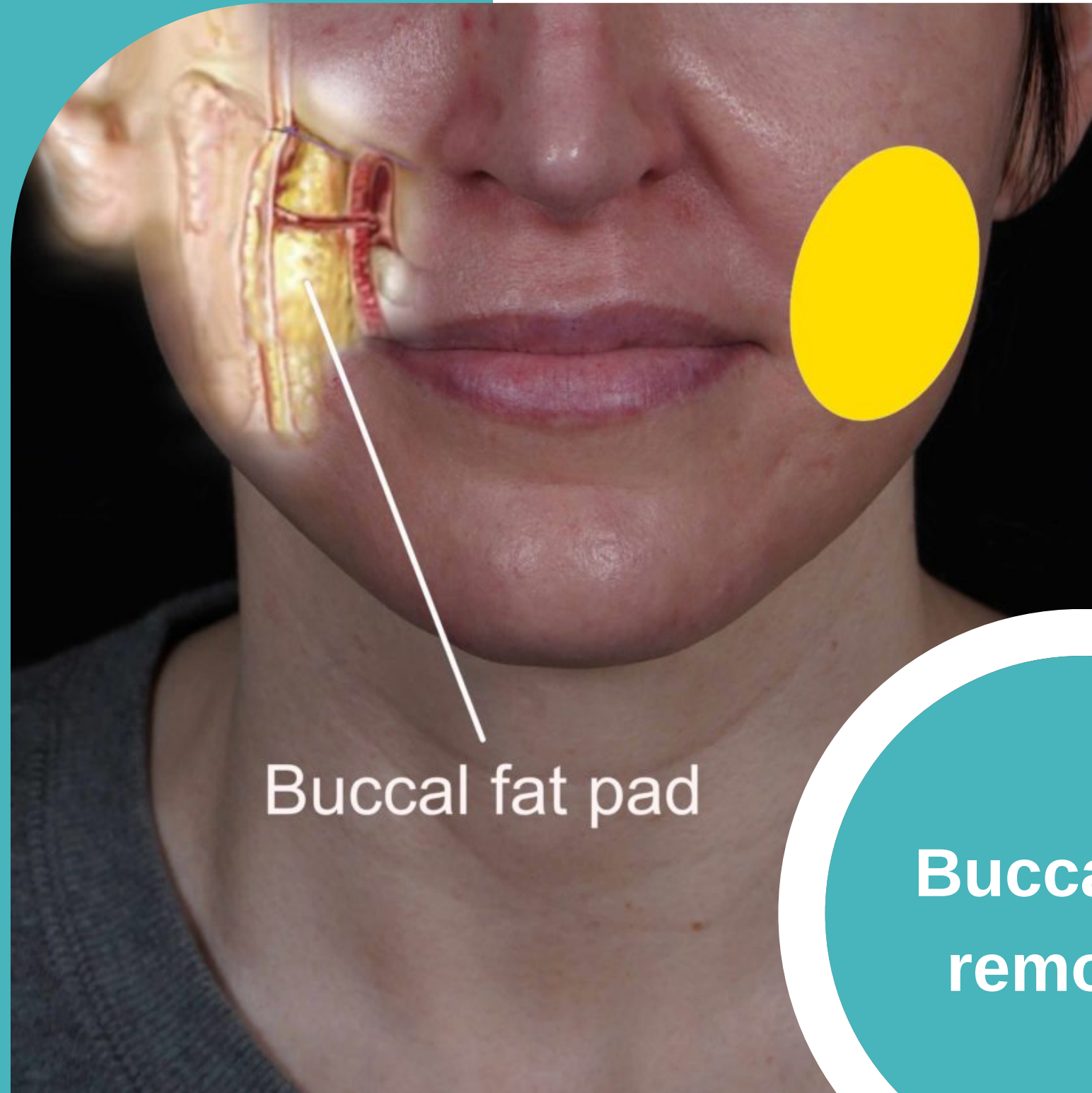


**Do you know
these people?
What do they
have in
common?**





Buccal fat pad

Buccal fat removal

Buccal fat became the talk of some corners of the internet this week after social media users started speculating about celebrities who might have removed some for an **extra-chiselled** look.

