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## **Barbie Nose: Everything to Know about the Viral Rhinoplasty Trend**

People are having surgery to get a "Barbie nose." Here's what it entails.

Tatiana Bido | September 7, 2023



With the success of the recent film adaptation, the Barbie doll-like aesthetic has been trending everywhere. Even plastic surgery has been Barbie-fied with the “Barbie nose” rhinoplasty trend flooding social media. This procedure alters the nose to mimic the delicate and slender nasal appearance associated with the iconic Barbie doll. Its rising popularity raises questions about patient motivations, consequences, and whether the look is a good fit for everyone.

### **What Is the “Barbie Nose” Trend?**

According to Palo Alto, CA facial plastic surgeon Jill L. Hessler, MD, the Barbie nose signifies “a delicate and narrow nose with an upturned tip.” Dr. Hessler emphasizes the long-term consequences. “Rhinoplasty is a permanent modification to the nose that one should not take lightly,” she says. “I spend time with my patients to understand their desires with the hope that they’ve been thinking about this for a long time. I don’t want them to make this decision on a whim.”

### **Who Is it For?**

According to Beverly Hills, CA facial plastic surgeon **Kimberly J. Lee, MD**, the intricacies of the Barbie nose are very particular: “The Barbie nose has a straight bridge, slightly upturned and refined nasal tip, and narrow nostrils.” In order to help patients see what aesthetic fits best, she employs advanced technology. Using 3D computer imaging, she allows patients to visualize their potential post-surgery appearance. “This serves as a good communication tool and helps to identify expectations. Sometimes patients come in requesting a celebrity’s nose but when they scrutinize the nose itself, they find that they might not really like it. Depending on your features, including skin consistency and anatomic bony structure, some results may not be achieved.”

### **Fantasy vs. Reality**

However, the Barbie nose trend is not without its critics and concerns. New York facial plastic surgeon Dara Liotta, MD points out that Barbie’s features are not suited for real human anatomy. She cautions against disconnecting from reality, particularly in the age of social media filters and digital manipulation. “It’s a dangerous trend, especially among young people who may not understand what reality is—who don’t understand a filter or face tuning,” she notes.

This trend’s popularity has gained traction globally, particularly in parts of Asia and Eastern Europe. Dr. Liotta observes that despite the unrealistic nature of the ideal, individuals are still seeking to emulate it. “Romancing Barbie may not be good for their mental health,” she cautions. “Our faces and features don’t develop in isolation. They are a conglomerate of bone structure, cheekbones, teeth, eye sockets, nose. When you isolate one feature, like your nose, and make it a ‘Barbie nose,’ it is going to look weird. The best rhinoplasty respects the anatomy you came with, and it works in harmony with your other features.”

### **Changing Beauty Standards**

Rockville Centre, NY facial plastic surgeon Ari S. Hoschander, MD agrees to proceed with caution before following any type of surgical trend. “Facial aesthetics popularized by celebrities and social media merely reflect the evolving beauty standards of that particular time in this digital age,” he explains. “As a plastic surgeon, I err on the side of caution to not quickly jump on these trends and perform irreversible surgeries on patients.”

The pursuit of beauty is a personal journey, best undertaken with realistic expectations and professional guidance. “There are always risks with any surgery, but the actual risks reside with the patient’s anatomy and their desired results,” adds Dr. Lee. “Seek a qualified, board-certified facial plastic surgeon or plastic surgeon for proper evaluation.”

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