

A Celebrity Doctor Explains Why So Many Celebs Get Bad Plastic Surgery

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[After watching [Lindsay Lohan](#) host [Saturday Night Live](#) recently, we're filled with questions. The biggest one of course being what did she do to her face? Or more precisely, what did she pay a doctor to do to her face? We reached out to celebrity surgeon [Dr. Mitchell Chasin](#), medical director of [Reflection Center for Skin and Body](#), to find out why celebrities, who have ALL THE MONEY in the world, pay their surgeons to play Frankenstein with their face. While he stayed (too) professional throughout this essay, he sheds some light on how this happens.]

From [Heidi Montag's](#) dramatic 10+ procedures to [Billy Crystal's](#) scary look at this year's Oscars, Hollywood's never in short

supply of celebrities with overdone, obvious plastic surgery. But why do so many celebrities, with all their wealth and connections, consistently end up with such awful cosmetic work?

I think the #1 reason celebs fall victim to bad plastic surgery is the amplified pressure they feel to look young. For most people, aging is just a part of life! When wrinkles hit, we may reach for more products or opt for a quick Botox session. Celebrities, however, build their entire careers on their appearances. Seeing their faces on the silver screen and in tabloid photos every day can really warp their self-image, and create a strong desire to fix every single flaw, no matter how small!

Just look at [Lindsay Lohan](#) – She's only 25 and is [already rumored to be overusing fillers](#). Problems with cosmetic procedures typically arise when celebs become too obsessed with preserving their youth and want to change more than what's necessary, pushing themselves past natural results and into the danger zone – Often with disastrous consequences.

Some wealthy celebrities may also have a common misperception that the more expensive and invasive procedures are, the better the results. But that's hardly the case! So many classic celebrity mishaps could have been prevented with simple, non-surgical alternatives. Take Sculptra, for example. It's a new filler that's been dubbed a "facelift in a bottle," and it could have saved celebrities like [Meg Ryan](#) and [Kenny Chesney](#) who opted for full facelifts, but regretted the extreme results. Stars like [Sarah Jessica Parker](#) could also benefit from a little injection to restore the volume in their hollowed out cheeks and sagging jowls – But a full facelift would be way too extreme!



Other stars, like [Tara Reid](#), too often go overboard with poorly done liposuction. Her "shark bites," grooves and dimples on the skin will be very difficult to erase! These days, there are ultrasound alternatives to liposuction, like [Liposonix](#), that any celebrity can use to prep for a red-carpet event or a wedding. And rather than running for surgery, older stars like [Joan Rivers](#) and [Janet Jackson](#) could have aged gracefully with photo facials and laser therapies. Laser treatments use pulses of energy to improve the appearance of aged or scarred skin, without totally changing the face.

The bottom line is that we all love to hate celebrities with bad cosmetic work – But don't we also love to LOVE the stars with youthful, natural looks? Think [Jennifer Aniston](#), [Angelina Jolie](#) and [Brad Pitt](#) – These celebrities look totally natural, and are the people my patients most often want to emulate. Celebrities, like anyone else, need to do their research on the different treatments and doctors to figure out what's right for them BEFORE committing to a procedure.

Doctors need to do their part as well. I've treated many celebrities, and know they're not used to hearing the word "no!" Doctors looking to please their celebrity clients may have a tough time refusing to do the work they request. But with any patient, it's a good idea to explore simple procedures before going under the knife. I always stress that overdoing is worse than underdoing – You can always do multiple treatments to build the desired look, but as we've seen with the stars, undoing procedures gone wrong is much more difficult.

Mitchell Chasin, M.D., is the internationally recognized Founder and Medical Director of Reflections Center for Skin and Body and an innovator in the field of Laser, Aesthetic and Cosmetic Medicine and Technology. Since the early 1990's, Dr. Chasin has been considered a pioneer in a wide range of laser and aesthetic procedures. In 1998, Dr. Chasin founded Reflections Center for Skin and Body in Bridgewater, New Jersey and in 2005, Reflections expanded to a second location in Livingston, New Jersey. Dr. Chasin then went on to establish the Body Contouring Center of Reflections in Martinsville, NJ in 2009. Dr. Chasin is often seen on national and regional television and is frequently quoted in magazines and journals.