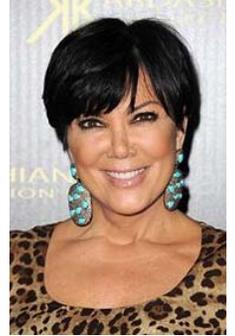


Kris Jenner Shamed into Plastic Surgery by Kim and the Surgery Mistakes No One Talks About

8.19.11

Has plastic surgery in Hollywood gone too far? We ask this every time poor little wannabes like Heidi Montag butcher their body just to become another one of these celebrity train wrecks. And again when older stars erase any sign of a life lived in an effort to hold on to dwindling careers. And it's a fair question -- especially when reading that reality stage-mom-of-the-century Kris Jenner got her recent facelift after continuous "turkey neck" taunting from daughter Kim Kardashian, she recently said to the "DailyMail." Luckily, not all of Hollywood is as neurotic as the Kardashians. For example, Kate Winslet, Rachel Weisz, and Emma Thompson formed an Anti-Cosmetic Surgery League. But with all the attention surrounding stars' plastic surgery, and the downplaying of these very serious procedures, many "normal" folk seem to think getting "work done" is just any old thing, like buying a new outfit. But it so isn't.



We never hear about ways plastic surgery is going wrong -- and the mistakes women are making more over and over again. Here are some of them:

Mistake: Bad scarring

When it comes to scars from big procedures like tummy tucks and breast lifts, many believe it's a surgeon's skill that determines how badly you'll scar post-surgery. However, **Semira Bayati, a board certified plastic surgeon**, says it really comes down to a patient's genetic factors. A skilled plastic surgeon "can do the same exact closure on two different people, and one heals with imperceptible scars and one doesn't," she says. Something important to keep in mind before going under the knife -- especially if you've got a darker complexion and high skin pigmentation, which **Bayati** says put you in the high risk category for scarring.



Mistake: New fat appears in new (and unwanted) places after liposuction

There is a common misunderstanding that if a patient gets liposuction in one area of the body, the fat will "move" to another area of the body. This is false, says cosmetic surgeon Dr. Fardad Forouzanpour, a cosmetic surgeon in Beverly Hills, Calif. "Fat doesn't move -- fat cells in your stomach will always be in your stomach and fat cells in your thighs will always be in your thighs." He says that when surgeons perform liposuction in one area (say, the belly), they remove a certain amount of fat cells in that area. But that means if the patient then gains 15 pounds post lipo, the fat will be gained in areas that haven't been lipo'd (say, the arms or thighs) as those areas still have 100 percent of their fat cells. Bottom line: If a woman gains weight after lipo, she will likely gain fat in a place she didn't have it before. Somehow trading an instantly flat tummy for extra plump arms doesn't seem so appealing, huh?



Mistake: The dreaded Tori Spelling breast gap

Tori Spelling constantly tops the "worst plastic surgery" lists floating around the Internet for her gapped and drooping breast implants, and the common reactions have been to blame her doctor. However, **Bayati** says that the large gap between her breasts isn't due to the procedure; more surprisingly, it's due to the fact that she just happens to have a very wide and depressed sternum, or breastbone. And while that wasn't apparent when Spelling had small boobs, it is exaggerated with the addition of large implants over her chest muscles.

It's actually quite common for women to have irregular breastbones and rib cages, which is why four out of every 10 women with breast implants go back to the doc post-surgery to have them changed.



Mistake: Trusting a shady medical spa

In a 2008 survey by the American Academy of Facial and Plastic Reconstructive Surgery, more than 75 percent of doctors said that they knew of a medical spa with a medical director who was nowhere to be seen -- not on-site performing, or even overseeing, medical procedures. That's a lot of risky procedures being performed by poorly trained employees in unregulated offices.

"Non-plastic surgeons are performing liposuction on patients in these medical spas and clinics and killing them," says Tachmes. Doctors at these spas give patients local anesthesia rather than general anesthesia (in most states, anesthesia cannot be administered in an office without hospital affiliation) and end up overdosing the patients because the pain gets too intense. The patients then die right there on the table from respiratory depression, says Tachmes.





Mistake: Lying about a cigarette habit

If you are a smoker, most plastic surgeons won't operate on you. "Heavy smokers have low oxygen content in the blood," says Tachmes. "So when they have any type of cosmetic surgery that requires a pull or lift, like a breast or face lift, they suffer from poor wound healing, wound separation, or the skin can become necrotic, turning black and dying."

Mistake: Not telling the doc about supplements

Many women don't realize dietary supplements can affect the way their body reacts to anesthesia, and that a bad drug/supplement interaction can kill them. Diet pills and over-the-counter stimulants like metabolic enhancers and fat burners make the heart muscle irritable and can cause cardiac arrest, says **Bayati**. She says women often don't report taking them before an operation because they don't consider them medication, as most are non-prescription. This can be a fatal mistake.



Mistake: Price tag skimping

According to Miami board certified plastic surgeon Dr. Michael Salzhauer, it's a case of "buyer beware" when a potential patient sees plastic surgery procedures in monetary terms. "There is a reason plastic surgery usually has high costs associated with it," says Salzhauer. "Sometimes when economic times are bad, surgeons will cut their fees for the sake of acquiring new patients. However, if you hear a dramatically reduced price from a surgeon, you should ask yourself 'what corners are they cutting to offer surgery at such a low price?'"



Mistake: Letting your dentist (or gyno) give you Botox

Women treat Botox and other injectables fairly flippantly, but plastic surgeons agree that it takes a highly trained and skilled hand to inject the face properly. Read: Botox from your gyno is not the best idea. "A lot of these doctors are not familiar with the anatomy of the face, and the muscles of facial expression -- they are just out to make cash," says Tachmes. "They do a course for a few days and off they go injecting patients, but it takes more than just learning how to inject," he says.



Still not convinced? Tachmes says some women suffer blindness for up to four months due to faulty injections near the crow's feet of their eyes. "If the product gets injected too close to the eyeball and the product migrates, it can effect the little muscles that control the focusing of the eyeball inside its bony orbit," says Tachmes, and this can cause temporary blindness.