

Why the non-surgical nose job is a growing trend

Rhinoplasty – aka the “nose job” – is one of the most popular invasive cosmetic procedures worldwide. However, a new technique which involves no surgery at all is rapidly becoming the method of choice for ironing out lumps and bumps. Naruschka Henriques is one of the UK’s leading practitioners for this treatment; here she tells us more about it.



A surgical nose job – one which involves general anaesthetic and the trauma of incisions – is great where major alteration is needed. There’s no denying that it’s a wonderful operation for reducing bone and excess tissue for long or very large noses where drastic changes are needed. However, what if you need more subtle changes? Refining the nose, rather than a wholesale alteration? The non-surgical nose job has several advantages over surgical rhinoplasty for the patient looking for a simple solution to problems with the shape and definition of their nose:



- Safer
- More predictable outcomes
- Immediate results
- Shorter healing time
- Quick and straightforward
- Convenient
- Can correct fine details
- Easy to create a refined nose for people of all ethnicities

It’s no wonder that the popularity of non-surgical nose jobs has rocketed over the past five years. People who have been unhappy with their nose shape have discovered that a simple 30-minute treatment can change their lives.

Often prospective patients complain that they are unsatisfied with their natural nose – it may be asymmetrical, have a hump, a bend or be a bit droopy. Very often people have all sorts of irregularities in their nose bridge, tip and nostrils. However, this treatment can tackle these problems easily. Very often people simply don’t want to go under the knife, because it doesn’t always lead to as predictable an outcome as we may believe. Naruschka states: “I have many patients from the North Asian and African communities because it is a very easy way

to correct a nose that has a very low nose bridge, or even no nose bridge at all.”



Often the healing process from surgery can be very problematic for some ethnic groups, such as those with African or Latin heritage, and still less predictable for those of mixed racial heritage. These groups are more susceptible to excess scar tissue formation, producing problems with symmetry, shape and refinement. Naruschka also sees many patients post-surgery for non-surgical refinement: “many of my nose patients have already had rhinoplasty long before they discovered the non-surgical option, and it isn’t unusual for these individuals to have had up to three revisions to try and correct complexities that have come directly from the post-surgery healing process. This is often a very emotional journey and the non-surgical option is a really great way to meet their needs.”

What Happens During The Treatment?

After applying a topical anaesthetic, dermal filler made of hyaluronic acid is injected into the nose where needed. A good injector, with an artistic eye, can bring symmetry to the face shape. All manner of imperfections can be worked on this way, such as ridges, lumps, bumps, nostrils and nose tips.

What About Recovery?

Recovery is quick and bruising is minimal. During a surgical nose job operation bruising and swelling is extensive, and recovery can take up to six weeks, so patients are enjoying the immediate changes and minimal downtime that the non-surgical version offers. With a non-surgical nose job the results can be immediate, but most people see the full extent of the results after two weeks. They might take one day off work, but can go about their daily lives straight after the injections. Whilst maintenance treatments will be required, fewer and fewer are required as time goes by.

Meet the Expert

Naruschka has been passionately involved in making people look their best since 1999. She initially perfected her keen eye for aesthetics in the cosmetic industry as a make-up artist before qualifying as a Registered Nurse / Independent Nurse



Prescriber and specialising in medical aesthetics. In addition to the non-surgical nose job, Naruschka also specialises in Tear Trough and other cosmetic dermatology treatments. She will address all aspects of non-surgical facial rejuvenation. She also treats skin quality and clarity issues, as well as offering anti-ageing treatments and other facial feature enhancement, such as lips, cheeks and chins.

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