

## The Most Bizarre Plastic Surgery - Do You Dare in 2015?

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(HealthNewsDigest.com) - Botox, filler, breast augmentation, rhinoplasty, that's so... 20th century! The demand for outright wacky plastic surgery has surpassed virtually anyone's imagination including most plastic surgeons. As long as there is patient demand to tweak body parts heretofore deemed untouchable, the roster of surreal procedures continues to grow. **Philadelphia area board certified plastic surgeon Dr. Lyle Back breaks them down for us, but by doing so, does not unilaterally endorse them.**

### Grin lift

The corners of our mouths droop as we age. But for an unlucky minority, this permanent scowl can make them look perpetually grumpy. The grin lift as is a surgical way to turn this frown upside down. For the procedure, a surgeon removes small skin triangles from above each corner of the mouth to cause it to lift. What's the upside? People no longer ask you why you are upset. But there is a downside - this creates permanent scars that can make you look like The Joker. Trust your plastic surgeon to guide you in the right direction .You can usually get the same lift-like results for those down turning corners of the mouth without surgery - in the hands of an experienced doctor with a simple 15 minute office wrinkle filler treatment!

With **eyebrow transplants**, patients design their ideal eyebrows with a stencil, just like the kind sold at Sephora. Surgeons use the patient-created stencil to achieve what the patients want through one of two procedures: Follicular Unit Transplant (FUT) and NeoGrafting. With FUT, plastic surgeons remove a four-inch-wide slice of scalp from the back of your head and then dissect all the hairs to graft in wherever you'd like. This procedure tends to leave a scar. NeoGrafting involves using a machine to suck out the hairs from your scalp without leaving a scar, but is known to have a lower success rate.

### Belly button surgery

Is it possible to turn an outie into an innie? Sure is - most outie belly buttons are actually small umbilical hernias. Surgeons can repair this hernia with an umbilicoplasty - a small incision on the upper surface of the belly button that turns it into a more aesthetically pleasing innie. The procedure creates a permanent scar that is usually well-hidden.

### Chubby cheek surgery

Chubby cheeks are cute in kids, but can make some adults look overweight or jowly. This can be improved by a buccal lipectomy. In this minor surgery, the plastic surgeon makes a small incision

inside the cheek and removes a gumball-sized chunk of fat. This causes the cheek hollows to contour inward, improving the jowly or "chipmunk cheek" look.

### **Bra line back lift**

Many women complain to their plastic surgeons about the dreaded "bread back" - unsightly rolls of back fat which make their bras fit uncomfortably. In the past, our only real surgical option was to liposuction this fat away, sometimes leaving the patient with loose skin. The Bra Line Back Lift is a novel procedure where the back rolls are surgically removed, leaving behind a flatter back with a scar that's hidden in the bra line. The scar is permanent, but results usually are as well.

### **Nipple and areola reduction**

Some women - and even men - develop excessively long nipples or wide areolas. This can be due to heredity, pregnancy, or just bad luck. Doctors reduce the nipples by literally cutting off the tip or removing some skin at the base of the nipple. Excessively wide areolas are reduced by removing a donut-shaped ring of skin from the periphery of the areola and suturing it into a smaller diameter. This leaves a permanent circular scar around the areola, however.

**"Thigh gap therapy,"** in which they use cold lasers to give you space between your legs. This cold laser therapy, called Verju', claims to contour your shape by melting away fat cells without surgery. The cold laser does not create any heat, burning sensation or pain as it shines a green beam on the surface of the skin causing a shrinking of the fat cells just underneath. It basically harmlessly emulsifies the bulging outside layer of your fat, and allows it to exit out of your lymphatic system.

**Internal Bra** Want perky breasts but hate wearing a bra? Plastic surgeons have solved this problem with a procedure known as internal bra. British doctors have successfully implanted three patients with internal bras. Doctors use hardened silicone cups and place them under the breast tissue that are then lifted with silk straps secured by being sewn into position. In the more commonly opted for version, an internal bra-like sling mesh is surgically placed to permanently limit any potential future sagging breast tissue at the time of a breast lift.

[www.ilovelyleback.com](http://www.ilovelyleback.com)

### **About Lyle Back™**

Lyle M. Back, M.D., F.A.C.S. is originally from New York City and graduated with honors from Rutgers Medical School. He completed his surgical training at Ohio State and is an ABMS Board Certified Surgeon in both General Surgery (ABS) and Plastic Surgery (ABPS). Dr. Back is a Fellow of the American Academy of Cosmetic Surgery (AACS) and a longstanding member of the American Society of Plastic Surgeons (ASPS). Dr. Back served as a professor of Plastic Surgery at Temple University and St. Christopher's Hospital for Children in Philadelphia and performed reconstructive surgery with "Operation Smile" in Vietnam.

Dr. Back's numerous articles on Cosmetic Surgery and Plastic Surgery have appeared in leading medical journals and popular magazines. Dr. Back is frequently featured in local newspapers and magazines and often appears on radio and television programs. Over the years, he has hosted several live radio and TV shows on Cosmetic Surgery in the Delaware Valley. He has lectured

extensively and received many awards for his teaching and training of young surgeons across the country. He has received numerous local honors such as "Top Doc" Plastic Surgeon. Dr. Back is listed in the "Guide to America's Top Surgeons" by the Consumer's Research Council of America. He is also listed among "America's Cosmetic Doctors and Dentists" in the Castle-Connolly Directory and in "The Consumer Guide to Plastic Surgery". He is a highly respected member of the most prestigious local and national surgical societies. Dr. Back is a well-known, popular Philadelphia area board certified plastic surgeon, in private practice for over 20 years. He specializes in the full range of the most modern and state of the art cosmetic surgery procedures and non-surgical cosmetic enhancement techniques available today.

**Awards / Honors:**

South Jersey Magazine - South Jersey "Top Physician": 2010, 2011, 2012, 2013

South Jersey Magazine - Best Physicians for Women: 2012, 2013, 2014

SJ Magazine - South Jersey "Top Doc": 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013

International Association of Plastic Surgeons - Top Plastic Surgeon: November, 2012

The International Association of Health Care Professionals - Leading Physicians of the World: 2012/2013

Super Doctors - Philadelphia Super Doctor: 2012, 2013

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