



Get Glam! Live a Glam Thing Life.

itsaglamthing.com

COSMETIC PROCEDURES: WHICH TO DO, WHICH TO SKIP



Every single one of us, though #flawless, has at some point taken a look in the mirror and found at least *one* thing we'd like to change. Some of us learn to love the quirks in our looks and some of us think about getting a little fix. From the non-invasive to the surgical, cosmetic procedures are on the rise and there are a hundred ways to nip, tuck, lift and smooth just about any area of our bodies. Not all of it is vain and superficial. Some procedures have amazingly high satisfaction ratings; patients report not just looking better but *feeling* way more confident. According to the experts, these are the nips and tucks that are worth it and the ones you should skip:

Worth it: Breast Reduction

"By far, breast reductions produce the happiest post-op patients," says New Bern, North Carolina board certified plastic surgeon and best selling author **Dr. John Zannis**, *"The women (and sometimes men) that come to me for this procedure have*

usually been uncomfortable with the size of their breasts for years, in many cases since early puberty. You can really see an immediate boost to their confidence.”

Overly large breasts have uncomfortable physical effects like chronic back pain and bad posture, but they can also become a huge self-esteem complex, especially for girls. Breast reduction surgeries report an extremely high satisfaction rate of almost 90% according to Plastic and Reconstructive Surgery Magazine.

Skip: Lip Fillers

Lip fillers *can* work wonders but they’re tricky. They don’t look the same on everyone; your end result could be Kylie Jenner’s lipstick-empire-building pout or Donatella Versace’s trout mouth. They’re more of a toss up and depend on too many variables, from the natural curve of your lips to the skill of your doctor to the type of filler used.

Worth it: Non-Invasive Face Lifts

“Off the top of my head some of my happiest clients are non-invasive face lift patients,” says Dr. Kally Papantoniou, a board certified dermatologist who specializes in surgical and medical skin procedures at her New York office. *“The skin on the neck and chin get a substantial lift and smooth with no cutting or general anesthetics, patients report not only looking younger but constantly say they feel better about themselves. Which is the key word I look for when gauging post-recovery satisfaction!”*

Worth it: Rhinoplasty

“A rhinoplasty from a skilled plastic surgeon can completely change a face,” says Zannis. He adds, *“The nose is the most protruding facial feature and sits right in the center; any sort of change alters how you look from different angles, how light and shadows hit you and can make the face look more symmetrical.”* To become a full believer in the power of rhinoplasty just search *“Bella Hadid before and after nose job”* on Google. Literally a different person.

Skip: Cheek Implants

Cheeks have a very prominent position in your face. Like tweaking your nose, tweaking the shape and size of your cheeks changes your whole look, but like any other facial implant or filler; they are not one size fits all. In older individuals cheek implants are just as likely to drag your skin down as smooth it. Good results depend on implant type, technique, original face shape, and considering the natural effects of aging in the future.

Worth it: Body Contouring

“Body contouring is easily one of my top three highest patient satisfaction procedures” says Dr. Papantoniou who provides the procedure at her practice. *“These are non-invasive fat loss techniques and they give truly amazing results after about 3 months of treatments. There is no downtime, no pain. Some patients come in for them during long lunch breaks! Patients lose whole inches. Again, the most telling sign is how they stress feeling good after the procedure.”*