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TRENDING  
By Korin Miller

## The Truth About That Cellulite-Injection Treatment Kim Zolciak-Biermann Loves

The reality TV star posted an Instagram video of herself getting her butt injected with fillers, which she says helps get rid of her cellulite. Here, experts explain must-know facts about the procedure.



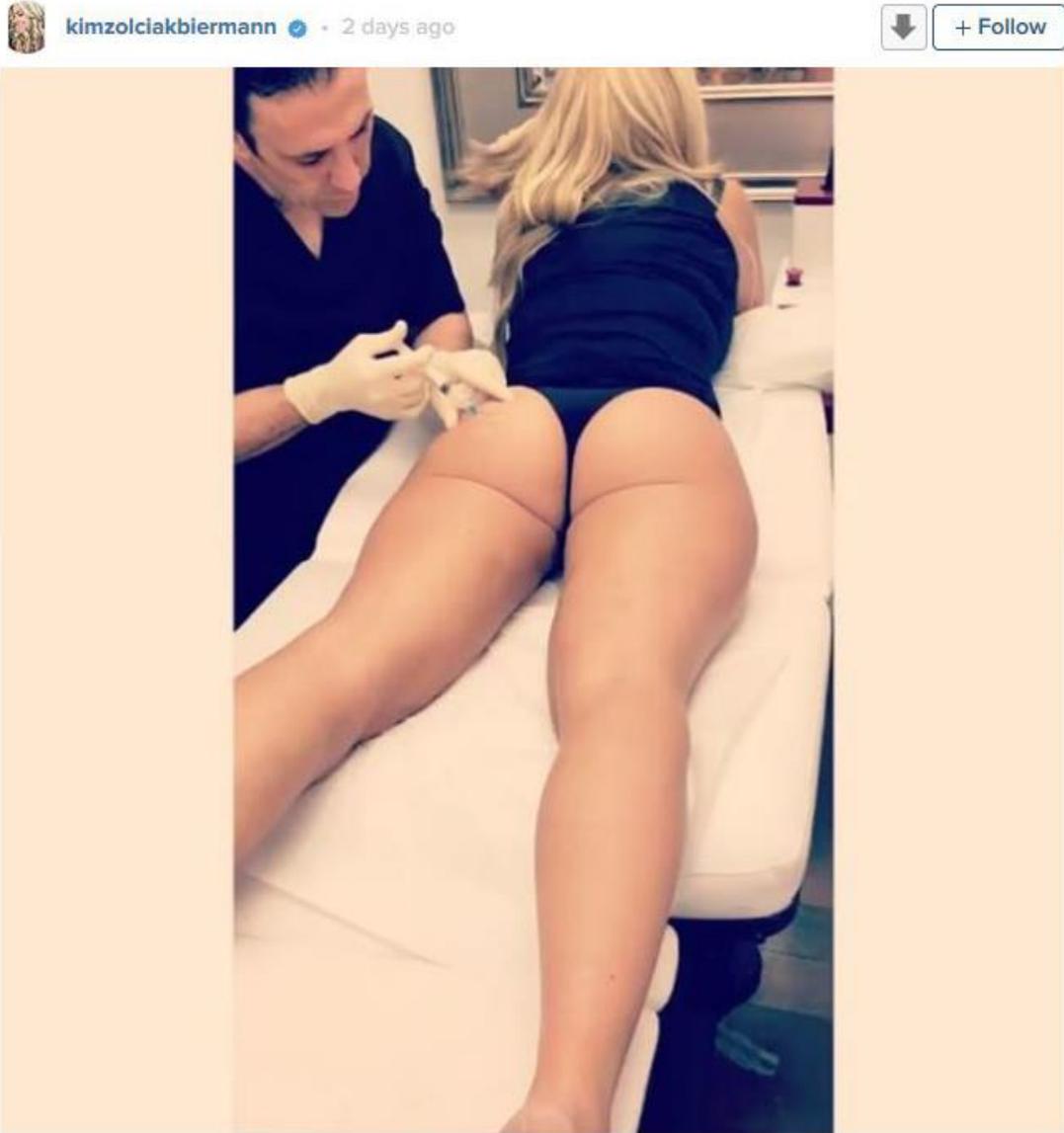
*Real Housewives of Atlanta* alum Kim Zolciak-Biermann isn't shy about getting work done, and in a new Instagram video, the reality star gets her, er, butt injected to combat cellulite. In the caption, Zolciak-Biermann details how she visited celebrity cosmetic dermatologist Simon Ourian, M.D., to see what he could do about cellulite on her butt cheeks. Ourian put a few injections in Zolciak-Biermann's butt and *voila*—he got rid of the dimples “permanently,” she says.

