



### Real Answers with Dr. Barry M. Weintraub

Dr. Barry M. Weintraub, a top Manhattan plastic surgeon with over two decades of experience, reveals plastic-surgery truths and misconceptions that might surprise even the most experienced beauty sleuths.

#### 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, pretty 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.

#### Why is it important to go to a plastic surgeon for noninvasive (injectable) treatments?

Plastic surgeons have a profound knowledge of the underlying deep anatomy and three-dimensional awareness of what is under the skin, because this is where we operate. Such knowledge is beneficial to patients because it helps ensure great injectable results, with no downed brows from Botox, and filler placed exactly where it is most attractive.

#### Why are you well known for your minimal-downtime surgical procedures?

I am a slow and meticulous surgeon who executes every maneuver with precision. I disturb as little tissue as possible when I operate, whether it be a primary or revision rhinoplasty, a face lift, a neck lift, a blepharoplasty (eyelid lift), or breast and body surgery. As a result, there is often little to no bruising, and less recovery time is necessary since there is less aggravated tissue to repair. My patients appreciate my surgical techniques because they have busy lives, whether professionally or socially.

#### What makes a great face lift?

Subtlety! Nothing should look pulled or unnatural. The mid-face should have healthy repositioning, the jowls removed, the jawline sharpened, and the neck made smooth and beautiful. Upper-eyelid incisions should be hidden low in the blink crease. I prefer to treat the lower eyelids by teasing out fat and resurfacing the crepey lower eyelids with the spectacularly advanced Sciton laser, thereby guaranteeing a beautiful result without any visible incisions below the lashes.

#### Why is the neck so rarely talked about?

Many people see themselves from the chin up, but often the neck is the first thing to show signs of aging, particularly in profile. The presence of jowls as well as neck laxity can age a face substantially.

#### What is the most common fear of surgical patients?

Patients are afraid of looking "done." Bad plastic surgery is obvious; great plastic surgery is invisible. Once my patients see photos of my results, they become comfortable knowing they will have a face lift that looks natural, a nose that seems like they were born with it, eyelids that are not artificially too open, breasts that are proportionate. My hallmark is understated elegance.

#### If you had \$2,500 and wanted to look refreshed, how would you spend it?

I would have a combination of Botox, filler, and lasers. Botox can address many areas: the forehead lines, crow's feet, bunny lines of the nose, the masseter muscle that can give the illusion of a masculine jaw in women, vertical lipstick lines, a downturned mouth, and platysmal bands of the neck. Filler can augment a crooked nose, a weak chin, or flat cheekbones. In addition, it can plump the lips, the marionette lines, and the nasolabial folds that run from the corners of the nose to the corners of the lips. Belotero filler can be used to combat under-eye depressions. Lasers are an excellent way to correct sun damage that manifests in the form of blotchy, pigmented skin, and texture imperfections such as wrinkles and surface roughness.

#### What procedures are well-suited to this time of year?

BBL Laser, which is a glaring improvement over photofacials, is an outstanding way to even out skin tone that might have become pigmented in the summer, no matter how much sunscreen one might use. I use the Sciton system, which is the best available. Any laser treatment is wonderful to schedule at this time of year to ensure that you look your best into the autumn and winter. Face lifts are also popular, as people want their holiday photos to reflect them at their most attractive.

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*Dr. Barry Weintraub, M.D., F.A.C.S., a top board certified cosmetic plastic surgeon and member of the American Society of Plastic Surgeons, has offices in Manhattan as well as East Hampton. Dr. Weintraub is internationally renowned and sought by patients worldwide for his expertise and aesthetic sophistication. He caters to those who wish to be pampered with the most luxurious and outstanding surgical experience, guaranteeing the utmost in privacy and personalized medicine. New York City office: 800A Fifth Avenue, Street Level at East 61st Street, 212-737-7500. East Hampton office: near the Ross School, 631-324-4800. DrBarryWeintraub.com.*