

# Buccal fat removal - the surgery taking over TikTok and promoted by Chrissy Teigen - can sculpt your jawline, but experts warn it comes with the risk of swelling and infection

- Buccal fat removal surgery can give a person a more defined jaw line
- One New York plastic surgeon said he has seen twice as many inquiries this year
- While it is low risk, some people suffer severe swelling and infections after it

Buccal fat removal surgery is a fast-growing trend among celebrities and social media personalities alike, and experts say it's a relatively quick procedure that can help better define a person's jawline.

The procedure cuts out fat pads from the inside of a person's cheek, giving them a more angular face as a result. These pads soften the inside of a person's mouth, but experts say they are not entirely necessary.

Model **Chrissy Teigen** admitted to receiving the procedure last year, and it just one of many personalities believed to have underwent the operation.

Dr. Barry Weintraub, a New York City-based plastic surgeon, told DailyMail.com that he has seen had twice as many inquiries for the operation this year than last.

**Chrissy Teigen (pictured in May, 2021 on the right) admitted to receiving buccal fat removal in September 2021. Teigen's (pictured in late-2021 on the right) face has a more angular appearance after receiving the procedure.**

**Glee star Lea Michelle (left) and Game of Thrones star Sophie Turner (right) are speculated to have received the operation.**

**Buccal fat removal if a purely cosmetic surgery. Its results are permanent.**

'Most beautiful faces in the world have a sharp angularity,' Dr. Weintraub told DailyMail.com, explaining why so many have the procedure.

Ms. Teigen, 37, revealed on her Instagram in September 2021 that she had the procedure - also called cheek fat removal surgery.

## Chrissy Teigen admits she had fat removed from her face in candid chat about plastic surgery

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Chrissy Teigen admitted she had fat removed from her face in a candid chat about cosmetic surgery on her Instagram stories.

The 37-year-old cookbook author was finally 'seeing the results' from a buccal fat removal procedure, more commonly known as cheek reduction surgery.

'I did that Dr. Diamond buccal fat removal thing here,' she told her 35million followers. 'And since I quit drinking, I'm really seeing the results, and I like it. Yeah, I did it, what?'

She showed off her gorgeous complexion and tagged Dr. Jason Diamond in the clip where she pointed to the spot on her cheeks where fat was removed.

'Since I quit drinking, I'm really seeing the results, and I like it,' she said.

While celebrities are often shy about admitting to getting cosmetic procedures done, there is speculation that Glee star Lea Michelle and Game of Thrones' Sophie Turner after they appeared to have more chiseled jaw lines in recent public appearances.

It has remained a trend on some parts of social media as well.

The buccal fat removal hashtag on TikTok has over 150million views, as videos discussing the procedure and speculating what celebrities have received it regularly go viral.

It is a purely cosmetic, permanent, procedure.

Dr. Weintraub compares the effect it has on a person's face to making it look like they are puffing a cigarette - but permanently. He said it is a 'desirable' angularity.

He said that the fat pads work as a cushion inside the mouth. They serve as a buffer between the teeth when chewing at times.

Their actual use in the body is unnecessary, though, and the plastic surgeon compared them to the appendix - as the body has evolved past the need for both.

Dr. Weintraub, who performs two of the procedures each week at his Manhattan practice, performs an incision from the inside of a patient's mouth.

Around 75 percent of the procedures are performed on women. An operation will usually cost between \$9,500 and \$12,500.

He then scoops out a 'table-spoon' sized amount of liquid fat, which he compares to the chicken fat a person may be familiar with while cooking.

Patients will be placed under twilight anesthesia for the procedure.

Dr. Weintraub said this is important as a person moving while a doctor is cutting inside their mouth could cause serious damage.

It takes around a half-hour for the surgeon to complete each side of the mouth, with the entire operation taking around an hour.

The surgeon will then close the incisions with dissolvable stitches.

Risks are low and complications are rare. In some rare cases, a patient will suffer infection at the site of incision or injury to some nerves in the face.

If the procedure is botched, a person could end up with an asymmetrical face. This could require another cosmetic procedure to fix.

Recovery is often quick. Dr. Weintraub said a person who receives buccal fat removal surgery can return to work the next day.

It may take some time for the angular jawline to show in recipients, as some recipients suffer swelling for weeks after the procedure.

One common downside to the procedure cited on social media is that it makes a person look older and will make them look even worse as they age.

Dr. Weintraub disputes this, saying 'it will make you look a lot younger.'