That option might sound attractive to you, but the truth about cellulite may be even more reassuring: Any woman who has skin has probably experienced it or at least spotted a dimple at some point. Although exact

figures vary because it's a hard number to pin down, New York City dermatologist Doris Day, M.D., author of the upcoming book *Skinfluence*, tells SELF that "95 percent of [women] have cellulite and the other five percent think they do." She continues: "It's very common, and I try to help my patients understand that."

Cellulite happens when fat pushes up against connective tissue under the skin, creating the appearance of dimpling. Gary Goldenberg, M.D., medical director of the Dermatology Faculty Practice at the Icahn School of Medicine at Mount Sinai, tells SELF. It can show up in people of any weight, and it appears to have some genetic predisposition, he says.

While cellulite is super-common, there are options to get of it if it bothers you, Day says—including butt injections like Zolciak-Biermann had. Here's the video Zolciak-Biermann posted of what the procedure looks like.

An Instagram post from user kimzolciakbiermann, posted 2 days ago. The main image shows a medical professional in a dark blue scrub top and white gloves performing a procedure on a woman's buttocks. The woman is lying on a white-covered table, wearing a dark blue top and shorts. The professional is using a small, white, handheld device on the skin. The background is a clinical setting with a white wall and a blue chair. The post has 1.1m views and 1,128 comments. The Instagram logo is visible in the bottom right corner.

**kimzolciakbiermann** • 2 days ago ↓ + Follow

I'm so excited to share with you something I just learned from the incredible @simonourianmd1 I went to see what he could do about these couple of dimples (really cellulite) on my butt cheeks 😊 and he got rid of them permanently!! I'm sooooo excited!!! 🙌 I personally like to look and feel my best soooo thank you @simonourianmd1 for giving me my smooth tush back haven't see that in a few years 😊  
#AlwaysHadThisOneDimple #SinceICanRemember 😊 #ItsGone #Finally FOLLOW HIM TO GET MORE DETAILS @simonourianmd1

▶ 1.1m views • 1,128 comments Instagram

“You can use any injectables,” says Day. That includes Sculptra, a polylactic acid, Radiesse, a calcium hydroxyapatite, and hyaluronic acids like Juvaderm, but it ultimately depends on the patient and their cellulite. “There’s a lot of personalization and individual treatment, making every single patient unique,” says Day.

Each kind of filler has an advantage, Goldenberg says. For example, hyaluronic ones are reversible (so, if you don’t like the finished look, you can change it), whereas Radiesse offers more longevity. However, Mitchell Chasin, M.D., founder of Reflections Center for Skin & Body, tells SELF that Sculptra is usually the best option for a long-lasting effect.

Once a doctor decides on the proper method, they’ll use the needle of the injectable to break up the connective tissue and then inject the filler to lift up the dimpled skin, explains Goldenberg. The procedure can take up to 30 minutes and you may see some bruising, which usually goes away in two weeks or less.

Results, which come from your body building new collagen, can take three to six months to fully show up, and are typically long-lasting, Chasin explains. And some results can even be “almost permanent,” Day says, adding, “I’ve seen cases where the cellulite goes away and doesn’t come back.”

But that’s not a guarantee, and what’s more, anti-cellulite injections don’t come cheap. They can cost anywhere from \$900 to several thousands of dollars, especially if you need more than one round of injections. “It all gets really costly,” says Day. In other words, it’s likely not as quick, easy, or permanent a fix as it seems. This kind of treatment is probably only worth pursuing if the issue truly bothers you, says Day.

So, while it may be possible to see a doctor and get rid of your cellulite, you may want to save your money and try lower-maintenance ways to handle the dimpling, like strength training and working on your flexibility. And above all, try to remember that nearly everyone deals with it!