



COMING

» WASHBOARD ABS

They're back...Tummy tucks dropped out of the top five cosmetic surgery procedures in 2016, only to show up on the list again in 2017, the American Society of Plastic Surgeons reports. In fact, there were 2,000 more tummy tuck procedures performed in 2017 than there were in 2016. Whether part of a mommy makeover or a stand-alone procedure, tummy tucks offer dramatic cosmetic and functional (yes, functional) benefits. In a recent

study, abdominoplasty improved back pain and urinary incontinence after childbearing, in addition to restoring the pre-pregnancy shape of the abdomen. Findings appear in the March 2018 issue of *Plastic and Reconstructive Surgery*. Evidence-based studies highlighting the benefits of abdominoplasty as well as advances in techniques including “drain-less” abdominoplasty and mini-tummy tucks likely play a role in the increasing popularity of this procedure.

GOING

« SELFIE-INSPIRED RHINOPLASTY

Selfie-conscious much? If so, you're in good company. Fully 55 percent of facial plastic surgeons saw consults who wanted to look better in selfies in 2017, up 13 percent from 2016, the American Academy of Facial Plastic and Reconstructive Surgery reports. And many of these selfie-aware individuals were concerned about the appearance of their noses. Unfortunately, when it comes to evaluating your nose size and shape, selfies are akin to looking in a funhouse mirror. That's the main takeaway from a new study in *JAMA Facial Plastic Surgery* that may just put an end to selfie-inspired rhinoplasty. Researchers worked up a math model—The Rutgers-Stanford model, to be exact—that found that that an average selfie, taken

about 12 inches from the face, makes the nasal base appear approximately 30 percent wider and the nasal tip 7 percent wider than if the photograph had been taken at a standard portrait distance of five feet. This model is based on the average head and facial feature measurements obtained from a selection of racially and ethnically diverse participants. Selfies are fun ways to express ourselves, but they should never be the main catalyst for plastic surgery; hopefully this new study will hit that point home. Rhinoplasty can have dramatic effects on self esteem and can even correct breathing issues when done for the right reasons in appropriate patients. (And if you don't like your selfie, there are filters to jazz it up.) ■