

JENNIFER GARNER
This Hollywood starlet has made her name playing girl-next-door roles and is one of the darlings of the industry, played in part by her sweet, forever fresh and youthful appeal, courtesy of her genuine smile and dimples.

Darling DIMPLES

How to surgically get this small dent that makes a big impact.

BY ASHLEY KOWALEWSKI

PHOTOS: THINKSTOCK



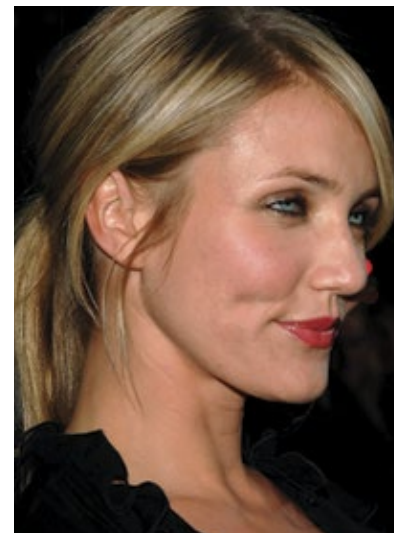
HOLLYWOOD HAS IT

It's no surprise that so many notable actors and actresses have made their mark with these marks. Here are some of the most popular on-screen smiles—complete with dents.

MIRANDA KERR This Australian model doesn't just have high cheekbones and a good-looking husband (who also has dimples, by the way) to boast about. Her perfectly placed not-too-deep depressions add to the allure of this famous former Victoria's Secret model.

MARIO LOPEZ This actor and TV personality (plus your high school dreamboat, A.C. Slater) has some of the most notorious Hollywood dimples we've seen in a long time. This hunk, who has been flashing his hundred-watt smile since the mid-'80s, has super-deep dimples that only enhance his already charming on-screen nature.

CAMERON DIAZ Known for making us roll with laughter for her starring role in *There's Something About Mary*, Cameron Diaz always charms us with her curvy smile. Her less-dramatic dimples complement her beautiful teeth and add sparkle to the face we've grown to love!



PHOTOS: THINKSTOCK

Dimples have long been revered as one of the hallmarks of natural beauty, giving youthful appeal to those who were born with them. But what if you weren't graced with these small but seemingly sweet indentations? Dr. Philip Solomon, MD, FRCS(C), an otolaryngologist head and neck surgeon practicing at Solomon Nasal & Facial Surgery Centre in Toronto (solomonfacialplastic.com), discusses dimple creation surgery and how you can get in on this cheeky trend, too.

THE APPEAL

Dr. Solomon explains that, for many cultures, this small indentation denotes a much larger perception of beauty. "We see children with dimples – just think of Shirley Temple, so the way our brains are wired, this suggests that dimples are a sign of youth, as well as an easy and carefree disposition," he says. "It's also viewed as a bit coy," which gives the illusion of a sexual playfulness. "In some Asian and Southeast Asian cultures, cheek dimples signify good fortune and wealth," explains Dr. Solomon. "The depression itself isn't really anything different, but it's our perception and what it means to us on an aesthetic and cultural level that makes the difference." He adds that in Asia, there are actually less-permanent procedures for creating these coveted mini-craters, not unlike the technique of pillow-tufting.

THE REAL DEAL

To understand the procedure, you first need to understand how natural dimples are created. While there's still ongoing research on how exactly traits like dimples in both cheeks and the chin are passed down through familial genetics, it is often seen within familial traits. Dr. Solomon explains that it's a "normal anatomical variant where there's an absence of tissue in the buccinator muscle lining the mouth located on the inside of the cheek and the skin overlying the cheek."

THE PROCEDURE

Here in Toronto, Dr. Solomon performs the dimple creation procedure (approximately \$3,500) on many patients, with the numbers growing as this often-controversial procedure gains more understanding and traction. To create this tiny depression, Dr. Solomon follows the way it would naturally be created: "When we surgically create the dimple, we create a hole in that muscle." He adds that in order to give patients that desired mini-depression, he does an "incision inside the mouth to remove buccal fat in the buccinator muscle, followed by suturing or stitching up the hole to create the breach or break in the muscle so the skin can sort of drop into the little deficit there." The procedure itself has little downtime (only a week to 10 days of swelling) and a diet of soft foods for that duration. ☺

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—DR. PHILIP SOLOMON, MD, FRCS(C)