

Interview With A Plastic Surgeon From Philly

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I don't know how I feel about plastic surgery. I know the arguments against it of course, I mean if the media and pop culture can find a new thing to get women freaked out about a body part – remember the world when terms like *thigh gap*, *backfat* and *resting bitch face* didn't exist? – they will and then Vogue and Revlon and style bloggers and raw vegan holistic healers and plastic surgeons will find a way to address the cause of the freakout over the body part and, in some cases, capitalize on it. Those terms are all relatively new and each can be fixed with new plastic surgery methods, and those three methods are included [in Dr. Lyle Back's](#) latest

press release. Check out the excerpts here and welcome to the strange world of body augmentation. Chin up, back straight, hike up those sagging tits, let's dive right in.

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!

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.

“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.

So if you’re ‘suffering’ from an insufficient thigh gap, the dreaded ‘bread back’ or backfat, or that pesky resting bitch face, you can rest assured that all your ‘problems’ can be snipped, stitched or melted away. It’s gross right? Still I can’t help but think that if I had the money I’d spring for some lipo and a grin lift. Notice how I zero in on those very things as soon as my questions to Dr. Back start. His answer to my lipo question almost had me rushing out the door to buy a lotto ticket.

Here’s my interview with **Dr. Back, an award winning plastic surgeon from Philadelphia.** We talk about nipple reduction and, of course, Philly cheesesteaks.



Mom I need thigh gap laser therapy?! Seriously. **In your article on the 10 secrets of plastic surgery you talk about recovery time and how people tend to think that recovery isn’t that bad because the surgery is elective. What would the recovery time be for a grin lift?**

If the lift is done non-surgically with an injectable wrinkle filler, the recovery time is quite brief – some minimal swelling a/o bruising that quickly resolves – well less than 24 hours. If surgical techniques are necessary there is more of a recovery, but as is the case with most facial rejuvenation procedures, it is simply more of a “social recovery” than it is physical. I tell patients that they’ll only need about a week before they’ll be what I call ‘supermarket or out shopping ready’ which often involves a wave hello from aisle 3 to a friend on aisle 2 . ‘Office/work space ready’ involves closer distances of communication and might need a bit more social recovery time. “Cocktail party ready” involves even closer and often fairly intimate conversation distances and therefore likely more time still for the resolution of most of the “signs” that any sort of procedure was done.



For liposuction?

Most patients feel some general soreness, like one overdid it at the gym, for a day or two. A weekend to take it easy is about the most someone would need.

Does liposuction actually work, or is it something that needs to be done every few years?

Liposuction really does work – it is a true sculpting of the body to create pleasing contours while physically removing volumes of fat to do so. The fat is gone, and will not come back. The results are permanent and it does not ever need to be redone. Unless there is a drastic lifestyle change with a consistently unhealthy diet and an overall long term decrease

in physical activity, the results should be enjoyed for many years.

In your press release about the strange new procedures patients are requesting you talk about nipple and areola reduction surgery. Does it ever make you sad to consider the insane lengths women will go to in finding new things to be dissatisfied about with their bodies?

If you had the opportunity, responsibility and incredible honor that I am given nearly every day to take care of people with very valid significant, troubling, and emotional issues you would understand how I am elated and fulfilled as a human being that I have the ability to use my skills to help them.

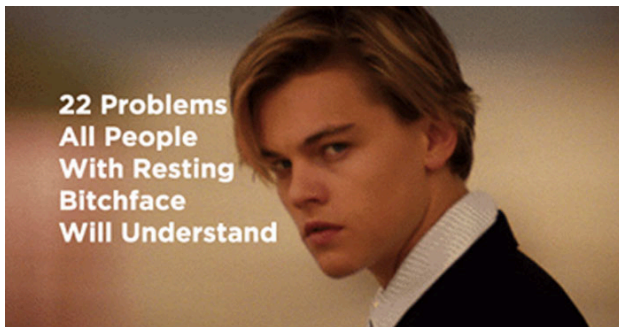


Just in time for bikini season!

Of the popular procedures what is the most complicated one to do – facelift, breast implant, tummy tuck?

Even the most “simple” of office procedures will reflect the benefits of the plastic surgeon who applies

an artistic eye, total concentration, and consummate technical skills. But facial rejuvenation surgery requires the greatest degree of all of these to deliver the most natural results.



on Philly:

I've done some research on the Philly cheesesteak [in the past](#), are you a fan?

I most definitely was, and enjoyed many a fully loaded cheesesteak at Jim's, Pat's or Geno's in my younger days. But these are only fond memories now, as I've been a vegetarian for the past few years!

Have you ever been to John's Roast Pork?

I have not, but I hear rave reviews about this place all the time. I think they've been there almost 100 years – there's a reason for that!

What restaurants do you take people to when they are visiting from out of town?

The top Go-To's for my wife and I, or with friends – [Amada](#) on 2nd/Chestnut, or the [Continental Midtown](#) (a Stephen Starr joing btw).

You're a New Yorker living in Philadelphia, are there any favorite restaurants that you miss from your hometown?

I often find myself missing that great tradition, Sunday brunch at [Sarabeth's](#) on Central Park South, followed by a walk across the street and a leisurely stroll through Central Park.