

'Women will try the craziest things'

5.31.12

Today's guest is [Dr. Semira Bayati](#), a board-certified plastic surgeon in Newport Beach.

She writes:

As a female Plastic surgeon with over 20 years of exposure to the field and over 13 years of active practice in the sunny Newport Beach, I have realized that women will try the craziest things in pursuit of beauty and the latest "it" procedure. I have seen fads come and go. And as a self respecting, ethical physician, I have decided early on in my practice to stick with several rules:

1. Wait at least one year, before recommending the latest fad surgery. I let other people try it out and make the mistakes, and give it time to see if the new procedure, laser or trend will stay or go, before I adopt it into my practice.
2. Everything in moderation: You can always do more later, but you can't fix overdone results.
3. Just because I can, doesn't mean that I will! People come in asking for the most outrageous things. I use my judgment to do what I think is right, since I know more about this stuff than they do.



Along these lines, I have seen some new trends that make me cringe. Who thinks that "trout lips" and puffed up "pillow faces" are hot? Really? We are not meant to look like fish, especially puffer fish! I am more amazed with the actual doctor who agrees to do that to a woman's face and lips. Sure, lip augmentation and facial fillers and fat grafts, done correctly and naturally, are both great procedures for facial rejuvenation. But at what point do people consider fat grafting as a substitute to a good facelift?

Sure, a plastic surgeon can fill all the wrinkles off of your face with fillers, fat, etc., but you might not look normal after all that fill! What happened to good medical advice and judgment?

We have all seen the 'Cat lady' who is addicted to plastic surgery and has had so many procedures on her face and body that she has lost count. No one I have spoken to considers her attractive or even normal looking. As a Board Certified Plastic Surgeon, I am more appalled at my colleagues who didn't just say NO MORE to someone like this as they continued to have more unnecessary procedures done that made her look so scary.

Let's not forget about the new trend of "toe shortening" in order to fit into narrow high heels! Who came up with that? Probably the same person who came up with fillers and fat grafts to the ball of the foot! Oh yes, haven't you heard? In order to stand more tolerably in those 6- inch Christian Louboutin platforms for longer than the intended 15 minutes, you can cushion the ball of your foot with fillers and fat grafts! Aren't Dr. Scholl's inserts made for this purpose without the need for these crazy and risky procedures? What's important to note here is that no one bothers to tell these women that fat and fillers absorb completely under unrelenting pressure from standing on the ball of your foot! Again, just because we can, doesn't mean that we should.

I guess the moral of this story is the fact that women will try anything new and well marketed, including the bogus "lunchtime facelift" that will last you a whole year, maybe, if your skin doesn't stretch back faster.

However, as a plastic surgeon and a woman, I consider every procedure with its side effects, longevity and end result, before I would recommend it to a patient. Unfortunately, not everyone in the cosmetic surgery industry gives these trends the same consideration. Just look around!