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How Buccal Fat Removal Can Change The Shape Of Your Face



When you think of facial plastic surgery, a few long-popular procedures probably come to mind first, like facelifts, rhinoplasty, and blepharoplasty (eyelid surgery). Recently, however, a lesser-known surgery has been gaining attention and intrigue thanks to celebrities with a candid and open approach to their beauty treatments: the removal, reduction, or repositioning of **buccal fat**.

The word *buccal* (pronounced like “buckle”) is used to refer to the cheek area that flanks the mouth. While the upper cheek area, like the cheekbones, is a popular area to add volume to (very often with a hyaluronic acid-based dermal filler), this lower area of the cheek has become an increasingly common target for *removing* volume in an effort to create a more defined facial contour and slimming effect.

“The buccal fat pad is a deep pocket from temple to cheek that exerts a tremendous amount of impact on the shape of the face,” says Babak Azizzadeh, M.D., a board-certified facial plastic surgeon in Beverly Hills, who explains that due to natural anatomy or the aging process, the buccal fat pad can make the lower part of the face seem wider.

“Buccal fat removal can help reduce full, rounded cheeks, leaving patients with a slightly more chiseled look,” says Andrew Jacono, M.D., a board-certified facial plastic surgeon in New York City. However, it can’t be done with the type of procedure typically used for fat reduction. “The buccal fat cannot be accessed with simple liposuction because it exists under the facial muscles and nerves, which could be damaged.”

For this and many other reasons, it's imperative to go to board-certified plastic surgeon (or facial plastic surgeon) if you're interested in buccal fat removal, which is why we asked three to explain everything about the procedure before you decide whether or not to schedule a consultation.

What happens during buccal fat surgery?

Buccal fat surgery is one of the faster and less invasive cosmetic surgeries. "It is a quick and simple procedure," says Dr. Jacono. "The entire procedure takes approximately 30 minutes and can be done under twilight or local anesthesia."

That said, it's still surgery, which means it comes with risks, so it must be performed by the appropriate doctor in the appropriate setting. "A skilled plastic surgeon knows, in terms of safety, that there are ducts and nerves enmeshed with the buccal fat, so the surgeon has to be very cautious not to damage them," Chicago-based board-certified plastic surgeon Michael Horn, M.D., tells Allure. He adds that buccal fat removal, which is an outpatient procedure and doesn't require an overnight stay at a hospital, can be performed in a licensed ambulatory setting or in a doctor's in-office operating room.

Let's discuss how much of a blessing Cancers are. The fourth sign of the zodiac gets a rep for being super emosh and sensitive, but is that really so bad? We all could use a bit more empathy, and these summer babies know more about that than anyone. Most people feel comfortable sharing their life stories and deepest, darkest secrets with Cancers because of the caring energy they

exude. As water signs, they know how to make everyone around them feel safe. Who wouldn't want that type of person to have at their side?

This sign isn't just sensitive and understanding though—they also know how to have a good time. A lot of Cancers have the quirkiest sense of humor. They're the people who are the first to understand the joke and find hilarity in the most subtle situations. They place a lot of importance on tradition and the people they love, so they absolutely *thrive* during birthdays and holidays. Cancers are just sentimental and want to make sure everyone is having a good time, okay?

Ruled by the Moon, Cancers are particularly intuitive and in touch with their sensitive side (okay, every side of a Cancer is a sensitive side). They're represented by the crab, which yes, means you don't want to catch them in a bad mood...but it also means that their homes are such cute, comfy, cozy places that you'll ask if you can move in, too. You know how a crab carries its home around with it? That's how much a Cancer loves their home.

Considering all this, it makes sense that Cancers living in the public eye can captivate people. Their relatability combined with their star power makes a real impact on fans. Many Cancer celebs know just how to communicate with their audiences on a personal level through their work, which is why they're so adored. Below, check out 40 examples of lovable stars that were all born during Cancer season.

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1

Ariana Grande: Born June 26, 1993

Ari once wisely asked, "Oooof do Cancers have the ability to do anything other than feeeeeeeeeeel feel feeeeeeeeeeel feel feeeeeeeel." We'll let you know when we find out, girly.

2

Solange: Born June 24, 1986

Cancer is ruled by the Moon, and Solange loves a lunar headpiece. Coincidence? I think not.

3

Selena Gomez: Born July 22, 1992

4

Khloé Kardashian: Born June 27, 1984

As the sole Cancer of the Kardashians, it makes sense that Khloé is often the family mediator.

5

Tom Hanks: Born July 9, 1956

Cancerians' warm, nurturing energy usually means they're the designated "mom friend" or "dad friend" of any group. I guess that's why good ol' Tom Hanks has been crowned America's Dad on numerous occasions.

6

Meryl Streep: Born June 22, 1949

Meryl is obvi an iconic actress who ~has the range~. She's proof of how well Cancers can relate to anyone and everyone, making it more believable when they embody characters. Props to y'all.

7

Jaden Smith: Born July 8, 1998

8

Lana Del Rey: Born June 21, 1985

Despite the long-running rumor that Lana is a Gemini, let the record show that she belongs to the Cancers! Don't get it twisted!

9

Sandra Oh: Born July 20, 1971

Back in 2018, Sandra told *W* magazine that she's a *former* astrology fan. "I used to have [a horoscope] app, but then I took that off. I felt like it was just a distraction," she said.

