

# What You Should Know About Topilase, The New Fix For Excess Filler

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Beauty



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By [Jahaira Arthur](#)|Aug. 31, 2023 9:00 am EST

If you've gotten hyaluronic acid (HA) fillers — like JUVÉDERM and Restylane — and are looking to smooth out or subtly reduce the effects, you should know about Topilase. Think of it akin to filler dissolving — without the dramatic results or painful needle. "It certainly doesn't dissolve all the filler, but it appears to reduce it," board-certified facial plastic surgeon Dr. Yael Halaas tells [RealSelf](#).

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According to the [American Society for Dermatologic Surgery](#), HA can help restore volume to the lips and reduce the appearance of fine lines, wrinkles, and folds in the face. It is magic in a syringe. However, too much fill can leave you with an undesired look. That is where Topilase comes in. Apply this topical after your procedure, and it may help adjust swollen and uneven tweaks.

It is available in Europe and other international markets but not yet accessible in the U.S. (yet!). Topilase is the first of its kind, and it might need a spot in your HA filler routine.

**Topilase is a pain-free way to subtly adjust uneven or overdone HA fillers**

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The makers of Topilase, [SoftFil](#), note that the topical has "100% natural origin ingredients" and has "no reported side effects." It is made from a mix of essential oils (helichrysum, lavender, cyst, myrrh), aloe vera, and a complex of enzymes. Its formulation soothes, tones, purifies, repairs, and reduces swelling.

"Patients have been very happy with their results," Hema Sundaram, board-certified dermatologist and a principal investigator on the promising pilot evaluation conducted of Topilase, tells [Harper's Bazaar](#). "To me, Topilase is a true innovation, because it's a completely noninvasive way of perfecting how the skin looks after HA injection. It can be that final icing on the cake that helps patients achieve the most natural-looking results."

According to [SoftFil](#), the Topilase cream is simply massaged on the overfilled, swollen, or uneven area. It can be used in conjunction with a [dermaroller](#) for better results. Some cases may require up to four weekly sessions to see the desired effect. The after-effect (and total sessions) depends on the amount of filler injected, the filler's texture, when the procedure occurred, and how deep the injection is. Apart from not requiring a needle, Topilase is different from hyaluronidase injections in several ways, but it definitely isn't kicking traditional filler correctors out of the medicine cabinet anytime soon.

## Topilase vs. injectable hyaluronidase

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Bluecinema/Getty Images

Since Topilase is intended as a topical cream and not an injectable (like hyaluronidase, which is used as an injectable to [dissolve filler](#)), it is only fit for areas with thin skin. "No topical is going to replace an injection," Dr. Halaas tells [RealSelf](#). However, Topilase can

work its magic in some areas. "What can be impressive is that with thin-skinned areas, like lips or under-eyes, is that it did appear to reduce the overfilled effect," says Dr. Halaas.

Topilase is not a replacement for injectable hyaluronidase — in fact, it's a "cosmetic product, not a prescription medicine," Dr. Emily Mehta, one of the London-based practitioners who used the product before it launched in the U.K., tells [Aesthetic Medicine Magazine](#). "You have to use it only when the filler is superficial; if the filler is sitting on the bone, then Topilase isn't going to do anything." Hyaluronidase, on the other hand, can correct problems with HA fillers that occur deep within the skin.

Doctors also keep it on hand in case of vascular occlusion, a complication where the filler seeps into the bloodstream or blocks arteries (via the [American Board of Facial Cosmetic Surgery](#)). If this occurs, oxygen and nutrients can't get to the skin, resulting in bruising, discoloration, and swelling (and even skin death in severe cases and if not treated quickly). Topilase, of course, will not help emergency complications like that. For minor tweaks and a natural finish, talk to your dermatologist or cosmetic surgeon about adding Topilase to your future filler procedure. Although it's not available in the United States yet, some experts believe it's on its way.

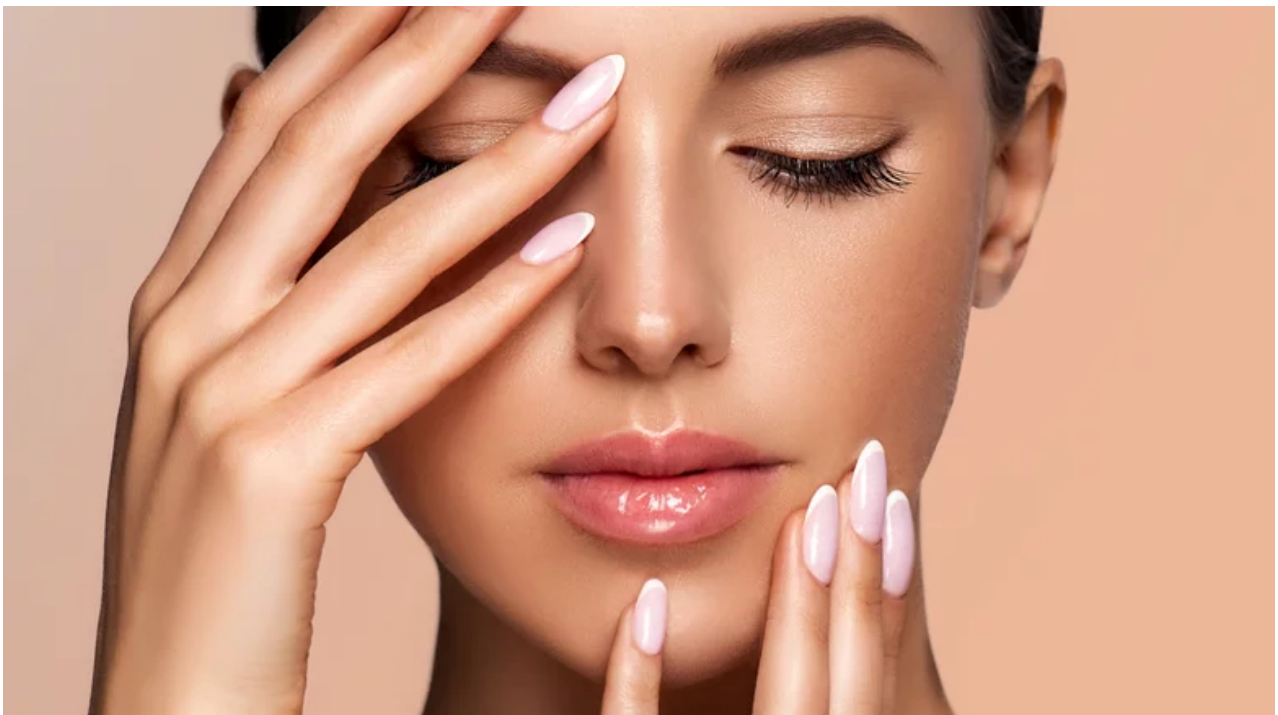
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## 40 Celebrities Who Have Opened Up About Their Plastic Surgery Experience

