



Save Up to \$30 per Ticket
Universal Studios Hollywood



Spa | Health + Wellness

Comedian Jessica St. Clair on Breast Cancer, Picking Out Her New Boobs and the Power of Scar Creams

By Liz Ritter, Executive Editor | October 23, 2018



Photo Credits: Jessica St. Clair

This article first ran in the Fall-Winter 2018 issue of NewBeauty, available on newsstands until January 15, 2019.

Comedian Jessica St. Clair has made a career out of being funny. The New Jersey native specializes in improv, and counts being an Upright Citizens Brigade cast member, creating and starring in NBC's *Best Friends Forever* and USA Network's *Playing House* with close friend Lennon Parham, and a role in *Bridesmaids* as some of her resume highlights. So when the 41-year-old was diagnosed with breast cancer back in 2015 at age 38, life abruptly became very serious. "My daughter wasn't even two yet. I was making her breakfast and I [touched my boob](#)—to this day, I still don't know why I did it—and knew something wasn't right." St. Clair moved quickly.

She went to the doctor that day, and after being diagnosed with Stage 2 [breast cancer](#), scheduled a double mastectomy and signed up for aggressive [chemo](#). "That's the order I did it in. I got my reconstruction before the chemo," she says, crediting her successful results to a one-step reconstruction procedure courtesy of Beverly Hills, CA plastic surgeon Lisa Cassileth, MD at Bedford Breast Center. "You go to sleep with your old boobs and wake up with new ones. I even kept my nipples, which I didn't realize would be hugely important to me. I have no visible scar and I basically have an internal bra, which they say will help keep my boobs from ever [sagging](#)."

You May Also Like: [Eva Longoria Talks Breast Cancer Awareness and "New Mom Life"](#)

Dr. Cassileth says many women aren't given the option for a nipple-sparing, one-stage reconstruction. "Sadly, multiple surgeries and a loss of the nipples are still the norm."

"In my case, my body is better now than it was before," St. Clair says. "I didn't have boobs that were anything to write home about previously, and after this, I'm happy to whip them out to anyone who will



Blunder #10: Mismanaging Retirement Withdrawals

You've accumulated a large nest egg, making the wrong withdrawals could put your retirement at risk. If you have a \$500,000 portfolio, you should read **13 Retirement Investment Blunders to Avoid**.

[Learn More](#)

FISHER INVESTMENTS*

“I have a passion for health and beauty that shows in my work.”



Dr. Andrew Ordon
Plastic Surgeon
Beverly Hills, CA



FIND A DOCTOR

-- STATE -- OR

-- SPECIALTY --

-- TREATMENT --

[SEARCH](#)

out your retirement at risk.

look. Not that anyone is asking!"

While St. Clair is now an open-book about her battle—even weaving her experience into *Playing House*'s plotline—she decided to keep her cancer a secret during her treatment.

SIGN UP TO RECEIVE OUR NEWSLETTER

[SIGN UP](#)

"I could not wrap my head around talking about it while I was deep in it; I always knew I was going to talk about it, but I had to get through it first so I had a happy story to tell. That's one of the great things about getting a reconstruction—if you want to talk about it, you can, and if you don't, you don't have to."

"Even on the day I was picking out my new boobs, amazing things were happening. I knew I was witnessing a revolution in how breast cancer survivors were being treated thanks to my doctors. And, of course, hilarious things happened too—my best friend picked out my [implants](#)."

She even recalls walking the red carpet four months into chemotherapy, post-surgery, and no one suspected a thing. "It was not the most fun I ever had, but I had had such a phenomenal [reconstruction](#) and was doing all these cancer hacks, so no one knew. I was on the beach 10 days after surgery! Sure, it takes a little while to get back to normal, but there are ways to speed up the recovery."

Today, St. Clair also works with the [AIRS Foundation](#), a nonprofit that provides grants for breast reconstruction after cancer to help educate other women on their options.

"I was lucky enough to have the means for reconstruction, but a huge percentage of women aren't able to pay for it, which absolutely enrages me. Everyone needs to have access to this. It is not a cosmetic thing—it is so integral to healing your body and your mind, and the two are very linked. It's one thing to be cured of cancer, but another to have your body restored to the way it was before."

