

RHINOPLASTY INSTITUTE OF CHICAGO

For Immediate Release

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How Young is Too Young for a Nose Job?

Oak Brook, IL, November 5, 2015 -- Nationally, the average age of a rhinoplasty (nasal surgery) patient is approximately 35. However, experts point to social media as the reason that younger and younger patients are considering a nose job to enhance how their face looks. According to the American Society of Plastic Surgeons, the number of cosmetic surgeries performed on people age 18 and under was 74,233 in 2003, a 14 percent increase from 2000.

So, how young is too young for a nose job?

“Occasionally, a young patient will come into my office with a parent to discuss nasal surgery to create a new look for their nose,” explained [Dr. Jay Dutton](#) of the [Rhinoplasty Institute of Chicago](#) (Oak Brook and Tinley Park, IL). “I don’t typically recommend patients under 16 undergoing rhinoplasty for various reasons, but there are exceptions.”

Recently, his 16-year-old patient, Victoria, was one such example.

“I broke my nose when I was 11 which caused a large bump on the bridge,” Victoria explains. “I also had chronic sinus infections for years, so when I went to Dr. Dutton for sinus surgery, I opted to have the bump on my nose fixed as well.”

Most often, young rhinoplasty patients have suffered an accident or sports injury. However, when a young patient simply doesn't like the way his or her nose looks, experts agree that an immediate rhinoplasty may not always be the best solution. Young people are still maturing physically, including the frontal lobe of the brain, which can make them more impulsive than mature adults.

The physical appearance of a young person's face changes over time. Around age twelve, a person's maxillary sinuses start to develop, which elongates the face and can also affect the shape of the forehead. For most girls, the nose has finished growing by age 15 or 16 and for most boys, it has finished growing by 16 or 17.

"Over time, some young patients actually grow into their nose or decide that the bump in their nose is a unique feature that they embrace," explains Dr. Dutton. "I understand how difficult it can be to want to change something that makes you feel uncomfortable, but sometimes waiting a few years can make a patient more content in the long run."

One thing is certain: a patient of any age should consult with a qualified, board certified plastic surgeon that has performed many rhinoplasty procedures. Patients should ask a physician for patient before and after patient photos too.

If you are interested in discussing your rhinoplasty or other facial plastic surgery, contact the office of Dr. Jay Dutton, Rhinoplasty Institute of Chicago, at 630-574-8222 or visit: www.rhinochicago.com

Follow Dr. Jay Dutton on Twitter and Instagram: @jayduttonmd or on Facebook: <https://www.facebook.com/rhinochicago>.

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