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By [Stephanie Kaloj](#)|July 12, 2022 7:16 pm EST

Plastic surgery seems to be one of the biggest taboos in Hollywood, and a lot of celebrities aren't willing to admit if they have or haven't gone under the knife. While it's true that everyone's health history and information is private, some believe that celebrities owe information to the public, especially if it's about their appearance. As plastic surgeon Dr. Andrew Jacono told [Vogue](#), some members of the public struggle when they are seemingly inundated with images of people who appear genetically perfect, but who have actually had work done. He said, "A big frustration is that people in the public eye that have means seem to be genetic mutants and make the rest of us feel like we're not up to par."

It's probably not likely that every celebrity who elects to undergo plastic surgery will open up about the experience, plenty of people have. From rhinoplasty to breast augmentations to facelifts, there are quite a few celebrities who have been only too happy to chat about what they have done and what they haven't. Here's what 40 celebrities have said about their own plastic surgery.

## **Khloé Kardashian admits to a nose job**

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Dimitrios Kambouris/Getty Images

While just about every member of the Kardashian-Jenner family has been the subject of did-they-or-didn't-they plastic surgery rumors, not everyone has been prepared to admit if they have or have not gone under the knife. Occasionally, one of the family members gets comfortable enough to own up to having a bit of work done, which was the case in June 2021 when Khloe Kardashian revealed on the "[Keeping up with the Kardashians](#)" reunion special that she had a nose job.

During the interview, Kardashian explained that no one has ever specifically asked her if she's had work done on her nose until filming for the reunion special began, before adding, "Everyone says, 'Oh my gosh, she's had her third face transplant.' But I've had one nose job, [with] Dr. Raj Kanodia." Kardashian went on to share that she's had "injections" done as well, though denies that those injections were Botox. As she put it, "I've done, sure, injections — not really Botox. I've responded horribly to Botox" (via [People](#)).

## Dolly Parton happily admits to having had work done

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Featureflash Photo Agency/Shutterstock

If there is one celebrity that has been only too happy to be honest about the plastic surgery she's had done, it's country music legend Dolly Parton. In a 2011 interview with [The Guardian](#), Parton candidly explained that she is no stranger to going under the knife, saying, "If something is bagging, sagging or dragging, I'll tuck it, suck it, or pluck it."

In 2014, Parton told [Southern Living](#) that she's based her outward appearance on a person the magazine described as her town's "trollop." Parton explained that she's had quite a bit of work done for one reason. As she put it, "I was not a natural beauty, and I always wanted to be pretty. I just have such an outgoing personality that it's fitting that I would be overdone."

Years later, Parton's surgeon, Dr. John Grossman, visited the "Today" show and chatted in part about the work he's done for the singer. As he told the audience, Parton has undergone a breast augmentation and several face augmentations (via the [Daily Express](#)).

## Katy Perry admits she's gotten filler injections

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As [Refinery29](#) notes, there are a lot of rumors out there that Katy Perry has undergone the knife several times. And the singer does admit that keeping things fresh is important to her, telling the publication, "Trying a new haircut or beauty regimen or style, that's just fun. It keeps me interested." However, that doesn't mean that she has actually surgically altered her body, despite what you might hear.

In a 2018 interview with the magazine, Perry explains what she *has* done and what she hasn't. She says, "I haven't had any [surgery]. I've done lasers and got [filler] injections under my eyes for the hollowing — which I'd recommend for everyone who wants a solution for their dark circles — but all of my assets are real" (via Refinery29).

This doesn't mean that Perry doesn't support those who do get plastic surgery. She goes on to explain that she believes if changing their body makes someone feel good, then that's all the more reason why they should do it. As she says, "Do whatever makes you feel better about yourself. Stay in therapy, but get it, girl."

## **Yolanda Hadid has undone all of her plastic surgery**

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Pascal Le Segretain/Getty Images

In 2019, Yolanda Hadid celebrated her 55th birthday by revealing that she has undone all of the plastic surgery she's undergone throughout the years. Hadid shared the update on [Instagram](#), offering a lengthy caption on a photo of herself. Hadid wrote in part, "Living in a body free of breast implants, fillers, botox, extensions and all the b\*\*\*\*\* I thought I needed in order to keep up with what society conditioned me to believe what a sexy woman should look like until the toxicity of it all almost killed me."

Hadid goes on to explain that despite the "bad choices" she made in the past, she has finally reached a point where she feels internally and externally beautiful at the same time — and that celebrating the beauty each of us has is really the key to a long, happy life. As she puts it at the end of her post, "Beauty has no meaning without your health."

**Cindy Crawford is open about what work she does for her skin**

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Featureflash Photo Agency/Shutterstock

Supermodel Cindy Crawford is no stranger to the pressure that many women can feel to have their outward appearance meet the standards set by others, and in an interview with Instyle U.K., Crawford revealed that she has a cosmetic surgeon who helps keep her skin and body looking the way she wants it to. As she put it, this is all part of aging in the public eye. Crawford said, "I'm not going to lie to myself, past a certain age, creams work on the texture of your skin but, in order to restore elasticity, all I can really count on is vitamin injections, botox, and collagen" (via [Showbiz Cheat Sheet](#)).

Crawford was quick to add that her healthy lifestyle also contributes to keeping her face and body young, explaining that a combination of diet and exercise has done a lot for her. But in the end, she explains, "I owe the quality of my skin to my cosmetic surgeon."

## **Cardi B has been open about why she's had work done**

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Cardi B and Mariah Carey engaged in a detailed and lively interview back in February 2021. Among other things, the two discussed plastic surgery and haircare for the [Interview Magazine](#) feature, and Cardi B opened up in a big way about what work she has had done and why. After admitting that she had a lot of insecurity about her breast size, Cardi reveals to Carey that she paid for her own breast augmentation when she was 18.

At the age of 20, Cardi began to worry about the size of her butt. She tells Carey that she "felt insecure about that. It took me back to high school. So I got my a\*\* done. And then I felt super confident."

