

Ashley Judd & the Pillow Face Cure

Can you overdose on injectable fillers? No. Can you fix it? Yes.



SOURCE: JUDE DOMSKI/GETTY

Ashley Judd, at NYC's Apple Store in Soho on March 13, 2012, to talk about her new series, *Missing*.

Poor Ashley Judd. Last spring, April in fact, she was jumped all over by the media for a makeup mishap.

We tried to deconstruct what happened here on StyleGoesStrong in [How to Handle a Makeup Mishap](#).

This spring, in the last few days, Ashley Judd has been pilloried again, this time for having Pillow Face — the term for telltale signs of having had too much injectable filler. Spring is just not her lucky season perhaps.

The International Business Times called attention to [Ashley Judd's Puffy Face](#) in an article, noting:

“First it was [Lindsay Lohan who sported](#) a drastically different face, earning the nickname “pillow face.” Now, Ashley Judd is the talk of Hollywood and the Internet for being seen with a puffy face during a recent appearance, sparking rumors about plastic surgery, which her rep denied.

“On Monday, 43-year-old Judd appeared on a Canadian television show to promote her new television series, *Missing*, ... with a swollen face though she maintained her svelte figure.”

And the *Daily Mail* ran [a series of pictures of the actress](#) to point up their assertions. Now, this too is a situation we have already addressed, in [How to Avoid Pillow Face](#).

But I still made a beeline for our go-to guru Wendy Lewis, aka [The Knife Coach](#), for her take on the situation. “I *thought* she looked very different in the trailer for her new show,” she began.

“Well, one of three things could be going on with Ashley — a beauty in her own right with classic features, great bones and glowing skin. She may have put on a few pounds over the years (she was tiny in *Double Jeopardy*), she may be taking medication (like steroids or lithium for her admitted depression) that can give you a ‘moon face’ look, or she may have had some fat grafting or fillers to her face. It is impossible to know for sure. What’s more worrying is what is going on with that peasant top she has on in the [*Daily Mail*] picture - it looks like a costume from a village in an Eastern European country.”

NYC facial plastic surgeon, [Sam Rizk, MD, FACS](#) says:

“Ashley Judd has a facial structure many women would consider enviable. ... As she is now in her 40s, it is possible that she has had some Botox for her forehead, between the brows. In recent photos, she appears to have more fullness in the cheeks and lower face that could be evidence of autologous fat grafts or dermal fillers,....”

Finally I turned to [Dr. Z. Paul Lorenc](#), who had gone over all [the fine points of injectables](#) such as Botox, Dysport and Xeomin with me just a few weeks before:

“I think both Ashley and Lindsey underscore the importance of everyone, and especially celebrities, seeking out aesthetic physicians who have a clear understanding of what fillers can accomplish.”

I'm glad he brought up Lindsey Lohan, because a friend of mine mentioned her just the day before as looking like *she's* in her 40s now, because she's had so much work done. Overdone, it seems, can have the opposite of the desired effect.

He then added, generously: “Having said all that, Ashley could just be on a dose of steroids for a whopping allergic reaction?!”

True. Much was made of Kathleen Turner's puffy face years ago, before fillers, and it was the result of steroids she took for pain.

Wendy Lewis offers antidote options *IF* this a case of too much filler, though:

- “For Hyaluronic acid fillers — like Restylane, Perlane, Juvederm, Belotero — there is an exit strategy. It can be dissolved with hyaluronidase (an enzyme that breaks it down) so overcorrection or asymmetries can be improved. Otherwise, the effects of these fillers will go back to baseline over time — usually 9 to 12 months.”
- If she had fat grafts (her own fat), it may last for 6 months to several years depending on the method used, and in most cases, you just have to wait it out.
- Other fillers — Sculptra and Radiesse — will eventually degrade over a year or longer depending on how much was used and where on the face it was injected. In areas like lips and nose-to-mouth lines and marionette creases — where there is constant motion will break down faster than non-mobile areas like the lower lids.

“As you would expect, it's a lot easier to create the pillow face effect than it is to correct it,” she observes sagely.

Dr. Lorenc gives us the final word:

“Probably just as important is finding someone who has a proper take on what is ‘aesthetically correct’. I know this is hard to define, but one can get a sense of this after spending enough time in consultation and seeing photos of other [patients] as a point of reference.”

Prevention is often the best medicine.