

Does Your Nose Grow As You Age?

These days, we're bombarded with beauty claims from every direction: social media, television, product labels, our friends and family. But some of these so-called facts just don't add up. In our new series, [Science or Suspect](#), we set the record straight on what's true and backed by science—and what claims are just plainly suspicious.

As we grow older, the body treats us to all sorts of surprises. Feet get [wider](#). Hair, eyes, and skin get drier. We lose bone all over the face and body. Which leads us to a curious question many RealSelf readers have been [wondering about](#): Does the nose somehow get bigger as we age?

For patients who may be considering a [rhinoplasty](#) or [nonsurgical nose job](#) or may be simply noticing gradual changes in their faces, we understand why a growing nose could be a concern. But before you spend too much time worrying, find out what doctors have to say about the nose and its growth spurts. There are no dumb questions in medicine—and your doctor should answer each and every one of your concerns—but here's one you can scratch off your list.

Experts confirm that the nose does not grow during the adult years, but facial changes mean that the [appearance of the nose](#) can indeed change. [Dr. Melissa Doft](#), a board-certified plastic surgeon in New York City, explains that the lower portion of the nose is formed from cartilage and skin, which contain elastin and collagen. As we age and collagen and elastin begin to break down, the nose's appearance can change.

Depending on your individual circumstances, a doctor may suggest “thinning of the thick nasal-tip skin to help reduce the nose’s overall size and appearance,” says Dr. Mashkevich. This procedure would involve removing cartilage, to restore “a more youthful shape and configuration.” According to Dr. Doft, the simplest course of action is a rhinoplasty, “during which the plastic surgeon decreases the size of the tip and adds cartilaginous support so that it does not droop.” As always, consult your doctor to discuss your options—but rest assured that your nose won’t magically turn into Pinocchio’s overnight.