

The Rhinoplasty in Iranian Teenagers

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Dear Editor,

The many joint cosmetic surgeries in Iran are known as rhinoplasty. Iran is one of the countries where the highest rate of rhinoplasty is performed.

In previous years, the rate of rhinoplasty was significantly higher in women than in men. However, the change that has taken place today is that rhinoplasty is more common in men, and the difference is insignificant. More recently, young men are also pursuing rhinoplasty, some for the second or third time ¹⁻³.

The age for requesting surgery is low, and the applicants must be younger. It was at least 18 years old in the past, but now it officially says after puberty. It occurs in girls from the age of around 14 and boys from the age of around 16.

Trauma injuries are the second most significant cause of mortality in Iran, and It was more prevalent among men than women. Trauma injuries significantly affect young people more than other age groups. In Iran, head and neck injuries were the most common traumatic injuries region ⁴. Consequently, some portion of facial disfigurement among men is because of highly traumatic injuries.

Rhinoplasties rate per capita in Iran was reported to be seven times higher than in the United States. Iranian rhinoplasty is under the broader level of ethnic rhinoplasty patients intended to become more satisfied with their noses or, in some cases, more Westernized. Surgical rhinoplasty procedures should be considered

depending on each Nasal characteristic ⁵. Common Middle Eastern nose characteristics include:

- Complex soft tissue interactions.
- A prominent dorsal hump.
- A plunging, bulbous nasal tip.
- A long nose.
- A vast mid vault.
- A nostril-tip disproportion.

The willingness and antipathy of Middle Eastern rhinoplasty patients are different from those of other ethnic groups. It could be explained that the nasolabial angle is acute or that Iranian patients tend to have exaggerated tip elevation. Most patients in Iran would like a "natural" nose, and most trust the surgeon's clinical judgment. Rhinoplasty in Iran has several possible factors, including improvements in surgical techniques, low cost, and the particular emphasis that many Iranian women put on having pretty faces, given that the rest of the body is covered owing to Islamic regulations. In Iran, trauma injuries in youth are prevalent. Rhinoplasty after trauma injuries is sometimes prescribed for cosmetic causes. It can restore the shape or symmetry of the nose if the bones or cartilage have been visibly displaced. Nowadays, a nose job in Iran is not just a cosmetic surgery to correct aesthetic defects; it has become a part of a fashion trend. Many consider a nose job a luxury to show their financial power and make girls marriageable; others wish to boost their self-confidence ^{3,5,6}.

However, evaluating these patients' personality traits and expectations is necessary before the operation because many have body dysmorphic disorder and mental abnormality¹⁻². These candidates may be complicated and dissatisfied after surgery. So, after the wave of rhinoplasty operations, Iran has to deal with a tsunami of post-surgery complications.

It is recommended that more studies be carried up about Iranian culture, protocols and laws for authorities and health care workers, psychological causes, and Iranian ethnic characteristics. Also, regarding the high prevalence of head and neck trauma injuries among Iranian people, protection respect should be taken into account concerning vehicles. Establishing standard facilities and proper helmet usage mandatory are among the most significant courses of effort⁴.

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