

New School Year, New Nose?

Teens Seek Nose Reshaping Over School Breaks

(HealthNewsDigest.com) - With a new haircut, some highlights, a hot new outfit and a sun-kissed, clear complexion, many teens envision a dramatic reveal when they return to school to start a new semester.

Some teens, however, take their pre-term makeover a bit further.



"Teens often request nose reshaping or rhinoplasty surgery over long breaks before the school year to give themselves a fresh start for the year ahead," says New York City facial plastic surgeon Sam Rizk, MD, FACS.

Driven by the Selfie trend, a desire to look like their favorite celebrities, and, unfortunately, even bullying from their peers, more and more teens are seeking rhinoplasty, he says. Of all rhinoplasty procedures, 20% were performed on patients under age 21, according to a survey by the American Academy of Facial Plastic and Reconstructive Surgery (aafprs.org). And in the right teen, this can really improve self-esteem and confidence, Rizk says.

Is Rhinoplasty Right for Your Teen?

"A rhinoplasty can make a dramatic difference in facial harmony and help improve a teen's ability to perform well in school and socially," Rizk says.

Here are some important questions to ask before considering a rhinoplasty for your teen;

Is it their decision or someone else's?

"We need know a teen wants surgery for him or herself, not to please someone else, like a parent, boyfriend or girlfriend" he says. "It's a very personal decision."

Are they a good candidate?

"A nose job should be considered only after the nose has fully developed. Typically this occurs by age 14 in females and 15 or 16 in males," Rizk says.

Are they realistic about what a nose job can and can't change?

"A rhinoplasty may help correct a breathing problem, fix a deformity or improve their profile and make their eyes pop, but it's not necessarily going to make any teen a shoe-in for Prom Queen or King," he says.

That said, the boost in self-confidence from a well-done nose job might propel a shy teen into the social limelight. "This could result in a teen coming out of his or her shell and blossoming," he says. "Facial plastic surgeons see this happen all the time. It's not necessarily the nose job, per se, that is responsible, but the internal changes it can help to foster in a young adult."

Aside from summer vacation, other popular times of the year for students considering rhinoplasty include; Thanksgiving weekend, Christmas holidays, winter break, President's Day weekend, and Spring break. As Rizk explains, with the modern advancements in faster acting and safer anesthesia, rapid recovery techniques, and less bleeding,

bruising and swelling, many students can return to school within a week depending on the extent of the surgery required.

Parents should take an active role in finding a board-certified facial plastic surgeon for teen rhinoplasty, he says. "Just like your teens are urged to do their homework during the school year, parents too must do their homework when choosing an experienced surgeon for their child's rhinoplasty, and see several surgeons in consultation."