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TRENDING

By Korin Miller

Bethenny Frankel Proves You Can Change The Shape Of Your Face Without Surgery

Frankel swears she hasn't had plastic surgery. Instead, she used this increasingly popular method to change her look.



Bethenny Frankel fans have noticed something different about the *Real Housewives of New York* star: Her face has changed over time. Now, Frankel is opening up about it in a new interview in which she says she hasn't had plastic surgery—she's just used Botox to change her jawline.

“I do look different. I’ve had Botox in my jaw,” Frankel tells the *Daily Mail*, adding that she did it as part of a treatment for teeth grinding and clenching. “You can see that my jaw has completely changed.”

“About three years ago, my dermatologist said to me, ‘Why don’t we try injecting your jaw because it’s so tense?’” she says. Now, she says, she’s happy and “excited” by her new look, adding, “I think it’s why I can take a shorter haircut.”

Frankel isn’t the only one using injectables like Botox and fillers to change her look—doctors say they’re increasingly doing these procedures to help patients who want to tweak their appearance, but don’t want to go under the knife.

“Most of my patients still request a natural look that improves and enhances their appearance, as opposed to changing the way they look completely,” Gary Goldenberg, M.D., medical director of the Dermatology Faculty Practice at the Icahn School of Medicine at Mount Sinai, tells SELF. “It’s best to look like yourself, just better.”

Botox and fillers like Restylane and Juvederm allow doctors to do this. “It is possible to change facial features with Botox and fillers,” Goldenberg says. “This includes smoothing away wrinkles and lines, volume replacement or improvement of facial features, including lip shape or volume, appearance of cheeks and cheekbones, and filling and reshaping the wrinkles around the mouth.”

Cosmetic surgeon Mitchell Chasin, M.D., founder and medical director of Reflections Center for Skin and Body, tells SELF that it’s best to use this method to highlight someone’s best features while downplaying those that they’re not crazy about. “We don’t believe in dramatically altering someone’s appearance with Botox and dermal fillers—we’re simply creating better balance and proportion for the face,” he says. Chasin has seen a big uptick in requests for these procedures, noting that people use them mostly for the jaw, nose, cheeks, temples, and lips.

“This is becoming more and more common as the benefits of this quick, no downtime procedure have become better known by consumers,” Jacob D. Steiger, M.D., a facial plastic and reconstructive surgeon in Boca Raton, Fla., tells SELF. According to Steiger, Botox is most often used in the upper face, like a person’s eyebrows, forehead, and around the eyes, but it can also be used to “weaken” other muscles of the face (like the masseter muscle along the jawline) to tweak someone’s appearance.

The type of injectable doctors use really depends on what a person is hoping to achieve, Steiger says. “Botox freezes the muscle, whereas fillers help fill in the hollowness of the face and create lift and fullness,” he says. “Fillers can help shape the face and make it look thinner or more shapely by selectively placing it in certain areas.”

Botox’s results show up three to five days after injection, and they last up to five months for most people, Steiger says. Fillers, on the other hand, can last up to 18 months, Goldenberg says.

Cost varies depending on what you have done, what kind of injectable you use, and how much of it you need, but experts say altering your appearance with injectables can cost anywhere from \$600 to \$1,500, with a jaw reduction like Frankel’s costing about \$1,000.

“In my practice, most patients that get one of these procedures end up getting both,” Goldenberg says. “We now know that Botox and fillers work very well together to improve one’s appearance.”