Buccal fat is a type of fat found in the midsection of the face that can make a face appear more rounded. Surgically remove some of that fat, and the face will immediately look more **sculpted**. Initially, most patients experience some **swelling**, but once that goes down, it's hello, cheekbones!

buccal

adjective • ANATOMY • specialized

UK 🗣️ /'bʌk.əl/ US 🗣️ /'bʌk.əl/

relating to the inside of the mouth, especially the cheek



Put *chiselled*, *sculpted* and *swelling* in the correct column.

Write other forms of these words in the table.

verb	noun	adjective

Write three sentences using the words from the table.



Put *chiselled*, *sculpted* and *swelling* in the correct column.

Write other forms of these words in the table.

verb	noun	adjective
to chisel	a chisel	chiselled
to sculpt	a sculpture a sculptor	sculpted
to swell	swelling	swollen

Write three sentences using the words from the table.

Read the paragraph and answer the questions.

What exactly is buccal fat?

“There are facial compartments that define the shape of the face, and there are superficial ones and deep ones,” Dr. Andrew Jacono, said a New York City plastic surgeon. “Buccal fat is one of the deep facial fat compartments that kind of give structure to the cheek area.” It’s not affected by weight fluctuation.

“There are some people who have a face that’s very sculpted, whether they’re cheekbones or more highlighted. There’re some people who have a more cherubic face. Some people call it chipmunk cheeks,” he added. He pointed to the faces of the round-faced angels on the bottom of the “Sistine Madonna” as examples of prime candidates for buccal fat removal.



Buccal fat:

- a) *increases and decreases, depending on our diet.*
- b) *is independent of overall weight gain.*



What does a *cherubic face* mean?

- a) *a round face*
- b) *a square face*
- c) *an oval face*



Why does the author talk about the angels from the *Sistine Madonna*?

- a) *to give an example of buccal fat removal in the past*
- b) *to give an example of perfectly round faces*

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Why are we talking about this now?

Blame Twitter, TikTok, and Lea Michele. The “Funny Girl” star posted a glammed-up selfie on Instagram this week, which made its users speculate about the procedure that she had done.

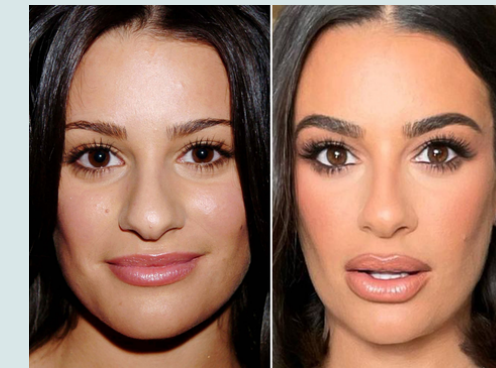
“Wake up babe new surgery just dropped in Hollywood jaw filler and buccal fat removal,” tweeted Agnes Philip who included images of Ms. Michele and other celebrities Ms. Philip believed had buccal fat surgery.

And people are really removing this stuff?

Yes, plenty of them. “I’m doing three times as many buccal fat reductions this year than I was five years ago,” Dr. Jacono, who charges \$40,000 for the procedure, said. (The procedure typically will cost between \$7,000 and \$16,000.)

Chrissy Teigen confirmed in an Instagram story in September that she had buccal fat removed. “Since I quit drinking I’m really seeing the results and I like it.”

“I think of it as one of the classic celebrity secret plastic surgeries,” said Dr. Lara Devgan, a plastic surgeon in Manhattan. “These are all tiny tweak surgeries that alter facial features by 1 to 2 millimetres each that are omnipresent among public-facing people.”



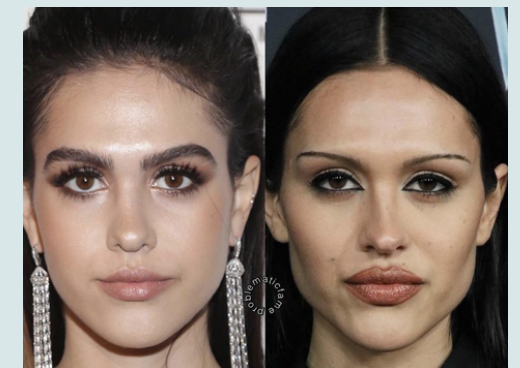
[The Skincare Edit](#)



[Westside Face](#)



[The Family Nation](#)



[Reddit](#)

Have you heard about this trend before?

Do you like the effects of this procedure?

