

The plastic surgery

ADDRESS BOOK 2012

Whether it's a nip or tuck, *EW* brings you the go-to gurus to help you on your way to beauty supremacy

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Teeth

The expert: Dr Michael Apa, D.D.S.

Best for: The most natural-looking veneers in town

New York-based Dr Apa is a pioneer of Facial Aesthetic Design, a technique that can transform the look of your face just by adjusting your teeth. Having worked with the A-list and supermodels alike, he is the go-to man for a dental makeover. He tells *EW*: "Your teeth are the first thing you see when you look in the mirror, they can change the shape of your eyes and even cheekbones." If you want enhanced cheekbones, the teeth need to angle ever-so-slightly inward. On the flipside, building teeth outwards can have a great anti-ageing effect. His work looks to a patient's facial features for guidance. So no piano key porcelain veneers.

The result: A Hollywood-worthy smile

Clinic: Dr Michael's Clinic, Dubai

Price: From Dhs147,000

Tel: (04) 3949433

Website: www.rosenthalapagr.com

Dubai dates: January 28-February 5

Top tips to keep your teeth in check:

See the hygienist for cleaning three times a year and invest in an electric toothbrush. Sonicare Diamond Clean is one of the best.

Rhinoplasty

The expert: Dr Andrew Frankel, M.D., F.A.C.S.

Best for: A picture-perfect nose

Considered by his contemporaries as a leader in his field, Dr Frankel is an award-winning surgeon who specialises in facial plastic and reconstructive surgery as well as otolaryngology (ear, nose and throat). If you're lucky enough to get on his waiting list to tweak your beak, make sure you've done your homework. He says: "When someone is considering what to look for in terms of the new shape of their nose it's vital they can clearly articulate what they dislike about their current nose." The surgery itself is done under 'twilight' sedation, or deep conscious sedation, and there is a down time of around 12 days.

The result: A profile to be proud of

Clinic: Lasky Clinic, Beverly Hills, USA

Price: From Dhs17,000

Tel: (+1) 3105522173

Website: www.rhinoplastyrevisions.com

Dubai dates: Summer 2012

Choose the right surgeon:

Do your research and look at several photographs of a surgeon's previous work in order to determine if you like the aesthetic of that doctor. It's vital you think your surgeon knows what looks good.

Face lift

The expert: Professor Luiz Toledo, M.D.

Best for: Taking years off your birth date

This charming Brazilian surgeon, a certified member of the American Society of Plastic Surgery, has 36 years of private practice experience. "A face lift is recommended to remedy the problem of excess skin and thus reinstating the curves of the face," he explains. During the procedure the cheekbones can be sculpted using fat grafting techniques and eyelid surgery (blepharoplasty) can be undertaken at the same time. Dr Toledo advises that the stitches are removed one week after the op and the majority of swelling subsides after just 10 days.

The result: A more defined and younger version of you

Clinic: Mercato Family Clinic, Dubai

Price: Dhs30,000-Dhs60,000

Tel: (04) 3448844

Website: www.drлуiztoledo.com

Doctor's tip:

"The most important check you can do is to verify that the surgeon is a Board Certified Plastic and Reconstructive Surgeon in his home country. Checking the operating facility is an absolute must," Says Dr Toledo.



IMAGES TRUNK



Breast augmentation

The expert: Dr Buthainah Al-Shunnar M.D., F.A.C.S.

Best for: Increasing your cup size in the right proportion

A pioneer in her field and the only American Board Certified female plastic surgeon in Dubai, Dr Al-Shunnar is the go-to lady for a sensitive approach to your op. With 10 years of experience in the US before returning to her native UAE, she says that "a good aesthetic surgery result is one which looks natural and not 'done'." Dr Al-Shunnar admirably uses her skills to help breast cancer survivors in need of a woman's touch for their reconstructive surgery.

The result: A confidence boost with curves that look natural

Clinic: Al-Shunnar, Dubai

Price: Dhs21,000

Tel: (04) 3953033

Website: www.alshunnarplasticsurgery.ae

Top three options for breast augmentation:

An implant is put in to replace the lost tissue. Tissue from your own body can be used to create added volume and shape. Or a combination of an implant and body tissue can also be used for reconstruction.

"A good aesthetic surgery result is one which looks natural and not 'done'" –
Dr Buthainah Al-Shunnar

Tummy tuck

The expert: Dr Jaffer Khan M.B., B.S., F.R.C.S.I., F.R.C.S. (Plast.), F.A.C.S

Best for: Those who want to revisit their bikini days

Often known as a Mummy Makeover, the tummy tuck will get rid of loose skin on the abdomen after pregnancy or weight loss. Dr Khan will talk you through the best type of tummy tuck to ensure you get the best possible result with minimal scarring.

The result: A new-found waistline

Clinic: Aesthetics International, Dubai

Price: Dhs40,000

Contact Tel: (04) 3469888

Website: www.aesthetics.ae

Factoid:

A doctor will only perform a long cosmetic procedure if the patient is medically fit – the longer the procedure, the longer they are under anaesthesia and the more risk involved.

Injectable breast

The expert: Dr Maurizio Viel

Best for: Those who want to go up a cup size without going under the knife

With no risk of rejection and no possibility of an allergic reaction, women are flocking to Dr Viel to opt for an organic breast augmentation over implants. Fat is harvested from an area of your body (an added bonus) and then injected to create a fuller appearance. Dr Viel tells EVW that the procedure is "ideal for new mothers who want to get back lost volume and those with sufficient fat on their abdomen and thighs." The procedure can also be done to plump the face and the backs of hands to reduce the appearance of unsightly veins.

The result: An instant boost with minimal down time to recover

Clinic: London Centre for Cosmetic Surgery, Dubai

Price: Dhs23,000

Contact Tel: (04) 3752393

Website: www.lcas.ae

Doctor's tip:

"Don't be afraid to ask your surgeon questions such as who the anaesthetist is, where the surgery will take place and what risks are involved – a good surgeon should always be willing to provide this information," says Dr Viel.