The Nose Knows [1]

Week of:
Nov 14, 2014

**Naive nose-blower** [2]

Dear Alice,

I am a 16-year-old girl who isn't very good at blowing her nose. I can blow the air down hard enough, but nobody has ever taught me a good technique for a proper clear-out. What is the best way to hold your nose in the tissue to get a really good nose-blow? How would you recommend I try to blow my nose?

Read more [2]

**Nose picking** [3]

Dear Alice,

I am an avid nose-picker. Is this bad for my nose?

? Nosepicker

Read more [3]

**Sex stops a runny nose?** [4]

Dear Alice-

I have a question for you about sex that may seem a little silly. I had a cold recently with a badly running nose. My boyfriend and I started having sex. While we were having sex, my nose stopped running completely. After we were done, my nose started running again. Do you know the reason for this?

? Sniffling

Read more [4]
Dear Alice,

I am considering rhinoplasty. I am 23 years old. Why do I want to do so? The primary reason is my deviated septum, which although barely visible, if at all, from the outside, definitely makes it very difficult to breathe. But the reason that I don't want to settle for a simple septoplasty is that my nose is ever so slightly too big for my face. I would really like to underline ever so slightly. I am lucky to have a balanced face and nice proportions, but I am extremely self-conscious because my nose is just slightly too big. I understand that it's silly and that I should be grateful for my other features, with which I am very content. But ever since a silly ex-boyfriend foolishly joked that my nose is too big, I have become obsessed. I've thought through the reasons and I know that I am doing this for myself, not for anyone else. But I am still very concerned. I read that there can be complications. I even read that you may not wake up after the surgery due to complications with the anesthesia. A slightly big nose (and honestly I wouldn't even call it that) is definitely not worth losing your life! Can you please shed some light on the surgery, on the recovery, and on the risks? Will my voice change? Will I be able to sing? How long do most people walk around with dark circles under their eyes? What if I am unhappy with the results? The most important thing for me, of course, is being able to breathe through my nose and not having any complications.

Sincerely,

What's in a nose

Read more [5]

Bleeding nose and gums [6]

Dear Alice,

I just came here this fall. Since then, my nose has been bleeding occasionally without any injury. My friend told me it was because of the dry air of U.S. Is he right? How can I prevent this situation? I also have a problem when I brush my teeth. My gums are always bleeding and not just a little!! What should I do? Thanks.

? Bloody face

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