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Can I have facial procedures during the summer?

Dr. Niamtu:

That is an intelligent question. The first answer is

that the best time to

have cosmetic surgery is when you can work it into your life's schedule to have a relaxing and low-stress recovery.

The second answer is that cosmetic surgery is more popular in the winter months, as more people are indoors and there is usually less to do and less sun exposure. I practice in Richmond, Va., and we have pretty brutal summers, so it is a clear advantage to consider laser procedures in the winter, when it is cooler.

Also, laser and chemical patients must refrain from direct sun for about four weeks, and that can be difficult. Patients who have facial resurfacing procedures in the summer may have increased problems

(although temporary) with hyperpigmentation (blotchy pigmentation of the skin) and other annoyances.

Alternately, some patients live in places like southern Florida or California, where it is always summer, and they don't have the choice. I treat many school teachers, and the summer is the only time they can have cosmetic surgery, and they do just fine. They just have to limit their outdoor activities that produced direct sun exposure.

Dr. Kluska:

There are essentially two factors that determine if the patient is old enough to undergo nasal

surgery. The first is mental maturity. A patient must be able to accept the changes that a rhinoplasty will make in his/her appearance, and they must understand that with any surgery, there are potential

Is 16 too young for a nose job?

risks and complications — including a surgery that does not give them the result that they were expecting.

With this in mind, I always ask the younger patient a few key questions to help me determine their maturity. "Why do you want this done, and what are your expectations?" If the patient can convince me that he/she is having this done for the right reason, then they have passed the first test. The key answers include phrases like "to make my nose match my face," "I still want to look like me," and "I am doing this only for me and no one else."

The second factor is physical maturity. With regard to the nasal cartilage, most teenage girls are fully developed by age 16, and most boys by age 18. By these ages, the cartilage has stopped growing and the growth plates in the bones are closed.

In addition to my two key

factors, other factors to consider include family home life and dynamics, as well as how well the patient does in school and if he/she smokes.

When all of these factors are taken into account, it is my opinion that most girls are mature enough by age 16 or 17 (boys, 18-plus) to handle both the emotional and physical changes that one experiences with rhinoplasty surgery.

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