Years earlier, Cardi B recounted a similar story to [DJ Vlad](#). In the 2017 interview, she explains exactly what she had done to her rear end, noting, "In order to get lipo, where they put the fat transfer in your a\*\* and it gets bigger, you need to have fat. I did not have no type of fat." To solve her problem, she underwent a series of illegal injections until she achieved the desired outcome.

## **Chrissy Teigen has been honest about a few procedures**

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Dia Dipasupil/Getty Images

Model and food expert Chrissy Teigen is a celebrity that can generally be counted upon to be pretty transparent when it comes to things she has and hasn't done to her own body. While speaking to [Refinery29](#) in 2017, Teigen shared that not only has she undergone liposuction, she's been very happy about what she had done and why. Teigen explained that she had two inches "sucked out" of her armpit and didn't regret a single thing, adding, "It was the dumbest, stupidest thing I've ever done. The dumbest, but I like it, whatever. I have no regrets, honestly."

Teigen has also been open about the fact that she's had her breasts augmented — and that she had her implants removed. While speaking to [Glamour U.K.](#), Teigen explained that the decision to get implants was based on her work as a swimsuit model over two decades ago, adding, "It was more for a swimsuit thing. I thought, if I'm going to be posing, laid on my back, I want them to be perky!" Teigen opted to have the implants removed many years later, offering up a characteristically candid explanation. She said, "They've been great to me for many years but I'm just over it. I'd like to be able to zip a dress in my size, lay on my belly with pure comfort" (via [Instagram](#)).

## **Kourtney Kardashian got a breast augmentation when she was young**

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Kourtney Kardashian has been upfront about one procedure that she's had done to her body. In an interview with ABC's [Nightline](#) in 2010, Kardashian was open about the breast augmentation she had done many years ago. Kardashian approached the topic with her signature breezy attitude, explaining, "I have had breast implants, but it's so funny 'cause it's not a secret, I could care less."

Kardashian even went on to poke fun at photographs shared of her following the birth of her first child Mason. In the interview, she explains that having a baby and breastfeeding him has done more for her body than surgery did, joking, " ... they should have written 'before Mason' and 'after Mason.' Like my boobs have like tripled since breastfeeding" (via [Nightline](#)).

However, Kardashian reportedly came to regret the choice to undergo the surgery at some point, as she told [Showbiz Spy](#) in 2011. She explained that she's contemplated having the implants removed, noting, "I had my boobs done but if I could go back, I wouldn't have done it. I was so cute before" (via [People](#)).

## **Kaley Cuoco calls her breast augmentation the best thing she's done**

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Tinseltown/Shutterstock

"The Big Bang Theory." star Kaley Cuoco is no stranger to plastic surgery or talking about the work she's had done on her body. In a candid interview with Women's Health, the body-conscious star admits that she's focused on her physical form and health and that she has a pretty serious workout regimen — and that she's had work done on her face and her breasts.

After explaining that she underwent a nose job years before the interview, Cuoco adds, "And my boobs — best thing I ever did." In addition to those two surgeries, Cuoco says that she's had filler done on her neck, too. She explains, "Recently I had a filler in a line in my neck I've had since I was 12. As much as you want to love your inner self ... I'm sorry, you also want to look good."

## **Lisa Kudrow credits her own rhinoplasty with saving her life**

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Eugene Powers/Shutterstock

"Friends" star Lisa Kudrow is another celebrity who believes her rhinoplasty was a life-affirming, if not life-saving, procedure. In 2013, Kudrow opened up about the insecurities that plagued her when she was young, telling the Saturday Evening Post, "I went from, in my mind, hideous, to not hideous. I did it the summer before going to a new high school" (via People).

Kudrow goes on to explain that the timing of the procedure was definitely intentional, as getting the surgery before going to a new school meant that a lot of her classmates had no idea what her original nose looked like. Kudrow adds that her entire middle school experience was pretty tough, as she often had to rely on her older sister to have someone to spend time with at school. She explained, "She would find out when our half days were, when everyone would go out to lunch and I would have no one to eat with" before praising her older sister for being "sensitive and aware" of her plight.

## **Jamie Lee Curtis says plastic surgery doesn't work**

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Ga Fullner/Shutterstock

In October 2021, veteran actor Jamie Lee Curtis blew the lid off her own plastic surgery experiences when she told the U.K. morning show "Lorraine" that absolutely none of it works — or at least it doesn't work for her. Per [Newsweek](#), Curtis admits to getting quite a lot of work done before she says that her own mistakes with plastic surgeries have helped her become more passionate about aging naturally. Curtis added, "I have been an advocate for natural beauty for a long time, mostly because I've had the trial and error of the other part. I did plastic surgery — it didn't work. I hated it."

Curtis also adds that this attitude extends to her signature short hairstyle, though it took her time to accept the look as the best one for her. In fact, once she stopped making changes to her hair, she began to appreciate not making changes to her body. She explains, "Since then I stopped dyeing it, and then I've been an advocate for not f\*\*\*\*\* with your face" (via Newsweek).

## **Bella Hadid regrets her nose job**

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Andrea Raffin/Shutterstock

Supermodel Bella Hadid has followed in the famous footsteps of her mother, Yolanda Hadid, and her sister, Gigi Hadid, both of whom have also worked as models. As a famous face, Bella has been up against a lot of pressure to change aspects of how she looks. In a March 2022 interview with [Vogue](#), Bella revealed that she regrets one of the times that she gave in and got a nose job at the age of 14.

While referencing her father's Palestinian ancestry, Bella makes a forthright admission when she shares, "I wish I had kept the nose of my ancestors. I think I would have grown into it" (via Vogue). This is the only procedure that Bella says that she's had done, and she references the many rumors that she's had a lot of work done to her face by explaining, "People think I fully [messed] with my face because of one picture of me as a teenager looking puffy. I'm pretty sure you don't look the same now as you did at 13, right?"

As for those who believe the young model has had a facelift, she does reveal the secret there: facial tape. As she puts it, the tool is "the oldest trick in the book" (via Vogue).

## **Iggy Azalea says she doesn't want to hide the truth about her plastic surgery**

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Tinseltown/Shutterstock

Iggy Azalea's willingness to discuss what procedures she has and hasn't undergone dates back to at least 2015 when she spoke openly to Seventeen about the importance of accepting ourselves as we are. After setting off rumors that she'd done something to her face in May of the same year, Azalea told the publication that she had a nose job — and that this wasn't all she'd had done. In addition to the rhinoplasty, Azalea has undergone a breast augmentation.

