

# Rhinoplasty

## What Is a Rhinoplasty?

Rhinoplasty is a surgery that reshapes the nose to improve contour and breathing. People may also call rhinoplasty a "nose job." There are 2 types of rhinoplasty: cosmetic and functional. The goal of cosmetic rhinoplasty is to improve the appearance of the nose. The goal of functional rhinoplasty is to improve breathing and/or restore the shape of an injured nose. The shape and function of the nose are connected. Rhinoplasty surgeons pay close attention to both. Cosmetic and reconstructive rhinoplasty surgery can be done at the same time.

## What Are Common Reasons for Having a Rhinoplasty?

- Straighten a twisted or crooked nose
- Improve breathing
- Shorten a long nose
- Make the overall nose smaller
- Balance the facial profile
- Reduce a wide nasal tip
- Remove a "bump"
- Lift a droopy nasal tip

## Parts of the Nose

The nose has both internal and external parts. Externally, the nasal bridge is the part of the nose where eyeglasses can rest. The nasal bones form the top of the bridge of the nose. Below the nasal bones, the bridge and tip of the nose are made of cartilage. Cartilage is a material that is both strong and flexible at the same time. The shape of the nasal tip comes from the shape of the cartilages underneath the skin. The cartilage in the tip of the nose folds to make the nostrils. Rhinoplasty surgery will reshape the nasal bone and cartilage to change the shape of the nose.

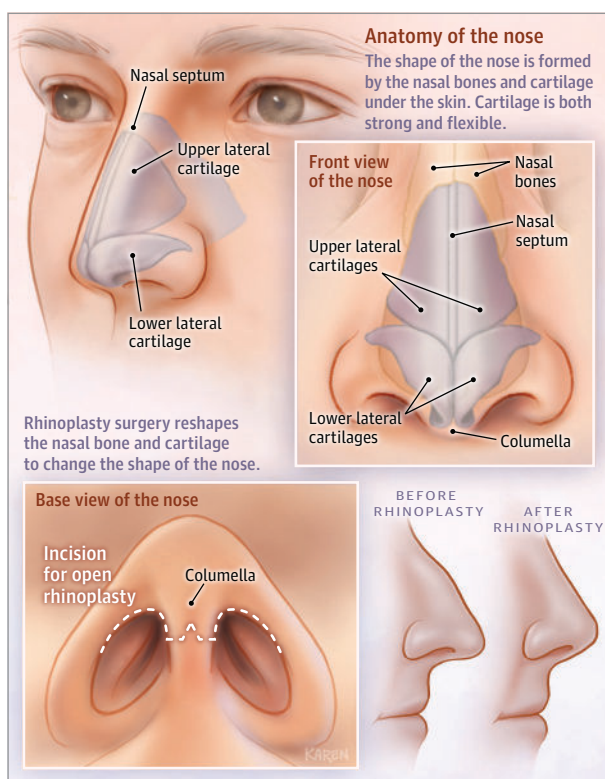
## Who Should Consider Having a Rhinoplasty?

Good candidates for rhinoplasty are healthy and have realistic goals for how they will look and breathe through their nose after surgery. Before having a rhinoplasty, the patient will meet with their surgeon, who will ask what they would like to change about their nose. The surgeon will also ask about the person's medical history and examine the patient's nose.

Children are still growing, and their faces are still changing. It is recommended to wait until the late teenage years to perform a rhinoplasty so the nose is fully grown. Children may undergo rhinoplasty before they are done growing for specific reasons such as birth defects, injury to the nose, or severe difficulty breathing.

## How Is a Rhinoplasty Different From a Septoplasty?

A septoplasty is a surgery to straighten the septum, which is the piece of cartilage and bone that divides the inside of the nose into



2 sides. A septoplasty will not change the shape of the nose. A septoplasty and a rhinoplasty can be done during the same surgery if needed.

## Insurance and Rhinoplasty

Cosmetic surgery is not covered by insurance as it is not considered medically necessary. Functional rhinoplasty may be covered by some insurance plans depending on the insurance coverage and the medical condition. Cosmetic and functional rhinoplasty are frequently combined and have similar recoveries.

## FOR MORE INFORMATION

American Academy of Facial Plastic and Reconstructive Surgery  
Rhinoplasty

[www.aafprs.org/AAFPRS/Procedures/Rhinoplasty/Rhinoplasty.aspx](http://www.aafprs.org/AAFPRS/Procedures/Rhinoplasty/Rhinoplasty.aspx)

**Author:** Myriam Loyo Li, MD

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**Author Affiliation:** Division of Facial Plastic and Reconstructive Surgery Division, OHSU, Portland, Oregon.

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