

# LOOKING GLASS

BEAUTY, HEALTH, AND WELLNESS



INSIDER'S GUIDE TO  
PLASTIC SURGERY

## Cutting REMARKS

A POWER PUBLICIST  
SHARES HER  
SURGERY SECRETS—  
AND WE LET YOU IN  
ON A FEW OF OURS.

The first time I went to [plastic surgeon] Gerald Imber, it was for a lump on my breast. I had a cyst removed and I came out with 16-year-old boobs. Jerry became my go-to guy, my good luck charm. He gave me a new neck on my 59th, and a newer neck on my 66th. He doesn't do too much; he makes you look like a better version of yourself. I'm 70 years old. People think I'm 50. Plastic surgery is not thought of as ghoulish anymore; it's much more sophisticated. And it's as common as going to the dentist.

—Peggy Siegal, author of the manifesto *How to Look Like Me at 70*, the Sequel to *How to Look Like Me at 60*, a comprehensive list of the 30 pros she relies on, from Imber to her immunologist. She gave it out at her birthday party this summer, and Angelina Jolie, Emma Stone, and Reese Witherspoon have copies. Read it exclusively at [TOWNANDCOUNTRYMAG.COM](http://TOWNANDCOUNTRYMAG.COM).

**A TIGHT FUTURE**  
Once upon a time, women hid indoors for weeks after plastic surgery. Now tell-tale bandages are a sign of self-care, not just vanity.

MILES ALDRIDGE/TRUNK ARCHIVE (BANDAGED WOMAN)



POST-SURGERY:

LA ROCHE-POSAY CICAPLAST \$15, [DERMSTORE.COM](http://DERMSTORE.COM) »



SHEA TERRA ORGANICS SERUM OF YOUTH \$29, [SHEATERRAORGANICS.COM](http://SHEATERRAORGANICS.COM) »

DECEMBER 2017/JANUARY 2018

T&C  
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# The PROTEGES

RISING STARS WHO HAVE BEEN TRAINED BY SURGICAL MASTERS.



**DINO ELYASSNIA**

*The corrector of billionaire "tech necks."*

**THE LOOK** Working under renowned facial rejuvenation surgeon Timothy

Marten, Elyassnia specializes in face and neck lifts and rhinoplasty. **THE EDGE** Most neck procedures focus only on skin and muscle tightening, but his lifts target the deep fat around the salivary glands to reduce volume and contour. SAN FRANCISCO, DINOMD.COM

**MICHAEL LEE**

*The next gen face-lift guru.*

**THE LOOK** Lee, who is also a board certified ENT surgeon, trained under Dr. Fritz Baron, pioneer of the high SMAS face-lift, to perfect the complicated yet popular technique. **THE EDGE** The high SMAS face-lift involves releasing and reattaching the deepest layers of facial muscle and tissue to yield a naturally lifted—not pulled—effect. DALLAS, PARKCITIESCOSMETICSURGERY.COM



**STEVEN LEVINE**

*The full body shaper.*

**THE LOOK** With a background in microsurgery and cancer reconstruction, Levine is now in practice with veteran

cosmetic surgeon Daniel Baker. **THE EDGE** He has face-lift patients bring in photos from 15 or 20 years ago, because they provide "a good place to start" aesthetically. He often performs face, breast, and body surgeries at the same time. NEW YORK CITY, STEVENLEVINEMD.COM



**MELISSA DOFT**

*The face-fixing favorite of Upper East Side moms and their broods.*

**THE LOOK** Known for her subtle face- and eye-lifts, the mother of two also specializes in pedi-

atric plastic surgery, regularly removing hemangiomas (strawberry marks) and performing ear pinning and molding procedures. **THE EDGE** In addition to seeing her own patients, Doft occasionally covers for her mentor, famed plastic surgeon David Hidalgo, when he's not available. NEW YORK CITY, DOFTPLASTICSURGERY.COM

## IMITATION Game

Famous faces—and body parts—that come up time and time again.



**THE FACE: IVANKA TRUMP**

Patients who may not agree with her politics still cop to wanting the first daughter's petite nose and high cheekbones.



**THE ARMS: MICHELLE OBAMA**

The former first lady's toned biceps have proven to have bipartisan appeal for those going in for arm lipo and lifts.



**THE CHEST: KATE HUDSON**

Surgeons from New York to L.A. cite the "smaller," "natural" appearance of the actress's breasts as a benchmark.



**THE GUY: BRAD PITT**

DC clients quip, "I'm going to look like Brad Pitt, right?" before getting the town's popular jaw-defining procedures.



DR. ROGERS RESTORE HEALING BALM \$30, DOCTORROGERS.COM >>



MZ SKIN HYDRATE & NOURISH MOISTURIZER \$145, NET-A-PORTER.COM >>



## The FIXERS

WHO TO CALL WHEN PLASTIC SURGERY GOES AWRY.