Azalea doesn't regret either choice, telling Seventeen that she doesn't feel bad about her choices. As she puts it in the interview, "I don't think you should be ashamed if you made a change to yourself, which is why I've spoken about the changes I've made, like with my breasts."

However, Azalea does believe that plastic surgery shouldn't be undertaken lightly. As she goes on to explain, she only decided to move forward with her procedures after doing her own research online. She also tells the magazine that she believes there are a lot of emotions behind making the decision to change your body, saying, "It's no easy feat to live with your flaws and accept yourself—and it's no easy feat to change yourself. Either way you look at it, it's a tough journey."

## **Tyra Banks has been open about rhinoplasty**

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Monica Schipper/Getty Images

In March 2018, Tyra Banks had big words for anyone who is, in her words, a natural beauty. While speaking to People, Banks explained why, saying, "Natural beauty is unfair. I get really uncomfortable when women who are these natural beauties judge anybody who does anything to themselves."

Banks goes on to add that she's open about what plastic surgery she has chosen to have in her memoir, "Perfect Is Boring." She tells People that bones in her nose were "growing and itching" and that "I could breathe fine, but I added cosmetic surgery. I admit it! Fake hair, and I did my nose. I feel I have a responsibility to tell the truth."

Banks goes on to emphasize that while she appreciates the "no makeup" aesthetic, it's not one for her. For starters, makeup is just another tool that she needs to do her job as a model and entertainer. As she put it, wearing makeup helped make her competitive within the cutthroat, appearance-based world of supermodels, and she doesn't regret a thing.

## **Kris Jenner got a facelift on an episode of Keeping Up With The Kardashians**

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Tinseltown/Shutterstock

Kim Kardashian was preparing to marry Kris Humphries in 2011 when her mother Kris Jenner made the decision to get a facelift before the big day — and to have the procedure filmed and shared on the family's reality series "Keeping up with the Kardashians."

At the time, Jenner seemed fairly terrified of the procedure, telling cameras, "I've never had such a stressful morning, honestly, in my life." In a clip released ahead of the episode, Kardashian is seen reassuring her mother before the surgery, saying, "If you're scared, you don't have to do it. I'm sure people are scared all the time" (via [Today](#)).

This isn't all the work Jenner has had done. In a 2015 appearance on "Good Work," Jenner shares that she's dabbled in quite a bit, admitting she's had "Botox and fillers and laser [treatments] and things like that. I had a boob job in the '80s after four kids because gravity took over" (via [Life & Style](#)).

## **Nene Leakes has been very open about her surgeries**

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Prince Williams/Getty Images

Nene Leakes didn't shy away from admitting what plastic surgery she's undergone while filming "[The Real Housewives of Atlanta](#)." In November 2010, she opened up about the various procedures she pursued, which included rhinoplasty to narrow her nostrils. While some fans didn't like the look, Leakes told [People](#) that she did, explaining, "I love what I did. I didn't want to change my looks. I wanted to look like the Black woman I am, only a better version."

Leakes went on to detail the additional work she's had done, including getting smaller implants and a breast lift at the same time and adding on liposuction at her waist. While plastic surgery isn't for everyone, Leakes told [People](#) that she is thrilled with the results and " ... my curves look very nice in tight dresses! I couldn't be happier."

While being interviewed on "The Wendy Williams Show" nine years later, Leakes owned up to being willing to go under the knife again, telling the host, "I would tweak my nose again ... I won't get a facelift; I feel like that's too much" (via [Hollywood Life](#)).

## **Sharon Osbourne jokes about the work she's had done**

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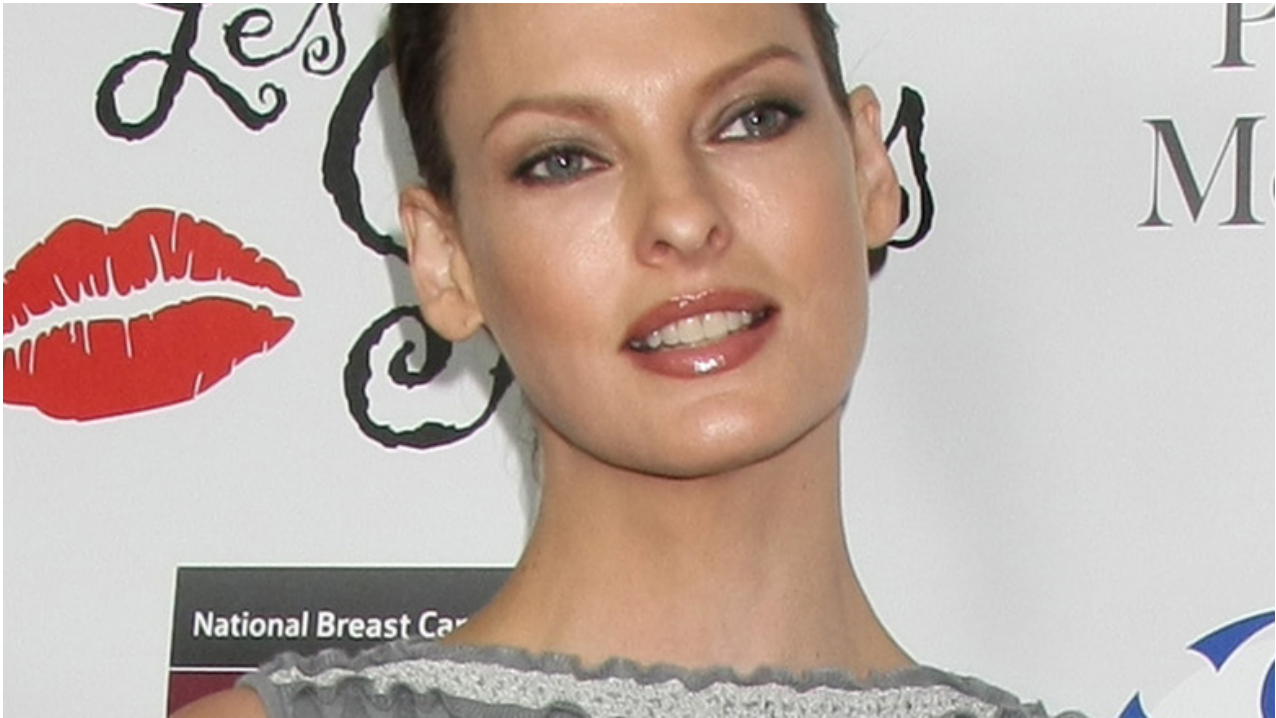


Kathy Hutchins/Shutterstock

Sharon Osbourne has always been open about what work she has and hasn't had done on her body. In an April 2022 episode of her TalkTV show, she admitted to getting a facelift that left a lot to be desired. In fact, Osbourne joked that she had to hold on to her nose or it might otherwise fall off her body. On top of that, she says that the procedure was enormously painful, explaining, "It was the most ... as you get older, believe me, it gets worse, the pain. It was excruciatingly painful" (via the [Daily Mirror](#)).

