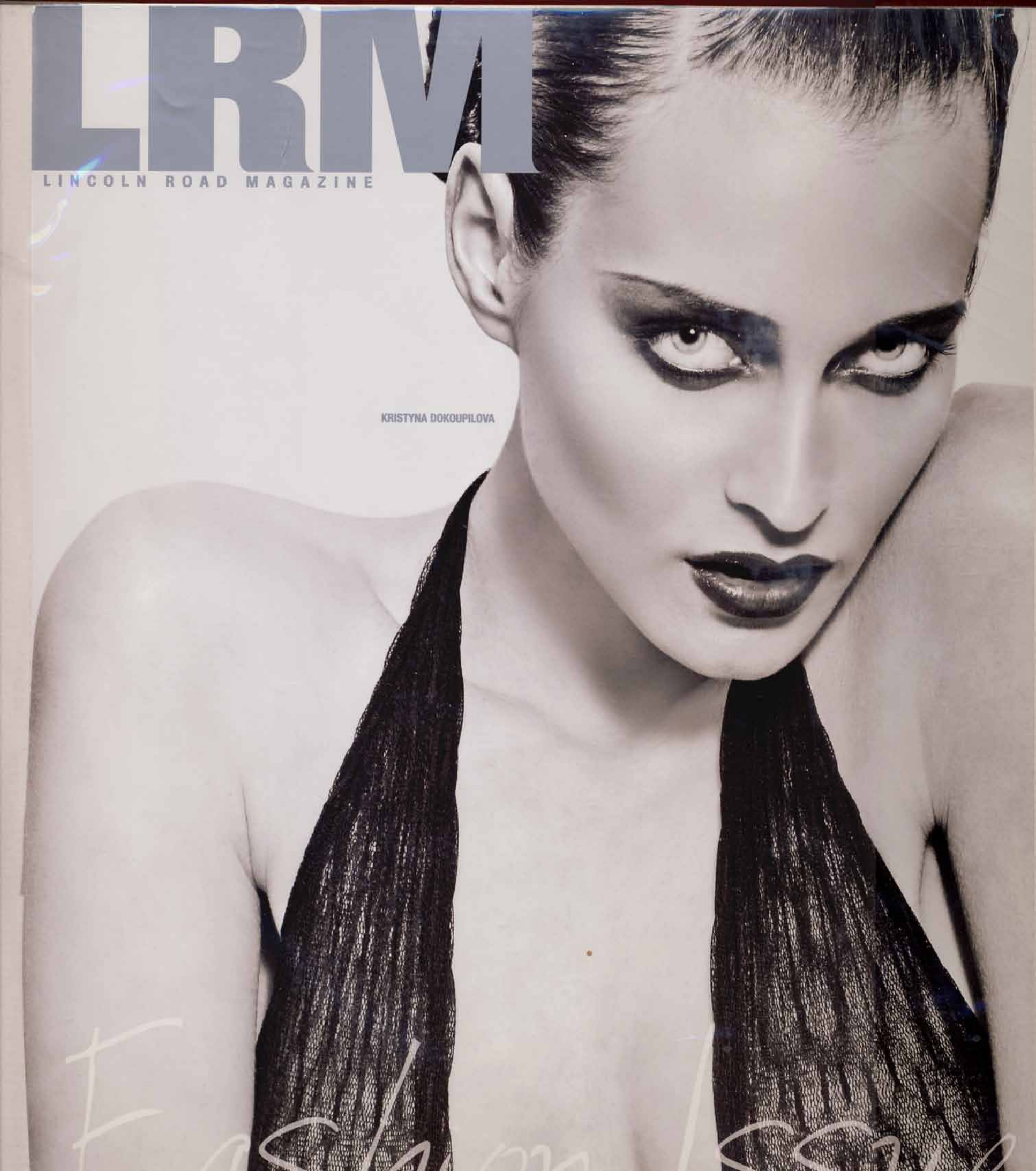


LRM

LINCOLN ROAD MAGAZINE

KRISTYNA DOKOUPILOVA



Faded, illegible text at the bottom of the page, possibly a signature or a page number.

"The most important fear of patients in plastic surgery is how the result is going to be and if it is going to be according to their expectations."

– Dr. Jhonny Salomon



Photo by Keith Douglas

Dr. Jhonny Salomon

Dr. Jhonny Salomon graduated Magna Cum Laude from Boston University with a Bachelor of Arts in Medical Science and received a Doctorate of Medicine from Boston University where he was awarded a grant from the School of Medicine. His General Surgery Residency was served at the University of Connecticut before receiving a Degree in Categorical General Surgery. After serving as a resident in Plastic and Reconstructive surgery at Brown University in Providence, Rhode Island from 1995 to 1997, he was granted a fellowship in Craniofacial Surgery from the University of Texas Southwestern Medical Center in Dallas. Dr. Salomon has been Board Certified by the American Board of Plastic and Reconstructive Surgery since 1999. Salomon is a member of the American Society of Plastic Surgeons, the American College of Surgeons, the American Medical Association, the Greater Miami Society of Plastic Surgeons, the Florida Society of Plastic Surgeons, and the Dade Medical Society. Dr. Salomon has written many articles for prestigious scientific journals as well as many national, international and local publications.

WHAT ARE PATIENTS' MOST COMMON FEARS AND COMMONLY ASKED QUESTIONS?