**JENNIFER CAPLA**

*Artistic body contouring after extreme weight loss.*

**THE LOOK** Whether it's arm lifts or lipo, she is known

for body work in which "the goal is not just to remove excess fat and skin but to restore proportions to provide a natural silhouette." **THE EDGE** Capla has operated on several *Biggest Loser* contestants, as well as on the former world's heaviest man.

NEW YORK CITY, DRJENNIFERCAPLA.COM

**SAM RIZK**

*Rebuilding noses and revising face-lifts for a global clientele.*

**THE LOOK** Rizk prides himself on undetect-

able face-lifts (several Saudi royals are rumored to be patients) with meticulous incisions and no disruption of the hairline.

**THE EDGE** He's the rare doctor who can do a tertiary nose job, which corrects not one but two previous surgeries. NEW YORK CITY, DRSAMRIZK.COM



**JULIUS FEW**

*Surgical and non-surgical solutions for scars and face-lifts gone wrong.*

**THE LOOK** Low-risk, high-impact solutions for the

35 percent of his clientele who are there for revision surgeries. **THE EDGE** One of the few docs in the Midwest doing the trendy Silhouette InstaLift, a minimally invasive

procedure he demo'd at Gwyneth Paltrow's Goop conference over the summer. CHICAGO, FEWINSTITUTE.COM



**TRACY PFEIFER**

*Post-mastectomy reconstruction and fixing faulty implants.*

**THE LOOK** Breast enhance-

ment that fits the patient's frame, and skill in dealing with difficult primary and secondary augmentation cases, as well as shaped, or teardrop, implants. **THE EDGE** A whopping 80 percent of her practice is breasts, and she is known for an ability to deal with the emotional as well as physical aspects of a second surgery. NEW YORK CITY, DRPFEIFER.COM

**RAMI BATNIJI**

*A Southern California option for over-pulled faces and botched nose jobs.*

**THE LOOK** Batniji is able to undo overdone and unnatural face-lifts by repositioning tissue that was pulled horizontally in a more vertical direction. **THE EDGE** He often works alongside his father, a fellow head and neck surgeon, on post-cancer reconstruction of the nose and jaw. NEWPORT BEACH, DRBATNIJI.COM



## LION'S Den

*Could Jocelyn Wildenstein go under the knife (again) before her upcoming wedding?*

There is *always* something that can be done to revise face-lifts, even if you've gone scalpel crazy. I know many surgeons who'd be up to the task. *Botched's* Terry Dubrow and Paul Nassif come to mind. (Nassif says he might be able to help, but Wildenstein would have to come clean about

*all* previous procedures.) But she seems happy with what she's done, and at the end of the day she has to live with it. Cher said it best: "If I want to put my tits on my back, it's nobody's business but my own." — Wendy Lewis, *president of aesthetics consultancy Wendy Lewis & Co.*



SKINCEUTICALS H.A. INTENSIFIER \$98, SKINCEUTICALS.COM »



PROVINCE APOTHECARY HEALING BALM \$52, THEGREENGODDESSSHOP.COM »



## The MINIMALISTS

PARAGONS OF THE LESS IS MORE APPROACH.

### HAIDEH HIRMAND

*Supremely elegant surgical results on Park Avenue.*

**THE LOOK** Hirmand uses a “person-appropriate” approach in her face and body work, fine-tuning for patients who are career diplomats and television personalities. **THE EDGE** She’s an expert in eyes—as evidenced by the referrals she got after doing Ali Wentworth’s a few years ago. NEW YORK CITY, HAIDEHIRMANDMD.COM



### CAROLYN CHANG

*Treating Silicon Valley titans with a light hand.*

**THE LOOK** This surgeon, whose patients are visible leaders in the valley, says, “Anything less than a completely under-the-radar result would not be acceptable to either them or me.” **THE EDGE** An aversion to perfect symmetry: “Leaving some natural imperfections can actually end up making someone look more beautiful in the end.” SAN FRANCISCO, DRCAROLYNCHANG.COM



### ANTHONY YOUN

*The doc who believes plastic surgery is good when no one can tell anything has been done.*

**THE LOOK** He avoids the wind-tunnel face-lift effect of yore by addressing the face from a 3-D, rather than 2-D, perspective, using surgery as well as fillers and fat grafting to achieve a natural result. **THE EDGE** Youn’s holistic approach includes working with patients on diet, skincare, and stress reduction long before and after surgery. TROY, MICHIGAN, DRYOUN.COM

