

TRUE AND FALSE BEAUTY *with* DR. BARRY M. WEINTRAUB

As a top Manhattan plastic surgeon with over two decades of experience, Dr. Barry M. Weintraub has seen and heard just about everything – not that he would reveal any secrets about anyone. But what he does reveal about plastic-surgery truths and misconceptions might surprise even the most experienced beauty sleuths.

Q: How would you define false beauty?

False beauty involves any surgical result that looks unnatural. For example, lips should never be overfilled or overinflated, but should have a soft, sexy pout. Similarly, noses should be conservative and understated, with graceful contours and elegant profiles. Immobile breasts that sit too high, look like half grapefruits stuck on the chest, or breasts that enter the room minutes before a woman does are not attractive and defeat the purpose of beautifying a woman's silhouette.

Q: True or false: After implant surgery, a woman has to wait weeks before she can go to the beach in a bikini.

False. This is because I prefer to employ the more technically challenging transaxillary subpectoral approach. Instead of visible and painful incisions around the areola and/or in the breast crease, implants are inserted through a small incision in the armpit. This technique is more difficult but is, in my view, far superior. A woman can be bathing-suit ready in three days. There are no scars anywhere near the breast, just a tiny line hidden in the underarm area. There is much less discomfort and very little downtime with this technique. A woman should refrain from swimming or vigorous exercise for two weeks, but she can wear a bikini and feel more comfortable about her figure in a matter of days, with her incisions neatly concealed.

Q: What is your definition of the ideal breast?

Ideal breasts – achieved with implants or not, and no matter what their size – should have a gentle slope, upturned nipples, and fullness in the lower part. When a woman lies back, her breasts should fall naturally to the sides. Nipples are ideally located halfway between the shoulder and elbow of

a woman when she looks in the mirror and stands with her arms at her sides. Cleavage shouldn't be overwhelming or too sparse. Ideal breasts can be achieved with precise, skillful placement of implants, a breast lift, or with breast-reduction surgery.

Q: True or false: Implants prevent women from breastfeeding.

False. Because I insert the implant through the underarm area, the implant sits behind the muscle and doesn't interfere with nipple sensitivity or the ability to breastfeed. A woman can safely breastfeed with implants. There is no reason to wait to improve one's figure until after having children. By approximately age 18, a woman knows what she has or does not have, and is entitled to make a change that best suits her body. Most importantly, the end result should produce breasts that look, feel, and behave naturally.

Q: Has the field of plastic surgery become more aware of the importance of naturalness?

To some degree, yes. But there are still unnatural results being produced. Subpar cosmetic surgery ages you. This is particularly true with facelifts. There is nothing more condemning than a face pulled too tight with unnecessary and undue traction. I've always advocated the idea that less is more, and that results should be beautiful and understated. It's fine to tighten and tone, but not okay to pull and tug.

Q: What are the latest trends in body surgery?

I've seen an increase in women feeling confident about themselves and wanting to restore their bodies after having children. We call this a "Mommy Makeover." This procedure is a combination of a breast lift (mastopexy), with or without augmentation, and a tummy tuck. Due to pregnancy and/or extreme weight fluctuations, the skin of the stomach can become saggy or hanging. A Tummy Tuck, or abdominoplasty, produces a flat and toned abdomen, removing excess skin and subcutaneous fat that no measure of diet or exercise can resolve. The procedure itself involves a very low incision in the pubic region, often low enough to be hidden under a bathing suit or underwear. This technique employs an internal corset that is strong and long lasting, and will return the abdomen to its desired firmness.

Q: What are the latest trends in facial surgery?

With the advent of the Short Scar Facelift, many



people are now enjoying the benefits of facial rejuvenation without the telltale scars. As the name implies, the incision is shorter. It begins at the top of the ear and is then disguised inside the ear, with the remaining excess well concealed in the crease behind the ear, but not continuing horizontally into the hairline. No unsightly scars show when the hair is worn up. Compared to traditional facelifts, the post-op recovery period takes less time, yet the result lasts as long. Wounds are closed in layers with tiny, precise sutures that are woven under the skin, camouflaging any signs of surgery.

Q: What is your opinion of liquid facelifts?

As early signs of aging make themselves known, non-invasive options have become more popular, affordable, and effective. It is now possible to delay what might otherwise have been an inevitable surgery by employing a combination of Botox and facial fillers. This can take years off one's appearance without surgery and without downtime. I perform these procedures in my office, and the results are entirely rewarding. I find it gratifying to help people achieve their desired result with procedures that have become quicker, less invasive, and more effective. It is always a pleasure to see results that change lives and make people feel better about themselves, because we tend to feel our best when we look our best.

Q: Can you offer one definitive "beauty truth?"

Yes: one should always be true to one's self. There is only one person to have plastic surgery for: you and you alone. It is a want, not a need, and it should never be undertaken due to pressure from others.

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