

# Beverly Hills

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# Health+Beauty



## Less is More...

By **GARY MOTYKIE, Ph.D**

We have all seen it... The numerous magazines that line the shelves at the check-out stand, speculating on which young Hollywood starlet has undergone which surgical procedure. We have all combed the pages, comparing the before and after photos, trying to determine, "Is her nose smaller? Are her cheekbones more sculpted?" I, myself, have been asked numerous times by these same publications to contribute my thoughts as to whether or not these beauties have been surgically altered.

At times, one can find themselves wondering, "Aren't they beautiful enough already? Was the surgery really necessary? I barely notice a difference anyway." However, these young Hollywood stars are actually reflecting a growing trend in plastic surgery, the "less is more" approach.

Gone are the days when the wealthy 50-something housewife disappeared for the summer to the South of France and came back with her face stretched unusually tight. Today's approach towards cosmetic surgery is much more subtle, much more natural-looking and largely beneficial to patients of all ages. In my practice, I see more and more young and attractive clients who are seeking multiple, minimal refinements to improve their overall appearance. A "good" result is achieved when friends and family tell you how wonderful you look, but they can't quite place their finger on what it is that's different about you.

Traditionally, patients came to a plastic surgeon with a major complaint, "My breasts are too small, my nose is too large, etc." Today, more and more patients are coming to the office and asking the surgeon to recommend numerous ways to improve their appearance. A skilled doctor with a good aesthetic sense can suggest refinements that the patient may have never considered before, but will lead to a more beautiful or handsome look overall. Finding a doctor who utilizes computer imaging can be especially helpful in this search. Using computer imaging, the surgeon can not only describe to you what you will look like after the surgery, but can show you an image of yourself with the suggested changes. While reviewing your new appearance with your surgeon, you can suggest more or less dramatic adjustments which can be applied to your computer image on the spot! Overall, most people are truly amazed by how drastically they can improve their appearance by undergoing only a few minor cosmetic procedures.

No matter what procedure you are considering, make sure that you find an honest and genuine surgeon who will listen and work with you to achieve your aesthetic goals. A good plastic surgeon will not only be able to suggest beneficial procedures that you may not have considered before, but will also be able to tell you "no" in order to keep you from doing too much!

*Dr. Gary Motykie 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. Motykie 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.*