Osbourne goes on to defend her choice to get plastic surgery and explains to her co-hosts that she gets the work done for one person: herself. In fact, she says that her husband Ozzy Osbourne and her children all dislike the work she has done, but "I do it for my own ego."

## **Linda Evangelista underwent a disastrous fat freezing procedure**



Kathy Hutchins/Shutterstock

In February 2022, supermodel Linda Evangelista revealed to People and the world that she had undergone a cosmetic procedure and that the entire experience had backfired in a terrible way. Evangelista told the magazine that she had opted to undergo CoolSculpting, a type of fat freezing procedure that is billed as a safer option than liposuction. Three months after the procedure, she realized that the parts of her body she had attempted to change were now bulging in new ways that devastated her.

Evangelista was eventually diagnosed with paradoxical adipose hyperplasia (PAH), a side effect that typically impacts 1% of the people who undergo CoolSculpting. Evangelista has to contend with a lot of side effects from the condition and explained to People that if she doesn't wear compression garments the PAH doesn't go away. On top of that, she has to deal with bleeding. As she put it, "If I walk without a girdle in a dress, I will have chafing to the point of almost bleeding. Because it's not like soft fat rubbing, it's like hard fat rubbing."

The fallout from the procedure has impacted her to the point that the model also admits to not being willing to look at herself in the mirror. As she tells People, "It doesn't look like me."

## **Courtney Love definitely doesn't regret her nose job**

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Joe Seer/Shutterstock

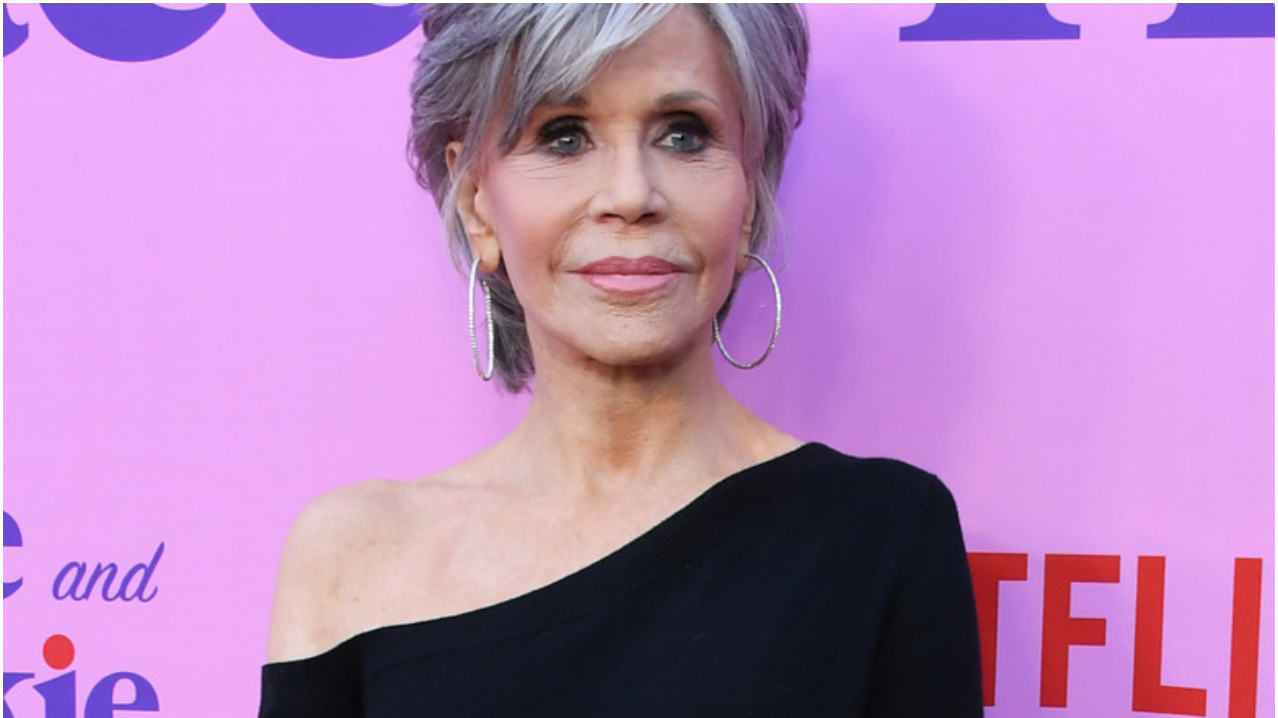
While being interviewed on "[Jimmy Kimmel Live!](#)" in 2014, rocker Courtney Love admits to undergoing a rhinoplasty early in her career. Love explains that she chose to undergo the procedure to help her career after auditioning for a movie and failing to get the role. As she puts it, "I was an actress in the '80s but, well, let's just be real, I had a really big nose. That schnoz was not taking me anywhere but radio" (via YouTube).

Love said the results were nearly instantaneous, adding that "the whole world changed" in the first six months after she had the procedure done and never looked back. As she tells the talk show host, Love has zero regrets.

Love was interviewed by Canadian magazine *Fashion* in the same year, and jokes that she doesn't want to discuss aging naturally in the interview at all. She then cites another beloved entertainer by saying, "C'mom, I took advice from Goldie Hawn when she said I should get a facelift at 35!" (via the [Daily Mail](#)). While it's entirely possible Love has had other work done, this is what she has admitted to.

**Jane Fonda has admitted to having a number of procedures done**

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Jon Kopaloff/Getty Images

Cultural icon Jane Fonda has been open about her choice to go under the knife a number of times. Fonda began modeling in 1959 before moving on to a successful film career in the 1960s, and she considers to thrive both on the small and big screen to this day. In an interview with [Elle](#), Fonda is candid about why she made the choice to get plastic surgery throughout her career, and is also open about why she will never choose to do so again.

