and can expect to be back to work after one week. Yet, there are a few caveats: First, it's imperative to select a plastic surgeon or a maxillofacial surgeon with extensive experience performing genioplasty. You must have healthy teeth and a good bite, so it may be necessary to undergo cosmetic dentistry procedures such as orthodontics before scheduling genioplasty. Risks include chin shifting or malposition.

## GET RID OF YOUR DOUBLE CHIN

Does a double chin have you down? If so, you're not alone. Using liposuction to remove the small pocket of fat under the chin can have a tremendous impact on the profile by creating a more chiseled jawline. Small amounts of fat are removed through tiny incisions using a cannula and suction. The procedure may take as little as 30 minutes to an hour under local anesthesia with sedation, unless combined with other more extensive procedures. A single stitch may be all that is required (which is removed after three to four days) to close the incision, a compression bandage may be worn until the day after surgery, and most patients experience minor bruising and discomfort that can be controlled with over-the-counter medication. However, this procedure is not for everyone; as with any liposuction procedure, good skin elasticity is a must.



AFTER >

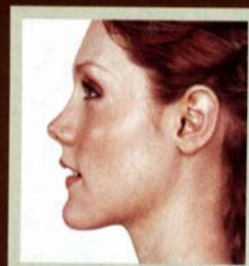
THE PROJECTION AND CONTOUR OF THE CHIN AND JAW ARE DEFINING FEATURES OF THE FACIAL PROFILE. ACCORDING TO DR. MILLER, "EVEN SUBTLE CHANGES CAN HAVE A PROFOUND IMPACT. REGARDLESS OF THE PROCEDURE (OR PROCEDURES) USED, THE GOAL IS PROPORTION BETWEEN THE PROJECTION OF THE NOSE AND CHIN TO CREATE AN OVERALL BALANCED LOOK."

## CHIN AND JAW troubles

Computer-simulated images provided by Canfield Imaging Systems.



RECEDING CHIN



PROTRUDING CHIN



DOUBLE CHIN