



### FIND A BEAUTY DOCTOR NOW!

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## the too tight, windblown look

Pulling the skin too tight or in the wrong direction, or creating obvious scars are all reasons for unnatural facelift results. "When the face looks blown up, it's due to too much volume, from fillers or fat, not from surgery. But when it's pulled too tight and stretched, that's the result of overaggressive surgery," says New York plastic surgeon Sherrell J. Aston, MD. Another reason behind a supertight look: only the skin is addressed, not the underlying tissue, muscle and fat.

### HOW TO FIX IT

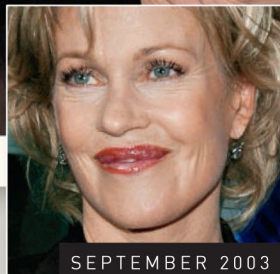
Depending on whether the face is too tight, looks waxy or both, determines the recourse available for rectifying the problem. If the face appears too taut it can sometimes be rectified by alleviating any tension. *For more on chemical peels turn to page 136.*

## OVERDONE

MELANIE GRIFFITH MARCH 2010



01

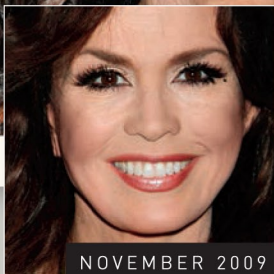


SEPTEMBER 2003

MARIE OSMOND JUNE 2011



02

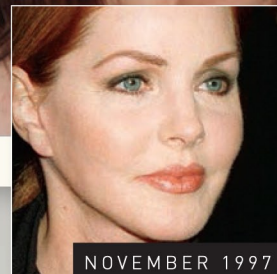


NOVEMBER 2009

PRISCILLA PRESLEY SEPTEMBER 2011



03



NOVEMBER 1997

## OVERDONE

## THE PROBLEMS WITH A "FAT" FACE

Fat can add volume, but Dr. Aston says when excessive amounts are used it can cause distortions. "We're seeing this with a few patients from five or 10 years ago. Some physicians used large amounts of fat and it has grown in some patients. The excess fat makes the face look big and the features unnatural," he says. So, how can side effects be prevented? "The physician must be judicious in the volume injected and meticulous in technique. Patients should stay at a steady weight. If you take in more calories than you burn, the transplanted fat may grow."

SUZANNE SOMERS JANUARY 2011



01



APRIL 2005

MARY TYLER MOORE JULY 2010



02



JANUARY 2007

## OVERINFLATED CHEEKS

## WHAT THE CHEEKS LOOK LIKE

- > Wide, broad and/or boxy
- > Too tight and circular
- > "Chipmunk"
- > Pillowy and doughy

## WHAT WENT WRONG

- > Implants are not shaped to fit the individual contours of the face or are too large
- > Filler is injected into the apples of the cheek not above the cheekbones. It may be injected over and over in a short amount of time.
- > Injected fat stays swollen for a prolonged period of time
- > Fat is used over aggressively in too large amounts

## HOW TO AVOID IT

Puffed up cheeks can be hard to correct. "Nonautologous filler is usually the problem. The majority of patients that look overdone are not from having too much done at once, but going to the doctor too frequently and getting excessive volume," says Dr. Aston. Abnormal results are not limited to any one product. "It's the doctor's responsibility to have an understanding of how much transferred fat will be absorbed, or how much of the filler will break down or continue to expand with tissue fluid so the cheeks aren't too big," says Dr. Menendez.

## WHAT THE expert says

- 01 "Suzanne is overfilled in the cheeks and around the mouth and jawline, making her look puffy and swollen," says Dr. Ptak.
- 02 "Her cheeks are puffed up," says Dr. Youn. "I suspect she had cheek implants and filler."

## HOW TO FIX IT

## If the cheeks look puffy and doughy

**IF FAT WAS USED** As Dr. Aston points out, "There's no question that fat injections and nonautologous fillers are making a paradigm shift in plastic surgery to add volume to the face. Fat or fillers can be extremely helpful but not everyone needs them—like the younger patient who's just seeing tissue descent—and that's where problems can arise." If too much fat was placed into the cheeks, the fat needs to be removed via microliposuction or excision.

**IF FILLERS WERE USED** Injectables and fillers can cause the cheeks to appear perpetually swollen. The type of filling agent used determines if the effects can or cannot be reversed. Since hyaluronic acid fillers dissipate on their own over time, so will the results. Or hyaluronidase can be injected to break down the material. On the flip side, collagen-stimulating fillers (including Radiesse and Sculptra Aesthetic), silicone and permanent fillers must be surgically excised.

## If the cheeks look too tight and round

**IF IMPLANTS WERE USED** Cheek implants that are too big for the face are notorious for causing a distorted look. Despite the fact that cheek implants aren't used as often as they once were, although some doctors still do use them, similar results that are safer and more natural-looking can be achieved with fat. The only way to reduce the adverse effects of implants is by having them surgically removed.

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