As Fonda puts it, "I can't pretend that I'm not vain, but there isn't going to be any more plastic surgery—I'm not going to cut myself up anymore." She then goes on to admit that learning to accept herself as she is has become an every day act for her, and in her 2018 documentary *Jane Fonda in Five Acts*, she laments, "On one level, I hate the fact that I've had the need to alter myself physically to feel that I'm OK. I wish I wasn't like that" (via [Yahoo! Life Canada](#)).

It's clear that Fonda has put a lot of thought into the hows and whys of pursuing plastic surgery, and in an interview with [The Guardian](#), she muses that for some reason, trauma might be what drives them to change their physical form. She says, "When I see a woman who's made her face a mask I say: 'I bet, I bet.'"

## **Heidi Montag wishes she had waited to undergo plastic surgery**

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s\_bukley/Shutterstock

Reality star Heidi Montag began getting work done in 2007, when she was cast on "[The Hills](#)" and quickly signed up for a nose job and breast augmentation. Montag didn't stop there; by January 2010 she had undergone a number of procedures that culminated in a 10-hour day and a seven-week recovery period documented by [People](#). In total, she underwent 10 procedures: a mini brow lift, botox, a new nose job, fat injections, chin reduction, neck liposuction, ear pinning, another breast augmentation, additional liposuction on her mid-region, and buttock augmentation.

Montag told [People](#) that she decided to do everything at the same time because that's just who she is. As she put it, "That's kind of my personality: Everything at once. And I really just wanted to go under anesthesia once, instead of going under again and again."

In 2019, Montag spoke about the surgeries in an interview with [Cosmopolitan](#), admitting that she wishes she had waited longer to do them. As she puts it, "I wish I had waited and not made a decision so young because I have long-term health complications." She goes on to add that while she doesn't regret the work, " ... plastic surgery isn't something that should be glorified. Take it seriously."

## **Lil Kim says insecurity is why she had work done**

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lev radin/Shutterstock

In a revealing interview with [Newsweek](#), Lil Kim opens up about her struggle with self-esteem and how it's impacted the changes she has made to her body. After sharing that dealing with men who have told her she wasn't attractive enough (including men who were romantic partners), Kim says that one reason she began undergoing plastic surgery is to transform herself into the type of women those men seemed to want.

Kim explains that her partners cheated on her with "European-looking" women, adding that it made her feel like she wasn't the type of person they really wanted, or that she wasn't on the same level. As she puts it, they were "really beautiful women that left me thinking, 'How I can I compete with that?' Being a regular Black girl wasn't good enough."

So she underwent a breast augmentation, and she calls the recovery period the "most pain I've ever been in in my life." But instead of being praised for the choice, she found herself maligned, which was confusing. As she puts it, "White women get them every day. It was to make me look the way I wanted to look. It's *my* body" (via Newsweek).

## **Ashley Tisdale wrestled with her decision to undergo rhinoplasty**

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In 2007, Ashley Tisdale underwent rhinoplasty to help with a deviated septum. She was having trouble breathing, and when she finally went to get it checked out, "the septum was 80% deviated and that I had two small fractures on my nose" (via [People](#)). Tisdale decided to correct the problem surgically, explaining on her site [Frenshe](#) that, at the time, she didn't think the decision was that big of a deal.

Unfortunately, many in the media *did* think it was, and they wouldn't let the story drop. She also felt an obligation to her audience, which at the time included many minors, to be honest about having the work done and why. But as she explains, she wasn't exactly allowed to do so. She writes, "Plastic surgery wasn't culturally accepted then like it is now. When I got it done I was scrutinized, judged, and made to feel ashamed over my decision."

In 2020, Tisdale also underwent surgery to remove breast implants that were causing her health issues. As [People](#) explains, she shared the news with her fans via her Instagram Story, captioning a photo of herself, "Got my implants taken out a year ago, got pregnant and now have natural boobs ... life is funny."

## **Reginae Carter is happy with her breast augmentation**

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Johnny Louis/Getty Images

Lil Wayne's daughter, Reginae Carter, underwent a breast augmentation in October 2020 and was thrilled with the results. Carter happily discussed the procedure with People the following month, explaining that she chose to undergo the procedure after first asking her mom about it when she was 16 or 17. When she finally made the call, Carter was 21 and old enough to make her own decisions.

Carter also tells People that despite once publicly stating on Instagram that she had no plans to get implants, she doesn't regret the decision at all. In fact, the new implants make her feel better than ever. As she says the choice was hers to make, adding, "Any enhancement that I wanted to make was my decision. Nobody pressured me. Nobody told me to do this." And most importantly, Carter feels good about who she was before and after the surgery, adding, "I loved myself before the boobs, and I love myself after."

## **Gene Simmons admits to getting a facelift**

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DFree/Shutterstock

In 2007, Gene Simmons and his partner, Shannon Tweed, decided to get facelifts together. At the time, Simmons told People that the idea wasn't something that he came up with overnight — he had contemplated it for some time. As he said, "I'd thought about it before. I was aware I had jowls." For her part, Tweed joked that she just didn't want her longtime partner to look any younger than she did, so going under the knife at the same time made sense.

Years later, Simmons revisited the experience during an interview with The Sydney Morning Herald. After being asked if he believes other people should get a facelift after he did, Simmons said no. Instead, he believes that people should focus on their own journeys. As he put it, "Everybody's journey should be a personal choice. Don't look over your shoulder while you're running the race of life. Do the best you can."

## **Reid Ewing regrets his cheek implants**

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DFree/Shutterstock

In 2015, "Modern Family," star Reid Ewing revealed that he suffers from body dysmorphic disorder, and he explained in an essay he penned for HuffPost that the condition is "a mental illness in which a person obsesses over the way he or she looks." Ewing writes that, at the beginning of his career, he spent a lot of time studying his own face, looking for perceived flaws until one day he decided to do something about what he didn't like.

Ewing met with a doctor who agreed to give the then 19-year-old man cheek implants. Unfortunately, once he recovered, he discovered the results were "horrendous." Ewing goes on to add, "The lower half of my cheeks were as hollow as a corpse's, which, I know, is the opposite of what you'd expect, as they are called cheek implants." Ewing spent the next couple of years getting more and more work done on his face, all while he was working on "Modern Family." He explains that, for most of the time he was shooting, he'd transitioned to using fillers and fat transplants instead of surgery and implants.

