



CHECK-OUT

According to a plastic surgeon, these 5 cosmetic procedures are the most dangerous



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A plastic surgeon revealed what cosmetic procedures he would not recommend to anyone, as they carry too many risks.



"I don't think any of these procedures will go away, as they are all money-makers for the service providers who do them," Dr. Sean McNally said.

I. Liquid rhinoplasty

"Liquid" rhinoplasty is a non-surgical procedure in which a filler is injected into the nose. It is usually used for minor adjustment of symmetry, bumps or downturned tips of the nose, and the result can last up to 18 months. However, according to the expert, the seemingly minor intervention can actually lead to serious complications that are very difficult to fix.

"An accidental injection into the tiny blood vessels in the nose can clog blood vessels and destroy the skin, which is called necrosis. This problem is extremely difficult to fix and even in the best of hands it will never look and function the same again," he said.

2. Corneal pigmentation

During the procedure, pigments are injected into the eye with a laser, so that it gets a new color. But several experts have warned about how risky this is.

"This procedure has one of the highest complication rates of all cosmetic surgeries, and one of the possible complications is blindness. I recommend sticking to colored contact lenses," the surgeon said.



These interventions can carry serious risks. (Illustration: Getty Images)

3. Removal of buccal fat

Buccal fat removal is a procedure in which fat pads are removed from the facial pads to achieve a slimmer effect and accentuate the cheekbones. It became a popular procedure around 2021 and 2022, when Chrissy Teigen, for example, made headlines for openly admitting to the procedure.

"Buccal fat removal is usually done to help thin out patients' lower cheeks. While this can undoubtedly be achieved and has a good risk profile, a decrease in facial volume can lead to premature aging," Dr. McNally said.

4-5. Kybella and CoolSculpting

Kybella, an injection, uses deoxycholic acid to reduce fat, while CoolSculpting freezes fat so that it is destroyed.

"I would avoid Kybella because it doesn't work as well as we would hope, and that money could be used for liposuction. In addition, the scar tissue caused by Kybella makes liposuction difficult," said the doctor, who said that CoolSculpting is also not as effective as people would like.

"If used incorrectly, it can destroy the skin and cause a small percentage of patients to have an increase in fat, which we call paradoxical fat growth," he said.

[\(New York Post\)](#)

(Borítókép: Szépészeti beavatkozáson résztvevő nő. Illusztráció: Getty Images)

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