

8 Of The Craziest Plastic Surgery Procedures People Are Trying

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We're not gonna be all self-righteous and act like we love every aspect of our bodies. We all have complaints here and there.

And with a new year ahead, some of those annoying little things become pronounced. Very pronounced. Gigantic.

Thing is, there's a difference between the 9 to 5 girl and celebrities, who constantly feel pressure to look a certain way. And sometimes, this pressure is so irrationally intense that they project this on to fans. Hence: this guy.

These days, surgeons are able to alter almost everything— beyond our knowledge. Yes, there are a lot more procedures than tummy tucks and breast implants. A. Lot. More.

"As long as there is patient demand to tweak body parts heretofore deemed untouchable, the roster of surreal procedures continues to grow," **said Dr. Lyle Back, a Philadelphia board certified plastic surgeon.**

Take this journey through the many new procedures clients are asking for narrated by Dr. Back, on the pages.

Grin Lift

The corners of our mouths droop as we age. But for an unlucky few, 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.

Eyebrow Transplants

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 Reconstruction

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,” which are unsightly rolls of back fat that 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.

Nipple And Areole Reduction

Some women –and even men– develop excessively long nipples or wide areolas. This can be due to heredity or pregnancy. 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

This procedure uses 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? 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.