



## The 11 Most Overrated Cosmetic Surgery Procedures

New cosmetic procedures often fail to live up to their original promise. Some may even do harm. We investigate the innovations that you might want to reconsider.

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It wasn't so long ago that a woman with a desire to look younger, slimmer, or simply better would huddle with her doctor in private. Now, one demonstration of a new laser on the Today show, and phones are ringing in dermatologists' and plastic surgeons' offices across the country. More and more patients are demanding the latest treatments the moment they hear about them on the news, in the salon, or over lunch with their best friend. Here's the problem with this pioneer impulse: Plastic surgery's past is crowded with operations that were rushed to the public with insufficient testing, or that proved too painful, or that simply weren't as effective as promised. Take it from us, the most dangerous word in plastic surgery may be "new." And unlike making a mistake by, say, buying a pair of jeggings that aren't entirely flattering, cosmetic procedures are often irreversible. Here, a hard look at the choices.

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## SILICONE CHEEK IMPLANTS

The news for women who want to add volume to their cheeks is good: Facial fillers have all but replaced the silicone implants that were standard in the '90s. Back then, implants were anchored below the skin, adding plumpness that in some cases, like that of surgical early adopter Jocelyn Wildenstein, verged on the extreme. "Implants can migrate and cause infection and nerve injuries, and the aesthetic result is difficult to reverse," says Stafford Broumand, an associate clinical professor of plastic surgery at Mount Sinai Medical Center in New York City.