

LOS ANGELES

# HAUTE LIVING

MAY 2019



KALEY CUOCO

GOING OUT WITH A [BIG] BANG [THEORY]

**How can a patient ensure a speedy nose job recovery?**

“Patients can ensure a speedy nose job recovery by strict preparation one month before surgery including avoidance of caffeine, alcohol, smoking, and any medications that could thin the blood. Also helpful is if patients avoid strenuous physical activity the month after surgery and continue avoidance of caffeine, alcohol, and smoking. Patients also will be following a strict ICING protocol for 6 weeks after surgery to help quickly reduce and minimize swelling of the nose and undereye. Half of my patients get little to no bruising or swelling at all, and of the other half who do get some, most of their swelling and bruising is completely gone by the day the cast comes off. Doing their nose with a Scarless Nose technique, or closed endonasal rhinoplasty, helps as there is less manipulation and surgical trauma inflicted to start with.”

**What’s the best technique to use when wanting to create a scarless and flawless nose?**

“The best technique to use to create a nose with no telltale signs of surgery is always The Scarless Nose aka the closed endonasal rhinoplasty, where all the incisions are made inside the nose to avoid external cuts or scars. This technique is ideal for patients who are looking for subtle yet meaningful refinements to their nose without drastic change. Patients should also look for surgeons who focus on ONE procedure as nothing correlates with surgical success as much as the numbers of procedure a surgeon performs.”

– Dr. Deepak Dugar,  
[www.scarlessnose.com](http://www.scarlessnose.com)

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## BREAKING DOWN PLASTICS

BY ALEJANDRA TENORIO

HAUTE BEAUTY CAUGHT UP WITH THE COUNTRY’S MOST RENOWNED PLASTIC SURGEONS INCLUDING DR. RUSLAN ZHURAVSKY, Dr. Lucas Bryant, Dr. Daniel Careaga, Dr. Jason Emer and Dr. Deepak Dugar who walk us through some of the most commonly requested procedures from face fillers to body contouring, the highly-sought after Scarless nose and skin rejuvenation treatments. Here, each doctor breaks down the procedure by answering the most frequently asked questions pertaining to each area of the body.