

# INSPIRE

## Nip & Tuck



### *Dr Tracy Mountford*

**Q** I AM In my 50s and have always hated my nose. It isn't quite straight and the wrinkles across the bridge make it worse. I don't want an operation, so is it possible to fix it without going under the knife?

**A** SMOOTHING lumps, bumps or correcting a crooked nose is possible with a non-surgical rhinoplasty.

This 20 to 30-minute procedure involves injecting a dermal filler (in most cases, hyaluronic acid) to improve the nose's symmetry while keeping it in harmony with the rest of your features.

The result is visible immediately and there is no need for recovery time with this procedure. Any minor bruising or redness is easily concealed with make-up. A general anaesthetic is not required — all that is needed is a little numbing cream beforehand.

The wrinkles on the bridge of your nose can be smoothed with microinjections of dermal filler as well.

A small dose of muscle relaxant may help with these lines, as these wrinkles are often exacerbated by strong muscle activity.

Many patients are opting for this non-surgical approach — surgery involves a longer recovery time and it takes up to a year until you see the final result.

The result of a non-surgical nose job will usually last for about a year before a top-up procedure is needed. Fees start at £650.