Ewing finally stopped getting work done in 2012. He concludes his essay by revealing that his self-esteem is significantly better now, writing, "I wish I could go back and undo all the surgeries. Now I can see that I was fine to begin with and didn't need the surgeries after all" (via HuffPost).

## **Mickey Rourke admits to changing his face**

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Paul Archuleta/Getty Images

Mickey Rourke began his career in Hollywood as an actor in the 1980s, and, at the time, he was considered as handsome as Marlon Brando (Via the [Independent](#)). But many have noticed that Rourke's looks have changed over the years, and in 2009, Rourke explained to the [Daily Mail](#) that his subsequent career as a boxer had a drastic impact on his face.

Rourke revealed that his face took a true beating (literally) from the people he boxed against, and then he didn't necessarily make the best choices when it was time to repair things. As he put it, "Most of it was to mend the mess of my face because of the boxing, but I went to the wrong guy to put my face back together." Rourke goes on to detail the injuries he's had ("I had my nose broken twice. I had five operations on my nose and one on a smashed cheekbone") as well as what it's taken to put his face back together, noting that he once had cartilage taken from an ear to rebuild his nose (via the Daily Mail).

## **Amy Schumer has had liposuction**

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Kathy Hutchins/Shutterstock

In January 2022, comedian and actor Amy Schumer took to [Instagram](#) to share some news: she'd recently undergone quite a few procedures, and at least one of them was cosmetic in nature. Schumer posted a photo of herself with a caption that explained that in addition to the cesarean section that brought her son into the world, she'd had a hysterectomy and liposuction performed. As Schumer explained, "... never thought I would do anything but talk to me after your uterus doesn't contract for 2.5 years and you turn 40."

Schumer opened up about liposuction in a March 2022 interview with [The Hollywood Reporter](#), sharing with the publication that, for her, getting the work done was just about liking herself. As she said, "It's not about needing to be slamming, because I've never been famous for being hot, but I'd reached a place where I was tired of looking at myself in the mirror."

## **Ariel Winter underwent a breast reduction**

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Amanda Edwards/Getty Images

Ariel Winter is another "Modern Family" star who has had cosmetic surgery, though in her case she had her natural breasts reduced. Winter eventually opened up about the decision in an interview with [Glamour](#), explaining that she knew something had to change when she was 15 years old and wearing a size F bra.

It turns out that Winter isn't the only woman in her family who has also had the surgery done. She told the magazine that, after spending hours in pain while working on set, she began to speak to her family members about their own experiences. As she said, "A few of my cousins have had breast reductions, so it wasn't a shock when I decided to get one."

Luckily, things worked out well for Winter and she is completely pleased with the results of her surgery. She celebrated the choice, telling [Glamour](#), "I can't even really put it into words about how amazing it feels to really feel right."

## **Courteney Cox admits to getting fillers**

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DFree/Shutterstock

"Friends" and "Scream" star Courteney Cox has been very open about her journey with aging, even admitting that she's had some work done here and there to try to slow the process. Cox, who hails from Birmingham, Alabama, told [New Beauty](#) that her attitudes about aging stem from her childhood. She explained, "I grew up thinking appearance was the most important thing. That as long as I looked OK, I would be OK, which got me into trouble." On top of that, living under the spotlight of Hollywood for so long took its toll; she added, "Hollywood makes it hard; this business makes it harder."

Cox also explained to the site how easy it is to keep adding "layers and layers" of cosmetic work to your skin when you work in Hollywood. As she said that it's difficult to know when it's too much because of how the process works, explaining, "You have no idea because it's gradual until you go, 'Oh s\*\*\*, this doesn't look right.'"

She goes on to add that while all of the filler in her face has been dissolved, she hasn't ruled out more work in the future. As she put it, "But, they come up with new stuff all the time — it's crazy how many new machines are out there" (via [New Beauty](#)).

## **Wendy Williams underwent a breast augmentation**

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Manny Carabel/Getty Images

In December 2009, talk show host Wendy Williams shared a story that surprised some people: she and her nine-year-old son had already discussed the breast augmentation she elected to have 14 years earlier. Williams told *People* that her son's question startled her. As she put it, "I gagged when my son came and asked me about the implants." But it turns out that he asked the question because of something he had seen on her talk show, so Williams felt she had to own up to the truth.

Williams explained, "Our son did not know I had breast implants. So I sat down and went through plastic surgery with him. And it was great because I was able to let him know that when his dad met me, I was completely natural." She goes on to admit that she opted to have liposuction performed at the same time as the breast augmentation, and she doesn't regret either decision (via *People*).

## **Amanda Bynes admitted to cosmetic face work**

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s\_bukley/Shutterstock

In 2013, former child star Amanda Bynes admitted to a whole host of cosmetic procedures, sharing that she had breast augmentation performed and then had her implants removed, that she underwent rhinoplasty in May of the same year, and that she hoped to have "surgery on my whole face straight-up," before adding, "I love surgery" (via [CTV News](#)).

In a [since-deleted tweet](#) from May 2013, Bynes doubled down on her plans and explained that she'd asked websites and magazines to stop running old photos of her that no longer reflect the person she was post-surgery. As she put it, "I had a nose job to remove skin that was like a webbing in between my eyes. I wasn't going to tell anyone, but I look so much prettier in my new photos that I don't want old photos used anymore!"

At the time, Bynes claimed that the surgery was "the most amazing thing" for her sense of self-worth, which was backed up by an anonymous source who told [RadarOnline](#) that the surgery on her nose made Bynes feel "so more confident."

## **Jennifer Grey regrets her nose job**

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Featureflash Photo Agency/Shutterstock

Plenty of fans of the movie "[Dirty Dancing](#)" know that the film's star, Jennifer Grey, underwent a rhinoplasty following the film's release and that the surgery changed her face so much that some people couldn't recognize her. It turns out that no one knows this more than Grey herself, writing in her memoir "Out of the Corner" that, when she got the nose job, she realized she had "committed an unforgivable crime" (via [Insider](#)).

Grey went to a consultation about her nose following the release of "Dirty Dancing" and was told that a deviated septum meant she was only breathing at 20% of her capacity. She insists that she asked her surgeon to leave the bump in her nose, but had qualms about the procedure because "I was almost thirty and had spent much of my adult life trying to love and accept myself as I was." Ultimately, she went through with it.