The most important fear of patients in plastic surgery is how the result is going to be and if it is going to be according to their expectations. Other fears of pain and recovery, and even the fear of an adverse anesthetic event are smaller compared to the first.

HOW CAN A PERSON BEST PREPARE FOR GOING INTO SURGERY, I.E. SKIN TREATMENTS, NUTRITION, ETC.?

Patients in the best overall health state do better as far as their result and recovery. In general, being well-hydrated, having great nutrition and not smoking contribute to a better result. For facial rejuvenation procedures, if the person has a lot of sun damaged skin it may be better to be on a skin treatment regimen prior to their surgery.

WHAT ARE THE DIFFERENT SUBSTANCES USED FOR FILLING LINES INCLUDING BOTOX AND RESTYLANE? EXPLAIN THE PROPERTIES OF EACH AND HOW IT IS USED, AS WELL AS THE SUCCESS RATE?

First of all, Botox is used mainly for the lines of the forehead, frown lines and small lines around the eyes, which are

called the crow's feet. Botox is a substance that paralyzes the muscle exactly where it is injected. It lasts about six months. The result of Botox is wonderful in terms of rejuvenation of the upper face for that period of time. In addition, Botox opens up the eyes and makes you look younger if administered in the right way. As far as filling the lines between the nose and lips, as well as the lips and the marionette lines, which are the lines from the corners of the lips going down to the chin, a few substances work well. I use Collagen and Restylane myself. Restylane lasts about six months. The products are very good for filling those lines and rejuvenating the lower face. For more long-term patients I use fat grafting, which is liposuctioning the fat from the abdomen or the thighs and injecting it to the folds and the lips. That result is more permanent and very natural as well.

IS THERE A HIGH RATE OF PLASTIC SURGERY PERFORMED IN FLORIDA? HOW DOES IT COMPARE TO THE REST OF THE COUNTRY?

I think Florida, especially Miami, has one of the highest per capita rates of plastic surgery being performed at this time. I think it is well above most parts of the country. It only compares to New York and California.

“Even beauties can be unattractive. If you catch beauty in the wrong light at the right time, forget it. I believe in low lights and trick mirrors. I believe in plastic surgery.”

— Andy Warhol

MEET THE BEAUTY MAKERS

The beauty makers of today, however, are the aesthetic surgeons – commonly known as cosmetic or plastic surgeons – who have mile-long waiting lists and celebrity clients from around the world knocking on their doors.

Media exposure and an explosion in popularity of plastic surgery has placed many of these surgeons in the spotlight, with reality television shows like ABC's *Extreme Makeover* and *The Swan* on Fox giving glossy interpretations of cosmetic surgery. In the case of Bravo's six-episode docudrama *Miami Slice* viewers caught a glimpse of the personal and professional lives of five Miami plastic surgeons, whose skills and reputation have garnered celebrity status.

In our recent quest for the inside story, *LRM* has asked a few of our local Miami surgeons about the ever-evolving subject of “aging gracefully”...or not so gracefully. The options are seemingly endless.

Dr. Jhonny Salomon, one of the five surgeons featured on *Miami Slice*, confirms that a plastic surgeon's reputation and status is highly-influenced by a doctor's client list and popularity. “Your work is what builds your practice over time,” he says. “It can't be forced through advertising.” Dr. Salomon's practice offers cosmetic surgery including breast augmentation, thigh and upper arm lifts, blepharoplasty (eyelid surgery), facelifts, rhinoplasty, abdominoplasty (tummy tuck), liposuction, as well as a variety of chemical or micro-peels and injectibles.

Of the 8.7 million cosmetic procedures performed in 2003, 22 percent were surgical, with the remaining 78 percent qualifying as non-surgical. So, how do you choose a doctor and how do you know what type of work you should have done? Although the Internet offers an abundance of information, listings and doctor websites, the search can be mind-boggling as search engines like Google have nearly nine million listings on plastic surgery.

A former patient of Dr. Salomon, who wishes to remain anonymous, shared her experience and reasons for seeking cosmetic surgery. We will call her Susan. “I'm 52 years old and although I felt young and looked good for my age, there were several things that I wanted to improve upon and could afford to do,” she says. After interviewing several doctors, Susan finally chose Dr. Salomon. “Of course I look younger and feel better about myself but [has it] affected my life? No major changes except when I look in the mirror. I was a happy, secure person to begin with and I still am.”

Potential patients should be aware that change resulting from cosmetic surgery is not permanent and maintenance is required. “Procedures such as a face lift, neck lift and eye lift last an average of 10 to 15 years,” says Dr. Salomon. “People who are very happy with one procedure may come back for another procedure. It is okay for a person to come for correction of multiple problems.”

One of the most frequently asked questions about any given procedure is regarding post-op pain. Says Susan about her eyelift, liposuction and inner thigh tuck: “It's not that it was so painful, it was more of a discomfort for a period of time.” Susan reports that she is pleased with her results and recommends it. “If you can afford a procedure, do it. It's not that it changes your life completely, it's just that those little things that bother you will be gone,” she says. “But remember, it doesn't bring back youth — it only gives you a lift from what you were.”

REALITY CHECK

Cosmetic surgery was once considered an extravagance and luxury only afforded to Hollywood stars. Extreme cases like Michael Jackson, Cher and Joan Rivers made people wary of the practice.