### MICHAEL J. REILLY

*Practicing the art of subtlety in the nation’s capital.*

**THE LOOK** In what he refers to as a “relatively conservative market,” Reilly seeks minimally detectable results to fix what he calls “resting angry face.” **THE EDGE** He has been an advocate for changing the approach to cosmetic surgery for men. “Previously,” he says, “doctors were femi-

## THE Recovery Suite

*Going undercover after surgery is easy when you do it in the comfort of your own home.*



The 14 nurses who work exclusively for David Rosenberg, New York’s reigning face-lift deity, have been making lots of house calls lately, tending to patients who prefer to recuperate in their own beds. For \$80 an hour, they will properly ice the face, help with showering, and keep the home sanitary (no dirty dog paws on those Frette linens). It’s a job best done by a pro, not a family member. Plus, as Rosenberg says, “it’s a lot to ask of a Park Avenue husband.”

nizing men rather than making them look better or younger.” WASHINGTON, DC, REILLYFPS.COM



### SHEILA NAZARIAN

*A mother of three who cares for Hollywood patients’ post-baby bodies.*

**THE LOOK** Known for artful mommy makeovers that combine breast lifts, liposuction, and tummy tucks in one go. **THE EDGE** A sizable social media following with whom she shares her before-and-afters, as well as the work of fellow female doctors. LOS ANGELES, NAZARIANPLASTICSURGERY.COM



37 ACTIVES HIGH PERFORMANCE SERUM \$175, DRMACRENE.COM »



JANE IREDALE SKIN OMEGAS SUPPLEMENT \$47, JANEIREDALE.COM »



## Breach of ETIQUETTE

IS THERE ANY GOOD WAY TO ASK ABOUT PLASTIC SURGERY?

Let's get this out in the open: Most everyone is doing *something* in the name of appearance, and they are more likely than ever to talk about it openly. "The clearest sign that people are celebrating it more than ever," says plastic surgeon David Rosenberg, "is that 90 percent of my referrals used to be from doctors—now it's patients." Though he says mothers may drop their kids off at school with a splint after a nose job, they stop short of

sporting post-face-lift bandages in public. But gingerly asking about one's surgical alterations is still a minefield of potential offense, a fact Megyn Kelly found out when she broached the subject with Jane Fonda on her new NBC show in September. If you just can't keep your mouth shut when it comes to aesthetic improvements, we have a few suggestions...

**WHAT YOU'RE THINKING** "She looks way too refreshed. It can't just be more sleep."  
**WHAT YOU SAY** "You look as if you just got back from a week at We Care."

**WHAT YOU'RE THINKING** "Her neck looks quite newly tight."  
**WHAT YOU SAY** "I've maxed out on Diane Keaton movies and gotten rid of all my turtle necks. You too?"

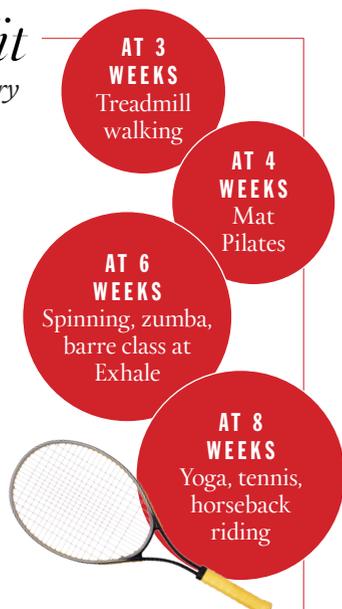
**WHAT YOU'RE THINKING** Breast implants.  
**WHAT YOU SAY** "I love those backless Reformation dresses, but I can't wear one without a bra. How do you do it?"

**WHAT YOU'RE THINKING** "He's suspiciously—and suddenly—skinny."  
**WHAT YOU SAY** "Have you switched to a ketogenic diet? I've never eaten so much ghee!"

## THE RUSH to Fit

Two of the busiest and best surgeons in the country share their post-procedure exercise protocols.

The rise of boutique fitness has led surgeons to give their post-op instructions a comical—but necessary—level of detail, as patients beg to get back to their exercise routines. Manhattan legend David Hidalgo has a chart, parts of which are shown here, that details when one can return to everything from mat Pilates (four weeks) to barre class at Exhale (six weeks). Los Angeles surgeon Garth Fisher, who is famous for his tasteful breast implants (he's rumored to have operated on Kate Hudson), says he has to remind patients to hold off on pretty much everything for four weeks, and to wait for six before going full blast at Tracy Anderson. "I really want them to protect the incisions and do everything they can to make that investment work for them," he says. "Plus, you can do more with lipo in an hour than you can do at the gym in a year."



REVISION SKINCARE NECTIFIRM ADVANCED \$129, REVISIONSKINCARE.COM »



PCA SKIN HYDRALUXE MOISTURIZER \$150, PCASKIN.COM «