

Dr. Sarah E. McMillan

Yarrow Bay Plastic Surgery
Kirkland, Washington

ASK DR. MCMILLAN

HOW WOULD YOU DESCRIBE YOUR APPROACH TO PLASTIC SURGERY?

My approach is to provide natural looking results that improve upon what my patients already have. My goal is to help patients find their inner confidence and feel beautiful—to make them look the best that they can without anyone knowing why they look so good.

WHAT MAKES YOUR PRACTICE DISTINCT?

I designed my practice to remove the intimidation from plastic surgery. Hardwood floors, distressed cabinetry and accents like bedside tables, fresh flowers and a chandelier in the reception area create a welcoming environment. Instead of paper gowns, my patients wear fuzzy robes. It can be a difficult and scary thing to admit out loud that there is something you don't like about yourself. I want my patients to feel comfortable throughout the entire process.

WHAT IS A CONSULTATION WITH YOU LIKE?

Seeing a patient for the first time, I definitely tailor the consultation to what she wants, but I also educate her on what would serve her best. Sometimes women come in knowing they need something, but they're not exactly sure what that something is. It's my job to listen, educate and help guide patients so that they can attain the results they want.

Moving on with a mommy makeover

Sought out for her experience with mommy makeovers, Dr. McMillan educates patients on the variety of options available to help them restore their figures post pregnancy. Ranging from tummy tucks and liposuction to breast augmentations and lifts, mommy makeovers involve combining procedures to help women address more than one concern. "Most of my patients want to restore what was lost and simply get their figures back to the way they were," says Dr. McMillan, who, as a female plastic surgeon, quickly understands what may be bothering patients. "Many of my patients tell me it's easier to relate to me regarding these procedures because I am a woman, and I have many of the same concerns that they do."

CASE STUDY



THE MAKEOVER THAT'S RIGHT FOR YOU

Each of these women was having difficulty regaining her pre-pregnancy shape. The first patient (above left) underwent submuscular augmentation with silicone implants combined with abdominal and flank liposuction and received fantastic results. For the second patient (above right), abdominoplasty with significant muscle tightening helped her lose her frustrating extra belly.

"it's incredibly rewarding to help a patient feel confident"

THE BOUTIQUE PRACTICE OF DR. SARAH E. MCMILLAN OFFERS PATIENTS A SAFE HAVEN TO UNDERGO SURGICAL AND MEDICAL SPA SERVICES. A BOARD-CERTIFIED PLASTIC SURGEON SUPPORTED BY FORMER ICU AND ER NURSES, DR. MCMILLAN OFFERS THE UTMOST IN SAFETY FOR HER PATIENTS IN HER NEW, STATE-OF-THE-ART SURGICAL SUITE. "PATIENTS DECIDE TO UNDERGO PLASTIC SURGERY AFTER MUCH THOUGHT, AND ONCE THEY COME IN TO MY PRACTICE, THEY KNOW THEY'RE IN THE RIGHT PLACE FOR THIS JOURNEY," DR. MCMILLAN SAYS.

MEET THE EXPERT

Dr. Sarah E. McMillan

American Board of Plastic Surgery

SERVICES OFFERED

Breast Augmentation
Breast Lift
Abdominoplasty
Liposuction
Breast Reduction
Body Contouring
Fat Transfer
Aesthetic Facial Surgery
Aesthetic Injectables

ABOUT DR. MCMILLAN

WHAT DO YOU LIKE MOST ABOUT BEING A PLASTIC SURGEON?

I especially enjoy the artistry and the variety. As a surgeon, you always have a plan, but every operation is different for every patient. It's gratifying to have the education and training to be able to do what each patient needs and to attain the results that will make her happy.

WHAT IS SOMETHING YOUR PATIENTS MIGHT NOT KNOW ABOUT YOU?

I've always known I was going to be a surgeon. Many

of the best surgeons historically have had a keen eye for aesthetics and are considered artists, which is why I was an art history major in college. I feel this has helped me develop a very visual way of thinking and working as a plastic surgeon.


WHAT ANTI-AGING ADVICE DO YOU OFFER PATIENTS?

Wear sunscreen. People always ask me, "How do you look so young?" I tell them my secret is sunscreen and Botox®—a little Botox® goes a long way!

MEDICAL DEGREE
Michigan State University

LOCATION
Kirkland, Washington

CONTACT
425.822.0300

 To learn more about the practice visit yarrowbayplasticsurgery.com