

Your Body

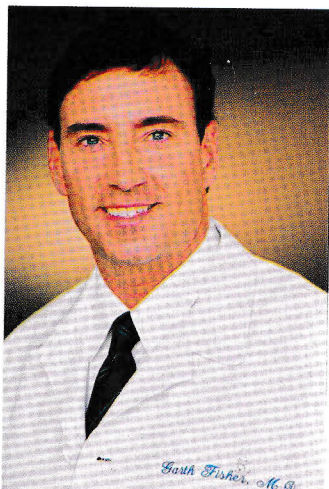
HOW TO CHOOSE THE RIGHT PLASTIC SURGEON

by Devorah Rose

Plastic surgery is becoming more and more mainstream. In the past, people tended to shy away from the subject. Some plastic surgery recipients firmly denied that they had received any help with their beauty. Today, reality shows such as "The Swan" and "Extreme Makeover" offer a modern-day Cinderella story of women are transformed physically—and, often, emotionally--by their new beauty.

With plastic surgeries increasing, more and more women are considering the problem of how to select a doctor. I spoke with two top plastic surgeons, Dr. Eric Sadeh and Dr. Garth Fisher, for advice on this problem. Both Dr. Sadeh and Dr. Fisher emphasized that plastic surgery is surgery, that it is not appropriate to bargain-shop when your health is at stake.

Dr. Garth Fisher



Dr. Fisher's office is located in Beverly Hills, California. It is an elegant and secluded place, with a charming staff. Dr. Fisher greeted me with a bright smile. Originally from Mississippi, he has a welcoming Southern manner. His desire to provide potential plastic surgery clients with the tools to choose a plastic surgeon led him to create a video series titled *The Naked Truth About Plastic Surgery*.

D: What directly inspired you to create this series?

F: Some of my patients need help to correct previous plastic surgery. The series helps potential clients understand what to ask a doctor before the surgery and what to expect after the surgery.

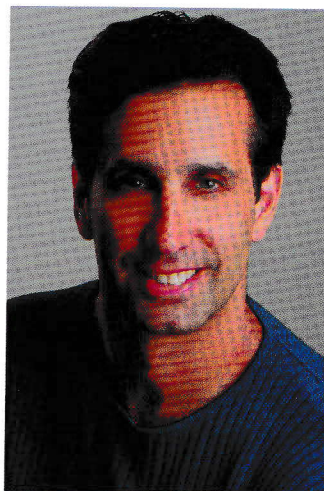
D: I've heard that a lot of doctors who are not plastic surgeons perform plastic surgery after taking only weekend courses on the subject.

F: That's true. That's why it's important to ask for board certification and to make sure the board of certification is recognized by the American Board of Medical Specialties.

D: Do you have any other tips for potential patients?

F: Yes: it's important to ask what percentage of the doctor's practice is cosmetic (over 50% is desirable). Also, ask how many of the operations you're considering does the doctor perform on a monthly basis. Lastly, the best way to seek a doctor is through satisfied clients. Ask people who are happy with the results of their own surgery.

Dr. Eric Sadeh



Dr. Sadeh is regarded as one of the hottest plastic surgeons in the industry. Walking into his office, I understood why--Dr. Sadeh is elegant, pleasant, and warm. His manner makes one feel entirely comfortable.

D: What are the three most important questions a potential patient should ask a plastic surgeon?

S: First, is the doctor board certified? Second, is he affiliated with a reputable hospital? And third, is he offering multiple techniques? If a doctor insists on performing the surgery just one way, he may not be up-to-date on

what's new in the field.

D: I heard that a lot of celebrity doctors don't perform their own surgeries. Is this true, and how can someone prevent this from happening to them?

S: Yes, sometimes that is the case. Be direct: ask your doctor if he will be performing the entire surgery.

D: But wouldn't that be offensive?

S: It shouldn't be. You're the client. It's very important that you feel comfortable with your doctor. You should be able to talk to him openly, expressing your concerns. Communication is key in a relationship with your doctor, especially when you're discussing what you want from the surgery.

D: Do you have any last tips?

S: Sure. Find a doctor who enjoys his work. You can tell if someone loves what he or she does.