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# Filler Dysmorphia Is Real — Here's How to Prevent Perception Drift

By Taryn Brooke Dec 17, 2024



"I kept wanting to go bigger and bigger until I couldn't wrap my lips around a straw properly," says Merissa Fernandes, 32. Though she was never officially diagnosed with filler dysmorphia, her tale can occur in varying degrees when a person begins injectable treatments. "I knew I had [filler dysmorphia] when I started [getting injections] at 27 years old. I went overboard on lip and facial filler. Starting fillers can be quite addictive, and you can get really big quickly," Fernandes says.

## Experts Featured

Gabriela Soza, MD, is a board-certified dermatologist at PFrankMD by Dr. Paul Jarrod Frank in New York City.

## Treatments for Filler Dysmorphia

If you're set on getting filler, it is of the utmost importance to visit a skilled and ethical provider who can help you set realistic goals during your treatment and will tell you when enough is enough. "Patients should seek experienced injectors such as board-certified dermatologists or plastic surgeons who will focus on enhancing natural beauty rather than over-treatment," says dermatologist Gabriela Soza.