"My advice: First and foremost, find a doctor you can trust and don't stop until you have the best of the best. You want to do this once, and you want them done right. You have to be your own advocate, which as women, we're not used to. If you don't get a good feeling, walk out the door. And listen to your recovery instructions! Those [scar](#) creams really do work!"

"Ask to see before-and-after images, talk to someone who had it done, and ask to see results in person," she adds. "And if you have any questions, I am happy to drive to your house and show you my boobs! At this point, I feel like they've been in me forever."

Tags: Celebrity • Cosmetic Treatments • Health + Wellness • Jessica St. Clair • Spa • Breast Cancer • Breast Implants • Breast Reconstruction • Plastic Surgery • Scars

If you have a \$500,000 portfolio, you should read **13 Retirement Investment Blunders to Avoid**.

[Learn More](#)

FISHER INVESTMENTS*

"I have a passion for health and beauty that shows in my work."



Dr. Andrew Ordon
Plastic Surgeon
Beverly Hills, CA



FIND A DOCTOR

-- STATE -- OR

-- SPECIALTY --

-- TREATMENT --

SEARCH

Related Stories



BREASTS

Gisele Bündchen Just Revealed She Got This Major Plastic Surgery

By Julie Ricevuto | September 26, 2018

"I was always praised for my body, and I felt like people had expectations from me that I couldn't deliver."

[READ ARTICLE →](#)



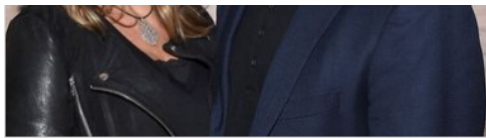
HEALTH + WELLNESS

Jill Goodacre Sparks an Important Conversation About Dense Breasts

By Brittany Burhop Fallon | October 27, 2017

Approximately 50 percent of women have them.





[READ ARTICLE →](#)



HAIR COLOR

Does Your Breast Cancer Risk Go Up If You Dye Your Hair?

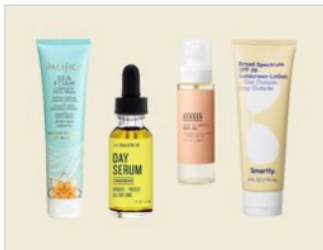
By Brittany Burhop Fallon | October 18, 2017

The debate continues.

[READ ARTICLE →](#)



RECOMMENDED FOR YOU



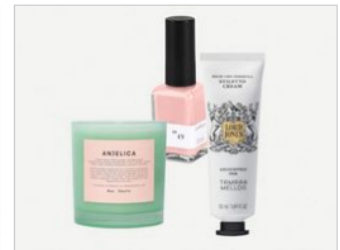
Target Just Made Shopping for Clean Beauty SO Much Easier



You Have to See How This \$10 Cleansing Bar Is Transforming So Many Complexions



The Beauty Secrets and Treatments Every French Woman Swears By



17 Gift Ideas for Your Best Friend

GET THE MAGAZINE

Print and mobile access to the best of the beauty industry, from The Beauty Authority.

[SUBSCRIBE NOW](#)



TESTTUBE[®] BY NEWBEAUTY[®]
Luxury Sampling Reimagined.

[ORDER NOW](#)



NEWBEAUTY[®]



[CONTACT US](#) / [ADVERTISE WITH US](#) / [MEDIA KIT](#) / [FIND A DOCTOR](#)

[EDITORIAL ADVISORY BOARD](#) / [DOWNLOAD THE APP](#) / [PRIVACY POLICY](#) / [TERMS OF USE](#) / [CAREERS](#)

NewBeauty may earn a portion of sales from products that are purchased through our site as part of our affiliate partnerships with retailers.

SANDOW[®]

Global Headquarters
101 Park Avenue
4th Floor
New York, NY 10178

Corporate Headquarters
3651 NW 8th Ave.
Boca Raton, FL 33431

info@sandow.com

NewBeauty uses cookies for various reasons, including to analyze and improve its content and advertising. Please review our [Privacy Policy](#)

[OK](#)

