

AESTHETICS

ADVERTISING FEATURE

# Nose augmentation in the Asian face

*Dr Felix Li shares more on nose augmentation for the Asian face.*

An observation I made while doing nose augmentations is that more so than any other procedures I do, when the patient sits up and looks into the mirror, they almost always exclaim "Wow! I love it so much!"

The reason behind the high level of satisfaction is genetic. The Asian nose tends to have a short, flat bridge, and a bulbous and poorly projected tip. By improving the height of and sculpting the bridge, projecting the tip and reducing the flare of the nostrils, nose augmentation not only achieves the Asian ideal of a high, slender and shapely nose, but also slims the face and optically corrects facial asymmetry by bringing attention to the midline, as well as highlights the generally flatter Asian face.

To date, filler injection is the commonest mode of nose augmentation. However, even in the hands of the most experienced injector with specific precautions taken on patient selection and filler choice, there remains the tiny but potentially catastrophic risk of

embolization. Due to the anatomy of the nose, fillers may be accidentally injected into or around a blood vessel, causing obstruction and depriving tissues of blood supply, leading to skin necrosis or even blindness of the eye. More commonly, poor filler choice can lead to expansion or migration of the filler, giving the appearance of a broad nose close to the eyes, or a huge and unnatural-looking nose.

Nose threads are made from the same material (PDO) as absorbable sutures commonly used in surgery. Newer threads made from PLLA or PCL are similarly bio-absorbable, but engineered to deliver more lasting results, often with the aid of cogs, or tiny "teeth" along the threads. By organising the nose's natural tissues into the midline and stimulating collagen to form in that vector, nose threads deliver all the benefits of nose augmentation, while additionally highlighting the straight nose bridge, reflecting light in the midline and casting shadows to either side (the way makeup artists would enhance a nose). Threads to the nose tip project

the tip and confer a gentle curve, giving the appearance of a high, straight, slender and shapely nose.

Nose threadlift can be uncomfortable but is usually not painful. Painkilling creams and injections can be administered. The procedure commonly takes 10 to 15 minutes, after which there is usually no sign that any procedure has been done, apart from a tiny entry point at the tip of the nose. Bruising is extremely uncommon, except in complicated cases where multiple procedures on the nose have been done previously. The day after, the nose will appear swollen and feel tense, which commonly lasts one to two days, before resolving fully within a week. While the threads will be fully resorbed in four to six months, the aesthetic outcome often lasts about a year.

Nose threadlift is not without risk. In a reputable clinic, risk of infection should be mitigated by strict sterile conditions. If the threads were placed too close to the surface, the nose can appear thin and unnatural. Other risks include asymmetry, thread



**Dr Felix Li, medical director, The Face Clinic.** PHOTO: The Face Clinic

protrusion, and granuloma formation. In the worst cases, the offending thread(s) need to be removed.

Nose threadlift is hugely popular in Korea, and is now gaining traction in Singapore and other parts of Asia. In my opinion, it represents a safe alternative to fillers by eliminating the catastrophic risk of blindness, while delivering similar or even better aesthetic outcomes.



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**Dr Felix Li, Medical Director**

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