But she soon noticed that something was wrong with the initial nose job, so she went in to have it repaired. This second surgery proved disastrous, and she was soon unrecognizable to family and friends.

## **Jennifer Aniston is happy with her rhinoplasty**

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Tinseltown/Shutterstock

In 2007, tabloids were abuzz with rumors that Jennifer Aniston had elected to have a number of cosmetic procedures done. In an interview with People, she laughed off most of the rumors but did admit to one: rhinoplasty. Aniston explained that she had the procedure done to correct a deviated septum when she said, "It's funny. I had [a deviated septum] fixed – best thing I ever did. I slept like a baby for the first time in years."

But when it comes to additional procedures, Aniston insisted that everything else about her body is what she was born with. As she put it, "I really am pretty happy with what God gave me."

In 2018, Aniston's representative confirmed to Us Weekly that the star had a second rhinoplasty performed to fix something that went wrong with her 2007 surgery. As Life & Style reported, her representative declined to offer any further details.

## **Cameron Diaz redefined her nose after an accident**

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Featureflash Photo Agency/Shutterstock

In 2006, Cameron Diaz opened up about aging in Hollywood and what kind of plastic surgery she might have had done in an effort to slow the process. It turns out that Diaz was a pretty big fan of aging as naturally as possible at the time, but after she broke her nose for the fourth time, she began to consider having it fixed. As she told [W Magazine](#) at the time, she first considered the idea on the advice of her doctor. She explained that she didn't let the doctor straighten her nose when he wanted to until ultimately she said, "So I'm over it. I'm getting it fixed. I can't take it. I cannot breathe at all. One side of my nose is totally shattered."

Eventually, she went through with the rhinoplasty, which she admitted to in her 2016 book, "Longevity," about aging as a woman (via [RadarOnline](#)).

## **Jillian Michaels had a nose job at 16**

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Paul Archuleta/Getty Images

Jillian Michaels has built a career in the fitness and wellness industry, so some might have been surprised by her 2020 admission that she underwent rhinoplasty at the age of 16. However, Michaels told People that opting into the surgery was a game-changer for her, explaining, "I had my nose done when I was 16 years old, and I'll be honest, it did change my life."

Michaels also added that she had to deal with bullies for years before she decided to get the nose work done. She concluded the interview by pointing out that, while cosmetic surgery might not be for everyone, if getting work done helps someone feel more confident, she supports it. Ultimately, for Michaels plastic surgery is about why you do it, and for whom. As she told People, "I think it's about [doing it for] the right reasons."

## **Ashlee Simpson has almost admitted to rhinoplasty**

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Tinseltown/Shutterstock

Ashlee Simpson has never directly admitted that she's undergone any kind of cosmetic surgery, though it's widely believed that she had a rhinoplasty performed in 2006. Despite the fact that Simpson doesn't seem to feel comfortable outright saying she has or hasn't had work done, she did tell [Us Weekly](#) that it's pretty obvious she has. As she put it, "I think as long as people have two eyes, then you probably know the answer."

Experts also agree that Simpson underwent rhinoplasty. Los Angeles-based surgeon's office [Rawnsley Plastic Surgery](#) writes that it appears Simpson had the cartilage and bone on the bridge of her nose cut off, which will ultimately result in a "narrower, smaller nose with a straight profile." And while the tip of Simpson's nose appears to have changed, the office isn't so sure; they note that Simpson's "new perkier tip is mostly an optical illusion. Her tip has also been refined by debulking some of the tip cartilages."

## **Clare Crawley had her breast implants removed**

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Jon Kopaloff/Getty Images

On July 3, 2021, "Bachelorette" star Clare Crawley made a big announcement on [Instagram](#): she'd decided to have her breast implants removed. Crawley shared a video in which she detailed a myriad of health issues that all seemed to be linked to her implants: an elevated white blood count, an itchy rash, and, ultimately, the discovery of sacs of fluid behind her implants.

Crawley explained, "As much as I love my implants, my body is fighting them and recognizes it as something obviously foreign in my body. As much as I loved having these, this is so important to me that I love my health more" (via [E! Online](#)).

Crawley isn't the only linking breast implants to these troubling symptoms. The U.S. Food and Drug Administration (FDA) has recorded a number of symptoms that can be tied to implants, including an itchy rash like the one Crawley experienced (via [E! Online](#)).

## **Marc Jacobs admits he got a facelift**

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Rob Kim/Getty Images

In July 2021, fashion designer Marc Jacobs revealed to his Instagram followers that he had elected to undergo a facelift. In his typical forthright way, Jacobs shared the news by posting a photo of his heavily bandaged head on [Instagram](#) with the caption "Yesterday. @drjacono #f\*\*\*gravity #livelovelift."

Jacobs continued to post photos documenting his recovery, offering transparency that most celebrities try to avoid. As [Vogue](#) noted at the time, by sharing photos of what really happens after you have a facelift, the designer was actually educating his social media audience on the procedure.

The outlet also notes that Jacobs' procedure was performed by New York's Dr. Andrew Jacono, who uses a modern technique that leaves the skin of the face on the muscle as it is lifted. Dr. Jacono praised his client for being open about having work done. As he told [Vogue](#), "When someone of Marc's status is sharing, it helps people realize that there are things we all can do to maintain ourselves and enhance our appearance."

## **Stephanie March regrets her breast augmentation**

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Dia Dipasupil/Getty Images

In a 2016 essay for [Refinery29](#), actor Stephanie March explains the steps that lead to her decision to undergo a breast augmentation. As she writes, she went to the hospital for an emergency appendectomy in November 2013, had further surgery for endometriosis in December of the same year, and by the following year had decided to get breast implants.

As March goes on to write, in retrospect, she can see that getting breast implants at that point was not the best decision for her. There were so many things in her life that were, in her words, "disintegrating" — her marriage of 10 years, her work, and more. She adds, "I decided to try one last thing. And what I did next was exactly what you are *not* supposed to do when it comes to plastic surgery. I decided to change my body because I couldn't change my life" (via [Refinery29](#)).

Unfortunately, one of her breasts became infected within weeks and she had to have the implant removed. In doing so, March found out that she was allergic to the implants themselves. Ultimately, she had the implants removed on the advice of her doctor. March concluded her piece, "Every day, the evidence of all that happened fades a little more, and my year of living terribly recedes into memory. All that I had, all that I was, from the beginning, was all I needed to be."

Recommended