10

Post Malone: Born July 4, 1995

Pure emo Cancer energy radiates off this guy in the best way. Listen to his track "I Fall Apart" for further evidence.

11

Jacob Elordi: Born June 26, 1997

Despite the astonishingly evil bully he plays on *Euphoria*, Jacob is your typical Cancer softy in real life. There are images of him cuddling with puppies to prove it. See??

12

Malala Yousafzai: Born July 12, 1997

Malala was *the* youngest Nobel Prize laureate ever. Cancers, y'all really won this round.

13

Olivia Munn: Born July 3, 1980

Olivia once tweeted, "My astrology sign is Cancer with Gemini rising...." showing she knows her stuff.

14

Tom Cruise: Born July 3, 1962

Cancers are one of the most nostalgic signs of the zodiac, which explains why Tom Cruise is currently revisiting so many of his '90s movie franchises!

15

Alessia Cara: Born July 11, 1996

“Here,” the song that put Alessia on the map, was all about how much she’d rather be in bed than at a party. When a Cancer decides it’s time to go home, *they really mean it*. Please don’t come between them and their beds.

16

Will Ferrell: Born July 16, 1967

You know that kooky Cancer humor? Here’s its poster boy.

17

Kevin Hart: Born July 6, 1979

Who says sensitive Cancers can’t be comedians?

18

Tia and Tamera Mowry: Born July 6, 1978

19

Linda Cardellini: Born June 25, 1975

Linda shows Cancers’ nostalgia in the way she talks about *Freaks and Geeks*. “In one way it feels like it was yesterday, and in another way, it feels like so much

has happened since then. The idea that it's still something that is being talked about is amazing. I love it for the show, I love it for the cast, I love it for the creators, I love it for the fans," she told *Rolling Stone*.

20

Margot Robbie: Born July 2, 1990

Another Cancer who's a box-office queen...there's just something about the season.

21

Priyanka Chopra: Born July 18, 1982

22

Milo Ventimiglia: Born July 8, 1977

Of course *Gilmore Girls*' Jess Mariano is a sensitive Cancer!

23

Missy Elliott: Born July 1, 1971

Missy Elliott is featured on Beyoncé's song "Signs," which goes through the traits of all 12 zodiac signs—including "sensitive as a Cancer."

24

Vin Diesel: Born July 18, 1967

25

Lindsay Lohan: Born July 2, 1986

Further proof that Cancers are comeback queens!

26

Giselen Bündchen: Born July 20, 1980

Yes, she's an iconic supermodel, but she's a true Cancer at heart. Gisele once told *Vogue*, "I'm a Cancer...the little crab. Loves the home, her sanctuary, all the cozy things. So I was a fish out of water in fashion. I was always like, *Let me go to the job and go home.*"

27

Liv Tyler: Born July 1, 1977

Yes, all Cancers are beautiful and ethereal elves.

28

Chris Pratt: Born June 21, 1979

If any Avenger were bound to be a Cancer, it's Star-Lord. The nostalgia-infused *Guardians of the Galaxy* soundtracks are a Cancer's dream.

29

Mindy Kaling: Born June 24, 1979

It feels like Mindy is everyone's imaginary BFF—that's the Cancer relatability factor!

30

Camila Mendes: Born June 29, 1994

31

Lil' Kim: Born July 11, 1974

32

Saweetie: Born July 2, 1993

In an *Interview* magazine feature, Saweetie told Lil' Kim, "Girl, let me tell you something. Every sign got hella celebrities aligned with them. So I was like, 'Who's a dope Cancer out there?' Girl, when I saw your name on the list, I was like, 'Kim's a Cancer and she's a rapper, so I know I can be a rapper, too.'"

33

Kristen Bell: Born July 18, 1980

Like most Cancers, the *Frozen* star is a huge animal lover. Her Cancerian emotions made her go viral when she got to meet one of her fave creatures, a sloth. She said it herself: "I'm crying if I'm too sad, I'm crying if I'm too happy."

34

Jessica Simpson: Born July 10, 1980

Jessica's song "With You" is basically a Cancer anthem.

35

Selma Blair: Born June 23, 1972

36

Sofia Vergara: Born July 10, 1972

Cancer is known as the sign of family and tradition, so it's appropriate that Sofia Vergara is best known for *Modern Family*!

37

Larry David: Born July 2, 1947

If any of the outlandishly awkward situations on *Curb Your Enthusiasm* took place IRL, odds are that most Cancers would giggle rather than judge.

38

Busy Philipps: Born June 25, 1979

Busy is a true Cancer. "My star sign is Cancer, so I'm the type of person where everyplace I go—even if I'm going to a hotel for four days—I bring stuff. I need places to feel like home," she once told Oprah Daily.

39

Pamela Anderson: Born July 1, 1967

Pamela spoke to Cancers' resilience when she told Joy Behar, "When you believe in yourself, other people start believing in you too. It's a cliché thing to say, but as soon as I decided I'm good enough, then all this stuff just started happening. It's like miracle to miracle. I've gone from *Baywatch* to Broadway."

40

Benedict Cumberbatch: Born July 19, 1976

Are **all** Marvel stars Cancers???

<https://vivetimes.com/famous-celebrity-cancers-men-and-women-like-ariana-grande/>