

SELF

Time-Lapse Video Shows A No-Surgery Nose Job Done In Minutes

Here's how it's possible to get a new nose without going under the knife.

Real Housewives of Atlanta star Porsha Williams shared an attention-grabbing video on Instagram this week. In the [time-lapse video](#), Williams' nose is jabbed by a syringe multiple times, altering its appearance in the process. The final result: A straighter nose, no surgery required.

"Thank you @simonourianmd1 for my beautiful new nose," she captioned the video. "Done in minutes WITHOUT surgery!!!"

How is that possible? Williams underwent a procedure commonly known as a non-surgical nose job, says dermatologist David E. Bank, M.D., director of the Center for Dermatology in Mount Kisco, New York. In it, a dermatologist or aesthetician injects the patient's nose with a filler, like Juvederm or Restylane, to subtly change the overall appearance of the nose.

"This technique can be ideal for the patient who wants to avoid having [surgery](#) or desires to try out a new look before actually committing to a more pervasive procedure," says Bank.



Dimitry Rabkin, M.D., medical director at [Esthetica MD](#) in Englewood, N.J., says the procedure is ideal for people with minor things they want to change about their nose, like a small bump on the nasal bridge or asymmetry, or those who aren't sure that they want to get a rhinoplasty. He's also had patients who have already had a nose job but didn't get the results they want: "It can correct things that didn't work out the first time."

Unlike rhinoplasty, a non-surgical nose job isn't permanent—they can last anywhere from seven months to two years, depending on the type of filler used (those with a thicker consistency last longer) and how the patient's body reacts to it.

The procedure itself is pretty quick—experts say the whole thing is done in 30 minutes or less, with some citing just 10 minutes for more minor nasal corrections.

The actual procedure varies depending on who is doing it, but Rabkin explains how it works in his office: First, he injects the patient's nose with saline water in areas they want to correct to show them what their nose will look like once the fillers are in. If they're satisfied with the look, he'll apply numbing cream to the nose and then use fillers to get the desired appearance.

Patients may experience a little bit of swelling immediately after the procedure, but Rabkin says it's minimal, if it occurs at all. "A lot depends on the injector's technique," he says. "If someone is rough with it, you'll have more swelling."

Recovery time is minimal to none, says Lindsey Gillooly, an esthetic nurse practitioner at Massachusetts' [Dream Spa Medical](#). "I've had patients go to work right after the procedure," she says.

The non-surgical nose job "goes away over time," she says, so patients have to come back before the fillers wear off. Rabkin recommends that a patient come back after six months so he can "top it off." "That way, there's no major change in appearance," he explains.

Prices for the procedure range from \$250 to \$1,200, depending on where you go, how much work you need done, and what kind of fillers are used.

While some patients may experience bruising, experts say this that this is a relatively safe procedure to have done, with minimal risk factors—especially compared to a rhinoplasty.

"If you're not into taking chances with a formal rhinoplasty, this procedure is ideal," says Rabkin. "When you see the results... it's a beautiful thing."