

# Page Six Magazine

OCT. 14, 2007

## **SALON SEDUCERS**

The secret life of  
straight hairdressers

## **SIZE ZERO SUCKS**

The new liposuction  
for skinny women

## **LAYER LIKE A PRO**

Bundle up without  
killing your style cred

DIRTY SEXY MONEY'S

**SAMAIRE  
ARMSTRONG**

*on being a*

# HOLLYWOOD DARLING



# health

## Liposuction for Skinn

In less time than it takes to have a dress tailored, slender women are opting to get their bodies (surgically) fixed to fit their clothing.

**T**en days before the Golden Globes last winter, a thin, attractive on-air TV personality discovered the tiniest roll of back fat

protruding from the top of the gown she planned to wear while doing red carpet interviews. How could she critique the appearance of others when she displayed such a flaw herself? Something had to be done. A new dress to cover the offending area? A visit to the seamstress? Her solution: Plastic surgery.

"It was easier to do a little lipo than fix the dress," maintains Dr. Patricia Wexler, the cosmetic dermatologist who performed the surgery. This was hardly an isolated request for Dr. Wexler. "A lot of women come in to get the little mound of fat between the breast and the armpit removed," she says. "It makes them look better in strapless dresses."

Once a significant surgery for the truly overweight, liposuction—or rather, its latest incarnation, "liposculpture"—has become a fine-tuner for the thin and body-conscious (and, perhaps, hyper-perfectionist). Whether it's a slight pouch in the lower abdomen, a bit of muffin top hanging over low-cut jeans or a minor jiggle of the upper arm, more women are choosing to undergo the procedure to correct minor flaws. "It's huge," says Park Ave. plastic surgeon Dr. David Rapaport. "Liposculpture is

the biggest part of my practice, and the majority of patients are near kick-ass weight before surgery. They just want to get closer to their ideal."

So women with arms like Madonna's aren't necessarily hitting the gym each morning? Not according to plastic surgeon Dr. Andrew Kornstein. "I can sculpt deltoids and triceps to give people an athletic look," he says. "A little work on saddlebags or knees can be the difference between looking good in a skirt or not. If you have your ankles and calves sculpted, you'll look much better in heels."

Part of the reason vacuuming out excess (or "excess") fat is now so popular is that the surgery has become more technically advanced. The introduction of "smart lipo," in which an optic fiber is inserted to melt fat before it is suctioned, has made the procedure even faster. "The fiber is designed to stimulate a release of collagen, which actually tightens the skin," says Dr. Wexler. "There are areas we wouldn't have done before, like the inner thighs or the tiny paunch at the bottom of the belly, because the skin would become too slack. Smart lipo contracts the skin and is tremendously helpful in maintaining elasticity."

The procedure starts at \$5,000, and recovery time is practically nonexistent, with typically little bruising. When liposuction first became popular, patients had to wear postsurgery compression garments for four to six weeks, and the rule was no workouts for two weeks. With liposculpture, patients wear compression garments for two to three

days, and many start exercising within 48 hours. "A healthy person with localized areas of fat can have surgery at 8 a.m. and go out to dinner that night," says Dr. Alan Matarasso, a plastic surgeon who just performed liposculpture on the buttocks and outer thighs of a marathon runner. "That girl was maybe 95 pounds," he says with a sigh, "but she was a little disproportionate."

The liposculpture trend, Dr. Kornstein says, began with models who would come in "to get a little liposuction to stay competitive for jobs." When plastic sur-

***"A little work on saddlebags or knees can be the difference between looking good in a skirt or not."***

geon Stephen Colen preps his patients for the procedure, he begins while they are still dressed. "These girls are thin, and they look great," he says. "But they come dressed in the clothes that they need to fit into, and we work backwards."

A 43-year-old mother of two just had liposuction because she was frustrated by the way her jeans fit. "I'm thin and athletic, and if I told people I was doing this they would think I was neurotic. My husband thought I was out of my mind," she says. "I'm solid muscle, but I had one area on my thighs that made my jeans too tight. Now my legs are perfect."

Of course, there are those who show

You know plastic surgery has gone to extremes when a minor “muffin top” is getting nip/tucked.

# y People

up at the doctor's office only to be sent home. “Half the people who come in don't really need liposuction, but they want it anyway,” says Dr. Colen. “I turn away about 20 percent. A lot of women have lovely shapes, but they want the body they see in magazines. It's a manifestation of anorexia.”

And the 27-year-old who knew she was about to get engaged, so she booked an appointment for liposuction to get rid of a small bulge around her hips. “She had monitored her boyfriend's e-mail and knew approximately when he would ask her and that he planned to capture it on video,” says Dr. Rapa-port. “She wanted to look her best.”

While ankles, knees and underarms are fair game, there are certain areas that cause even some cosmetic doctors to roll their eyes. “One woman wanted her forearms done and another wanted the fat on her feet and toes removed,” says Dr. Matarasso. “But you can't get more than a couple of grams of fat out of a foot.” —*Beth Landman*

