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## Editorial

# The rise of non-surgical rhinoplasty: A revolutionary shift in aesthetic medicine

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Traditional rhinoplasty, commonly known as a nose job, has been a cornerstone in cosmetic surgery for decades, addressing aesthetic and functional concerns of the nasal structure. However, the invasiveness, cost, and recovery time associated with surgical rhinoplasty have prompted the need for alternative approaches. One alternative that has gained significant traction is Non-Surgical Rhinoplasty (NSR), aka Liquid Rhinoplasty. It is a minimally invasive procedure that uses dermal fillers to reshape and enhance the nose's appearance without surgery.

In the ever-evolving world of aesthetic medicine, it has gained immense popularity in recent years. It offers an attractive alternative to traditional rhinoplasty for individuals seeking to enhance the appearance of their noses without undergoing the risks and downtime associated with surgery.

## 1. Benefits

1. **Minimally invasive:** No surgery, incisions, or scarring<sup>1</sup>.
2. **Quick procedure:** Typically takes 15-30 minutes, without anaesthesia and the results are immediate, with minimal discomfort.
3. **Temporary results:** Lasts around 6-18 months, depending on the filler used, thus useful in individuals who may be hesitant about committing to permanent surgical changes.
4. **Reversible:** Fillers can be dissolved if the patient is unsatisfied with the results. It is one of the biggest

advantages. This flexibility provides peace of mind for those who are apprehensive about making long-term changes to their facial features.

5. **Less downtime:** Patients can return to normal activities immediately compared to surgical rhinoplasty<sup>1</sup>. This convenience has made the procedure particularly appealing to busy professionals, and social media influencers.

## 2. What can Non-Surgical Rhinoplasty treat?

Liquid rhinoplasty is best for minor adjustments. It may not be suitable for those seeking dramatic changes or those with significant structural issues.

1. **Nasal humps:** A filler can be used to smooth out bumps on the bridge of the nose.
2. **Nasal tip refinement:** A filler can lift and refine the nasal tip.
3. **Nasal asymmetry:** A filler can be used to balance out uneven nasal features.
4. **Nasal bridge augmentation:** A filler can add height to the nasal bridge.

### 2.1. Common dermal fillers used:

1. **Hyaluronic acid** (e.g., Juvederm, Restylane) is the most popular filler for facial and nasal injections<sup>2</sup>. It is a

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- polysaccharide occurring naturally in human tissues and its reversibility with hyaluronidase provides extra safety.
2. **Calcium hydroxylapatite** (e.g., Radiesse) is a nonreversible filler. It induces fibroblast and causes increased collagen production.
  3. **Poly-L-lactic acid** (e.g., Sculptra).

## 2.2. Important considerations

1. **Understand the risks:** While rare, risks include infection, allergic reactions, vascular occlusion, skin necrosis, bruising filler migration and uneven results<sup>3</sup>.
2. **Realistic expectations:** NSR has limitations and may not completely transform the nose. Liquid rhinoplasty cannot reduce the size of the nose or correct functional issues like breathing problems. It adds volume, it does not remove volume. Patients seeking permanent changes may still need to consider traditional rhinoplasty as their best option.

Newer methodologies useful to avoid such complications are:

1. **Ultrasound-Guided Injections:** Ultrasound allows practitioners to visualize the underlying vascular structures in real-time, significantly reducing the risk of accidental vascular filler injection and safer delivery of the filler into the desired planes and structures of the nasal anatomy.
2. **Refinement of Filler Materials:** Different areas of the nose require fillers with varying properties. Innovations in filler technology have led to the development of fillers with specific viscosities and durability tailored for nasal use. For example, fillers with higher G-prime (elasticity) are better suited for structural support in nasal bridge augmentation (subjected to high compression and shearing forces). In contrast, softer fillers may be ideal for delicate areas such as the nasal tip.<sup>4</sup>
3. **Precision in Injection Techniques:** Advances in understanding the nasal anatomy have led to more precise injection techniques.
4. **Serial Puncture Technique:** This involves injecting small quantities of filler at multiple points along the nasal dorsum, which helps in achieving a more natural and uniform appearance while minimizing the risk of complications. This not only avoids overcorrection but minimizes the risk of complications like the Tyndall effect, where too much superficial filler can cause a bluish hue.
5. **Layered Injection Strategy:** Injecting at the correct depth based on anatomical landmarks and the specific area of the nose ensures optimal filler integration and

- reduces the risk of irregularities. For example, deeper injections into the periosteum or perichondrium for structural integrity, and more superficial injections for fine-tuning and contouring.
6. **Safety Protocols:** Developing safety protocols such as aspirating before injecting, which involves pulling back on the syringe to check if a blood vessel has been entered, is now a recommended practice to avoid intravascular complications.
  7. **Use of Cannulas vs. Needles:** The use of blunt-tip cannulas instead of traditional sharp needles can minimize the risks of bruising and vascular injuries. Cannulas allow for a more extensive distribution of filler from a single entry point, which can be advantageous in sculpting the nose with fewer complications.
  8. **Post-Injection Practices:** Immediate post-injection assessment techniques, such as manual molding and the use of ice, help shape the filler while mitigating swelling and potential displacement. Follow-up appointments are recommended to assess the settling of fillers and the possibility of touch-ups for perfecting the outcomes.

NSR offers a less invasive alternative to traditional rhinoplasty for those seeking minor cosmetic improvements to their nose. However, it's essential to understand its limitations and potential risks. As technology and techniques continue to improve, this innovative approach is set to redefine beauty standards and empower individuals with more choices in their aesthetic journey.

## 3. Conflict of Interest

None.

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