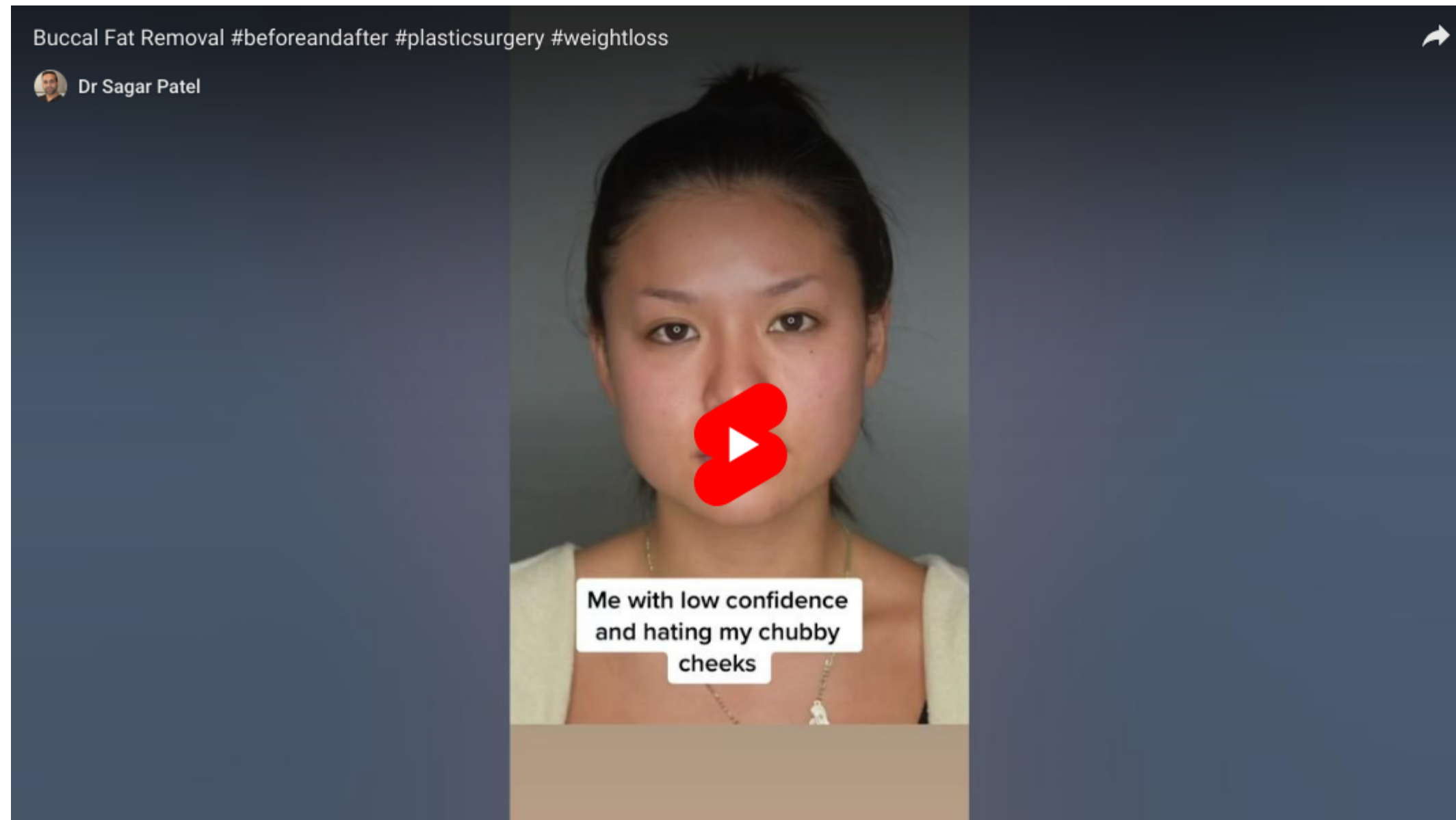
Should we criticise celebrities for not being honest about their cosmetic surgeries?

Some people say we should criticise plastic surgeons for botched plastic surgeries rather than celebrities for not looking well after having one. What do you think?

What about those who aren't public-facing people?

A quick search for buccal fat removal on TikTok will turn up no shortage of people who are documenting their buccal fat removal experience and their results in the following weeks, months and even years.

