

## Kate Middleton's Nose: A Hot Accessory for Spring?

By Gina Roberts-Grey  
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Royal enthusiasts and princess wannabes are sniffing out a way to emulate the fashion sense and style of her royal highness, Kate Middleton. And the world is trying to replicate everything – and anything – Kate, from the size of her frame to the dresses, coats, and shoes the Duchess is spotted wearing.

But the fascination doesn't stop with the Duchess of Cambridge's fashion sense. According to plastic surgeons, one of the hottest accessories this spring is the "Kate Middleton nose."

"It's not surprising that her nose is so popular," says **Raffi Hovsepian M.D., an aesthetic plastic surgeon at the Beverly Hills Institute in Beverly Hills, Calif.** "Kate Middleton's nose is an ideal example of the look and proportions of a perfectly 'customized' nose. We are calling this trend the 'Kate Middleton Designer Nose'."

### **The fascination with a royal face**

**Dr. Hovsepien** attributes the desire to be “normal” with the uptick in requests to look like Kate.

“The trend to have a nose like Kate Middleton’s is moving away from the “cookie cutter” approach to nose jobs, which should never be used,” he says. That trend, which took roots in the 80s, had most women who’d gotten a “nose job” (called rhinoplasty) walking out of the operating room with similarly shaped noses. And those cookie cutter noses made it easy to spot a nose that’s gone under the knife.

Plastic surgeons have begun moving away from that trend, which **Hovsepien** says makes it harder to pick out a nose that’s made friends with a scalpel.

So why Kate’s nose?

A nose should be unique to one's face, taking into consideration all the features of the face, says **Hovsepien**. “People love Kate's nose because it's a prime example of this concept – it still looks feminine without seeming ‘done’.”

Kate's nose also has a highly desirable slight "supra-tip break," which plastic surgeons says means has a slight upturn at the tip.

The proportions are soft but strong and it works well with her face, which is fuller and even a little square in the jaw line. That goes with her natural beauty persona, says Richard William Westreich, M.D., a plastic surgeon and director of facial plastic surgery at the Long Island College Hospital. “All in all I think it represents the general trend towards a fuller and more natural look that my patients have been seeking for a while now.”

ages 20 to 35, requesting the Kate Middleton nose. When patients come in asking for the Kate Middleton nose, they are requesting a more natural looking nose created with a keen eye for the proportions of the face,” adds **Hovsepien**.

We have more

## **A new spin on an old trend**

Westreich says desiring a designer schnoz isn’t new.

“Kate Middleton has crept into the discussion, which is interesting since she has a fuller tip – even bordering on boxy – than past favored celebrities like Jessica Alba, Kate Upton, Scarlett Johansson, etc., and actually a little side profile bump,” says Westreich.

But Kate’s nose isn’t for everyone. “It wouldn't work on someone with a longer and thinner face or very angular features.”

And it’s not possible for all patients. “You need thin skin and strong cartilage to get that kind of look,” he adds.

## **Forming Kate’s nose**

If a person is a candidate for the “Kate nose,” typically, there are several steps in the designer approach.

“Depending on the patient, we may perform a rhinoplasty with dorsal reduction, which means we reduce the hump on the bridge of the nose and the nasal sidewalls,” says **Hovsepien**. “In addition, we may perform a tip refinement in which the nasal tip is refined to give it a supra-tip break, a slight upturn, and a diamond shape tip. The key is shaping the nose in order to achieve harmony with the face while avoiding an overdone appearance.”

The typical recovery time post-surgery is about 5 to 7 days. “That’s usually when patients can go out in public,” says **Hovsepien**. Although some swelling and bruising might linger for two weeks or more.

The procedure is not very painful; **Hovsepien** says most patients take pain medicine for about three days.

## **Can you afford the Kate nose?**

A designer nose like Kate Middleton’s usually costs \$8,000 to \$12,000. And if looking like Kate (or any celebrity) is the goal, don’t expect insurance to pick up the tab. **Hovsepien** says if the primary reason for rhinoplasty is aesthetic, then the cost is not covered by insurance.

“However, for some, rhinoplasty may be performed to improve breathing and minor defects within the nasal structure. In this situation, insurance companies may cover portion of the surgical cost.