

DR. DONALD ROLAND

WHAT ONE LIFESTYLE CHANGE WOULD MOST BENEFIT OUR HEALTH

Daily meditation. It's very grounding

ALTERNATIVE OCCUPATION

Landscape architect
Designing and building an Asian pagoda and walking trails at my upstate weekend home

FRAMED PHOTOS ON YOUR DESK

My wife and two children

FAVORITE QUOTE

Big gains are made in small increments over long periods of time

RIGHT NOW I'M READING

The Lean Body Promise by Lee Labrada

I START EACH DAY

Giving my newborn son a bottle

I'M NEVER WITHOUT

A sense of humor

aesthetics as art

An artistic aura permeates the Upper East Side office of Dr. Donald Roland—from the eclectic array of Asian painting and African tribal art on the walls to the doctor's own skilled approach to cosmetic surgery. The boutique cosmetic enhancement practice and medi-spa, with its licensed aesthetician, offers an intimate, sophisticated feel.

A student of ancient art history, Dr. Roland approaches cosmetic enhancement surgery from a reconstructive foundation with an artistic flair. His reconstructive surgery interest began at New York University School of Medicine, where he would spend hours participating in long reconstructive microsurgery cases. The meticulous attention to detail and the creativity required to problem-solve during these cases naturally led Dr. Roland to the field of cosmetic enhancement surgery. Today, the doctor's cosmetic practice provides each patient with a sought-after result that is young, refreshed and age-appropriate, but not overdone. Outcomes such as these begin to take shape pre-operatively, where Dr. Roland puts his patients at ease with his comforting and down-to-earth manner. Post-operatively, he has a hands-on approach during the recovery process. "I want to be involved during the entire healing phase."

BOARD CERTIFICATION

American Board of Plastic Surgery

MEDICAL DEGREE

New York University School of Medicine

GENERAL SURGERY INTERNSHIP

Albert Einstein College of Medicine

PLASTIC SURGERY RESIDENCY AND JACQUES

MALINIAC MICROSURGERY FELLOWSHIP

Albert Einstein College of Medicine

AFFILIATIONS

American Society of Plastic Surgeons

New York Regional Society of Plastic Surgeons

American College of Surgeons

American Society of Reconstructive Microsurgery

American Medical Association

AREAS OF EXPERTISE

Rhinoplasty

Facelift

Blepharoplasty

Breast Augmentation

Aesthetic Injectables

LOCATION

New York, New York

212.744.9400

WEB SITE

www.donaldrolandmd.com

ASK DR. ROLAND

Q: MY BREASTS HAVE CHANGED FOR THE WORSE SINCE GIVING BIRTH TO TWO CHILDREN. I'D LIKE THEM TO BE FULLER AND MORE LIFTED. WHAT ARE SOME OF THE OPTIONS FOR ME TO CONSIDER?

A: Many prospective breast-enhancement patients complain that their breasts were fuller, tighter, and higher prior to pregnancy. Since then, their breasts have dropped and lost upper fullness or volume. Often these patients come see me with a single procedure in mind, either a breast lift or augmentation. In select patients, these procedures are combined, in what is called an "augmentopexy." This allows me to lift the sagging breast tissue and skin and position the breasts on top of the new implant. A more youthful breast shape with the added volume, lost after pregnancies, is achieved. These patients go back to their busy lifestyles with a short recovery.

INSIDE INFORMATION

"Restoring the body's form and function has always been an interest of mine."

—DONALD ROLAND, MD, FACS