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# Health+Beauty



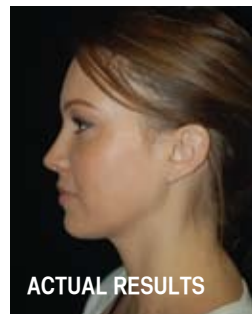
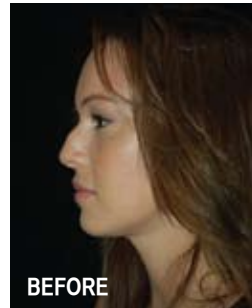
## Natural is Beautiful

By **GARY MOTYKIE, M.D.**

surgery in order to prolong and prevent the “bigger” procedures later on down the road. This means Botox and fillers at a point in time when lines start to appear on the face. Once again, conservative amounts of these simple and non-surgical alternatives to facial rejuvenation keep people looking younger. However, one must understand that too much of even these minor interventions can lead to altered facial expressions and plumped-up faces. That is why I always tell my patients to start with only a few areas of Botox to see how they like the results before considering more aggressive amounts and longer lasting alternatives.

In all of my consultations and any discussions with potential patients, I mention that one alternative to facial fillers is facial fat grafting. This is because our own fat contains the most plastic of all cells in the human body: stem cells. These cells are the true creative genius behind all of the tissues of the human body and they are contained in extremely high concentrations in our own fat cells. Unfortunately as we age, we also slowly lose our facial fat. Over the years our faces may begin to look “deflated” and weathered. The good news is that we have discovered it is possible to borrow fat from elsewhere on our own bodies and replace the fat that is lost in our faces with aging. In this way, we can restore our faces to a natural, healthy appearance without artificial fillers or over-tightening of the skin. For this reason, I truly believe that a key to facial rejuvenation in the future will be the concentration and incorporation of our own, natural adipose stem cells into aging facial tissues.

When considering facial plastic surgery to alter the appearance of the facial features, a similar philosophy holds true to that of facial



rejuvenation. People should always understand that natural results are beautiful. For example, when considering a rhinoplasty patients should know that technology exists to actually see what their “new nose” or profile will look like before ever seeing an operating room. Morphing software is available to all surgeons that can place your before and after profiles side-by-side so that you can literally see yourself before and after the surgery without actually having the procedure performed. This is nice because it gives you an idea of how you will appear after surgery and also give you an idea of the artistic skill and aesthetic ideals of your surgeon. If you give 10 different plastic surgeons the same nose to operate on, you will most likely get 10 different noses after the surgery. One of the biggest compliments to a plastic surgeons skill is that a patients looks like a more attractive, younger version of themselves but their friends and even family have a

hard time figuring out exactly what has changed about their appearance. The true art of plastic surgery is in keeping a change so natural that the patient can decide whom they wish to reveal their beauty secrets.

*Dr. Gary Motyk is one of America's most respected, published and innovative plastic surgeons. In addition to running a busy private practice in Beverly Hills, he is always in demand with the media, making regular appearances on E!'s Dr. 90210, Extra, Discovery's TLC and Dr. Phil. Additionally, he is quoted in newspapers and magazines including The Wall Street Journal, the L.A. Times and US Weekly. He has authored several scientific journals and written textbooks on many areas of plastic and reconstructive surgery, and many of the techniques he has helped create are referred to by surgeons today. Dr. Motyk is committed to the cultivation of breast cancer reconstruction. He donates hundreds of hours to survivors in the mission to achieve natural looking breasts after the physical and emotional effects of chemotherapy, radiation and mastectomies.*

When it comes to setting the standard for beauty, Beverly Hills is the place to watch out for. And while Hollywood is traditionally known for its flash and flair, the trend in plastic surgery is that women want results with a natural look...results that are not too “visible.”

The true magic in plastic surgery is in making patients look like a younger, more attractive version of themselves; not somebody completely different. Gone are the days of the “Extreme Makeover” because people do not want to look like they have had surgery.

In terms of facial rejuvenation, this means that “less is more.” Patients must always remember that additional plastic surgery can always be performed but it is difficult to undo less than satisfactory results. I prefer to be extremely conservative with my approach to facial rejuvenation and I believe that minor procedures and preventative measures are the key to beautiful, natural results.

Patients should consider maintenance plastic