

However, when a person isn't happy with the way their nose looks, it can make them feel self-conscious and impact on self esteem. Like all features on a person's face, the nose changes over time. As people age, as well as sagging skin, the tip of the nose can droop and pores in the skin on the nose become enlarged.

Sporting injuries and everyday bumps can also significantly alter the appearance and functionality of the nose. While serious injuries, breathing difficulties and major structural changes require expensive surgery, it is possible to help restore a sense of balance and harmony to the shape of a nose with the latest non-surgical techniques. Subtle,

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natural-looking changes can be achieved with virtually no down-time or pain, and can make a big difference to the way a person feels.

The use of dermal fillers and muscle-relaxing injections has evolved over time. In basic terms, dermal fillers are mostly used to fill in wrinkles and plump lips, while muscle-relaxing injections (eg., Botox or Dysport) target wrinkles by inhibiting the action of the muscles that cause them.

Dermal fillers are increasingly being used to sculpt all areas of the face – not only adding volume and shape to lips, but creating more-defined cheekbones, a well-structured chin and a more even nose. There are a variety of dermal fillers available and the experienced cosmetic physician is to understand their different properties and select and apply them correctly, to the specific individual's needs.

At All Saints Cosmedical Clinic, I have sculpted people's noses to help address a variety of concerns. These include the nose appearing out of balance (asymmetrical), the appearance of bumps, a collapsed nasal bridge or saddle nose. In some cases, when rhinoplasty surgery hasn't been entirely successful – for example if a part of the nose has collapsed or the surgery has been overdone - the

nose sculpting procedure addresses the problem, helps 'complete' the result and provides great reassurance.

Nose sculpting is only possible with an appreciation of the aesthetics of the entire face. Using the right amounts of muscle-relaxing injections, dermal fillers and in some cases laser treatments (to improve skin texture and make it smoother) in combination and tailored to the individual is a work of skill and art.

Good communication between the cosmetic physician and person being treated is also essential in achieving a positive result. I developed the Triangles of Beauty theory to map the face and help communicate changes that are complementary and

in balance. The eyes and mouth form the Expressive Triangle of Beauty; the cheekbones and chin form the Structural Triangle of Beauty; and the nose belongs to the Subconscious Triangle of Beauty.

The nose may feel obvious to the person who isn't happy with their appearance, but it certainly shouldn't stand out and take centre stage. Non-surgical nose sculpting can help restore balance and confidence. **PB**

First person experience:

Keshia's nose-dive

Keshia Paye, 23, was holidaying in Tahiti when she dived into a swimming pool – then crashed, nose-first, into a seat she hadn't seen was at the bottom of it. "It created a dent in my nose and ruined my holiday," she says.

"I do a lot of modelling and the bump on my nose created shadows in the photos, and this bothered me. I didn't go to as many castings; although it wasn't overly obvious to others, I felt self-conscious.

A friend told me Dr Hkeik was an expert injector who may be able to help improve my nose. I investigated further and read that one of his patients had likened him to Michelangelo, so I booked a consultation.

We discussed my concerns and Dr Hkeik explained the different types of dermal fillers that could fill in the bump and make it appear less noticeable. I opted for the non-permanent filler which would last six months rather than the long-term product that I was told can last ten years or more.

I was a little sceptical at first, and wanted to make sure the results suited me.

After completely numbing the area, the dermal filler was injected into the area where my nose hit the seat hardest – just where the sunglasses sit on my nose. The procedure took less than half an hour ...and that was nearly a year ago.

I've just been back to have another nose-sculpting procedure and opted for the non-permanent result again.

Next time I might go for the long-term filler but for now, it makes me feel better having my nose shape back to how it was before the nose-bump – I feel fresh!"