Tina Lee, a nurse who lives in Los Angeles, travelled to Tijuana, Mexico, in 2020 to have the procedure done. It cost \$600. “It wasn’t painful, and the recovery was super fast for me,” Ms. Lee, 30, said.



[YouTube](#)

Do you know anyone who had this procedure done?

Would you ever travel abroad to get surgery? Why (not)?



Read about the procedure and answer the questions.

What's the procedure like?

Quick, actually. “This operation takes less than a half-hour,” said Dr. Alan Matarasso. “I can do it on a 20-year-old person at 8 in the morning, and they can be sitting at their desk at 9:15 with basically no discomfort and feeling like it was less involved than going to the dentist.”

Buccal fat can be removed using a local anaesthetic. A plastic surgeon will use a scalpel to make a small incision inside a patient’s mouth to remove a fat pad the “size of a medium grape,” Dr. Matarasso said. The incision is then closed with dissolvable stitches. For typical patients, post-surgery pain and swelling is gone within a week.

- 1. How long is the procedure?*
- 2. Do you have to stay in the hospital after the surgery?*
- 3. Are you unconscious during the procedure?*
- 4. How big is the buccal fat pad?*
- 5. What is the recovery period?*



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**What would I
look like if I got
it done?**



[Polygon](#)

For a rough idea, gently suck in through a straw and look in a mirror. Dr. Devgan recommends doing your best “Zoolander” impression

Do your best *Zoolander* impression!

Would you ever get this procedure done? Why (not)?



What are the risks of buccal fat removal?

Think of three possible risks that may occur during or after the procedure.



Read the text and check if your predictions were correct.

What are the risks of buccal fat removal?

Is the surgery worth the risk?

Bleeding is “the biggest problem,” Dr. Matarasso said, noting his patients follow a specific protocol before surgery, which includes not taking aspirin, to minimize this risk. He also noted the potential for nerve injury. Further risks include incision infection, facial numbness, and an asymmetrical face after the procedure is complete.



EH

[Salameh Plastic Surgery Center](#)

Does this
surgery age
well?

“Back in the olden days, doctors would remove the entire buccal fat pad, all of it. As you got older, you would look a little **sunken in**, like you’re sucking your cheeks in too much,” Dr. Jacono said. “We don’t remove the whole thing, we just contour the excess amount out.”

Still, multiple plastic surgeons warned the procedure was not for everyone. If you already have only a small amount of buccal fat, removing it can make your face look sunken and age you prematurely. “For the right patient, buccal fat pad excision can be quite beautiful, but if somebody is extremely thin, you don’t want to overly **hollow** the face,” Dr. Devgan said.

Two years after her procedure, Ms. Lee said her face had changed a little since the initial results of the surgery, but she can still see a difference and thinks her face looks “slimmer.” “I feel much more comfortable getting my picture taken or even just like the way that my face looks with makeup,” she said. “No regrets.”

Who would you recommend this surgery to?

Have you ever regretted...

- ...getting a cosmetic procedure?
- ...a haircut?
- ...buying something you didn't like?

Can any procedure or bad decision be fully reversed?



Can it be reversed?

Technically, yes, but it will require multiple additional procedures, Dr. Jacono said. “Like all plastic surgery, doing it right the first time is important,” he said. “Undoing it afterward becomes a much bigger multistage surgery.”



Anything else should we know?

In addition to social media users speculating about celebrities who might have removed buccal fat from their faces, other users used the surgery's sudden popularity to talk about the state of the beauty industry at large.

“What is buccal fat how are they still inventing new flaws for us,” Jules Zucker, a music supervisor who lives in Brooklyn, tweeted, using an expletive. Ms. Zucker’s tweet has been liked more than 100,000 times.

“Life is too short to hate yourself. If something has been bothering you for years, and you have the resources to make yourself feel better about it, then go for it,” Ms. Zucker, 27, said. “It’s the rapid-fire trends that give me pause because trends may be different in a year, but the only way you can reverse the procedure you did to your face is with another procedure.”

<https://www.nytimes.com/2022/12/16/style/buccal-fat-removal-tiktok-plastic-surgery.html>

Do you think it's important to talk about ever-changing beauty trends and standards?

Why do people always want to eliminate their flaws?

Do you believe it should be socially acceptable to change your appearance without being criticised?

What might be the next big plastic surgery trend?