

St. Louis Plastic Surgeons Predict Cosmetic Trends for 2016

From non-surgical services such as CoolSculpting® to plastic surgery for the breasts and body, the doctors at St. Louis Cosmetic Surgery share what to expect.

ST LOUIS, MI, USA, January 24, 2016 /EINPresswire.com/ -- The physicians at St. Louis Cosmetic Surgery (www.stlcosmeticsurgery.com) say aesthetic trends in 2016 will likely include more emphasis on non-surgical treatments, but they add that body contouring and breast enhancement plastic surgery at their St. Louis practice remain as popular as ever.

"Our patients expect us to offer the most advanced treatments available," Dr. William H. Huffaker says. "Many of those advances are occurring in non-surgical fat reduction techniques, such as the CoolMini™ procedure for double chins."

The FDA-cleared CoolMini is the latest in a suite of applicators developed to use with the popular CoolSculpting® fat reduction system, the St. Louis plastic surgeon says. The introduction of the CoolMini, together with the FDA approval last year of KYBELLA® (the "double chin shot"), indicates that the non-surgical treatment trend is in full swing.

"Injectable facial rejuvenation treatments such as fillers and BOTOX® Cosmetic remain very popular," says Dr. Charles Nathan of St. Louis Cosmetic Surgery. "People love how convenient and effective injectables are, and that's not going to change any time soon. Fat transfer is also probably going to continue growing."

Fat transfer is a technique in which fat is removed from one area where it is unwanted — usually the hips, midsection, or thighs — and then injected in areas that could use more volume, he says. At their practice, this is most popular for facial enhancement, but it's also becoming more common for augmenting the breasts and buttocks.

As for cosmetic surgical procedures, the practice's board-certified plastic surgeons say they are seeing trends take shape for patients who come in for operations such as mommy makeovers and breast augmentation.

"More women at our St. Louis practice considering breast implants say their top priority is that they look natural, which reflects a national trend," Dr. Christian A. Prada says. "The range of breast implant options is wider than ever. Patients are often choosing smaller implants, or anatomically shaped implants, that result in a more modest enhancement."

The trend toward smaller breast implants is echoed in a recent [survey of plastic surgeons](#) conducted by RealSelf, a popular online forum for patients considering cosmetic procedures. Of the surgeons responding to the survey, according to RealSelf, about 40% said more of their patients chose smaller implants compared with 2014.

"In fact, when asked how breast ideals have changed this year," the RealSelf article says, "plastic surgeons were twice as likely to select 'more women want smaller breast implants' over 'more women want bigger breast implants.'"

Mommy makeovers also remain popular, but with an increasing interest in labiaplasty, Dr. Herluf

G. Lund says.

"Labiaplasty is a relatively minor surgery performed using only a local anesthetic, and I think more women are realizing they can get major benefits from a simple procedure," Dr. Lund says. "We are seeing an increasing number of women who want vaginal treatments as part of a mommy makeover."

###

St. Louis Cosmetic Surgery (www.stlcosmeticsurgery.com) features 4 board-certified plastic surgeons with decades of combined experience. Each surgeon continues to develop his skills and expand his knowledge about the most advanced cosmetic procedures available. Patients receive personal attention from the knowledgeable staff and can expect the highest level of care through every step of the treatment process. The extensive training and highly developed skills of the surgeons and staff add up to outstanding, natural-looking results achieved through a wide range of surgical and non-surgical procedures.

Rhonda Shrum
St. Louis Cosmetic Surgery
(636) 530-6161
[email us here](#)

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2020 IPD Group, Inc. All Right Reserved.