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NEWS

## Beauty Gone Extreme, Vol. 1: The Surgical Stuff

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**BY MERLE GINSBERG**

*Remember the month your mother spent wrapped up like a mummy after her “spa vacation?” Yeah, she doesn’t want you to remember it either. The newest surgical options—for cheekbones, breasts, even your arm flab—are discreet, natural-looking, and meant to get you back out on the town ASAP, with no one the wiser.*

### **THE (NEW) NEW BREAST UPGRADES**

Much more discreet than back in the busty days of yore, the new lift and enhancement possibilities are small miracles—and great options for reconstruction patients, too. The “ideal implant” is a one-size-up saline-filled (read: safer) one that feels like silicone, says New York’s Sherrell Aston, M.D. Another faster, easier option: fat transfer to the breasts. “What’s amazing is, it doesn’t require general anesthesia, scars, or cutting,” says Beverly Hills plastic surgeon Lawrence Koplin, M.D., one of the first to embrace the method. “You can go up an entire size with one session.”

**EARLY ADOPTERS** Doctors can’t name names, and nobody cops to this kind of purposefully discreet work—but rumors are that Rihanna, Kate Hudson, and even Nicole Kidman have had small tweaks.

**HOW LONG YOU’LL BE “ON VACATION”** With the new implants, says Dr. Aston, “a woman can be in a bikini and on the beach within two or three days. In 21 days, she can play tennis and swim.” And for fat injections, says Dr. Koplin, “there is no downtime.”

**THE DOWNSIDE** For the fat graft lift/injections, Dr. Koplin says: “The only problem with a lot of girls in L.A. and Malibu, the Hamptons, and New York is...they don’t have enough fat to take out and put back in!”