



## DOCTOR'S ORDERS

Acclaimed plastic and reconstructive surgeon (and Downtown resident) **Dr. Donald Roland** answers our burning questions.

### **What are some of the most common issues you see in New York patients?**

The biggest challenge lies in the change of seasons, from freezing snow and wind in February to lying on the beach in 80-plus degree weather four months later. Good skin care in New York centers around changing products with the seasons—one regimen is just not effective throughout the whole year.

### **What is the most common question you get from patients?**

Will this surgery last forever? Making good on your promise to eat better and work out more can help your plastic surgery results look better longer. However, plastic surgery only turns back the clock; it doesn't stop it. Gravity, sun exposure and smoking continue to age us.

### **Are there home remedies that can keep us out of the doctor's office?**

For puffiness under the eyes, place cool compresses in the morning when sitting or standing. Our bodies are bags of water, which seeks its own level during the night. By morning water has accumulated around our eyes. To hide cellulite temporarily, have a body wrap one day before a big event. Also, sun avoidance, a healthy diet, exercise and drinking a whole lot of water are essential.

### **What is the biggest misconception people have about plastic surgeons?**

That plastic surgeons want to overdo everything. Laypeople usually recognize cosmetic patients only when a surgery is overdone or done poorly, and they equate this to "plastic surgery."

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