



Cutting Edge

Plastic Surgery 101

// STORY BY CLIFF DORFMAN

RECENTLY, WE SENT OUT A POLL TO SUBSCRIBERS. SOME THINGS WE EXPECTED. FOR EXAMPLE, IT WAS NO SURPRISE THAT PEOPLE PLANNED TO TAKE A VACATION IN THE UPCOMING YEAR, OR HAD CHILDREN GOING TO COLLEGE, BUT ONE SHOCKING STATISTIC WE DISCOVERED WAS THAT NEARLY 100% OF THOSE POLLED SAID THEY PLANNED TO HAVE PLASTIC SURGERY IN THE NEXT FEW YEARS. THE KEYWORD IN PLASTIC SURGERY IS SURGERY; AND AS WITH ALL SURGERY THERE ARE RISKS AND REWARDS.

We thought it would be a good idea to chat with two Beverly Hills super-specialists— Dr. Stuart Linder and Dr. Robert Kotler as well as August Denton, one of a growing class of RN's known as Cosmetic Injection Specialists. Denton super-specializes in Botox, Restylin, Artefill, Sculptra and Dysport injections.

We use the term super-specialists because that's what they are. Dr. Linder for example, never operates above the neck thus super-specializing in everything from the breasts to the knees, whereas Dr. Kotler limits his practice to the face and neck only: rhinoplasty, pinning ears back, neck lifts, etc.

According to Dr. Kotler, "It's now a world of

super-specialists. Surgeons who limit their specialty to a defined area. That's when patients are in the best hands."

Dr. Linder simply states, "I don't operate above the neck. Never enjoyed it."

It makes sense. You wouldn't go to a muffler specialist for tires, right?

Both are best selling authors. Dr. Linder wrote, *The Beverly Hills Shape: The Truth About Plastic Surgery*. Dr. Kotler has two books, *Secrets of a Beverly Hills Cosmetic Surgeon* and *The Essential Cosmetic Surgery Companion*, a workbook for patients to take with them on their consultation.

Both doctors are card-carrying, certified

Board Members (Dr. Linder is a Diplomat of the American Board of Plastic Surgery and Dr. Kotler is on the American Board of Otolaryngology) who incorporate the latest in science and technology into their work.

Dr. Kotler invented a device called the Post-Operative Nasal Airwave System. It allows patients to immediately breathe through their nose after reconstructive rhinoplasty which improves breathing. When patients can't, it creates a lot of anxiety. Over 50 patients have used it successfully and it's currently patent pending.

Dr. Linder has performed over six thousand mommy makeovers and abdominoplasty procedures. He says a lot of patients aren't given the truth about scarring in order to sell them on getting surgery. He finds using Kelocote, a silicone gel spray, twice a day for three months post surgery yields the best results. For breast implants he uses Natrelle Cohesive High Profile Silicone Gels, which make breasts look tapered and more narrow because they allow for a tiny incision, as opposed to the more widely used Moderate Profile Implants which make women look heavier and matronly.

Dr. Kotler (who has operated on his wife, daughter, father in law in addition to thousands of others) has a signature procedure, Non-Surgical Wrinkle removal. In about two hours of being under anesthesia, a chemical process will erase most, if not all, your wrinkles.

August Denton says, Dysport (alternative to Botox) is climbing in popularity, as it seems to work a little longer, cost a little less and activate sooner than its competitor.

One common concern of any surgery is being put under. The answer? Be certain your Surgeon is using a Board Certified Doctor of Anesthesiology as opposed to a CRNA, a nurse certified to administer anesthesia. If a patient doesn't ask, the doctor doesn't necessarily have to disclose which he's using.

Always get checked out by your personal physician before undergoing any surgery. The state requires it so if your plastic surgeon doesn't remind you, that should definitely be a red flag.

Enter this arena with realistic expectations looking only for reasonable and safe procedures. That is what will ultimately avert any sort of problems down the road while keeping you on your journey to feel at peace. ☺

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