

## Dr. Says: Ten Candid Questions on Plastic Surgery

Plastic surgery. Two little words, one big concept. We've all thought about it, some of us have already done it, and a few of us probably know someone who's already undergone the knife (even if you don't know about it!)

We've enlisted one of our favorite cosmetic surgeons, [Dr. Donald Roland M.D., F.A.C.S.](#), to answer some of the most common questions associated with these types of procedures.



**Glam asks, Is plastic surgery more common among men or women?**

Dr. Roland says... Women.

**Glam asks, What is the average/best age to receive plastic surgery?**

Dr. Roland says... There's no best age for all of Plastic surgery but instead for the individual procedures.

**Glam asks, What is the difference between aesthetic/cosmetic and medical/reconstructive plastic surgery? Do you perform both?**

Dr. Roland says... Cosmetic surgery deals with improving the patient's appearance, Reconstruction improves function (say in hand surgery) or the appearance after a medical problem (like breast cancer, or birth defects). Yes I do both.

**Glam asks, Will receiving plastic surgery generally leave me with a scar? Which procedures have minimal scarring? What are some ways to reduce said bruising and swelling?**

Dr. Roland says... Any surgery where skin is cut leaves a scar. A good Plastic Surgeon knows all the tricks to hiding them and in treating them. Bruising is prevented and treated with Arnica Montana.

**Glam asks, What specific areas of the nose can be modified with a rhinoplastic procedure?**

Dr. Roland says... Rhino's can target the dorsal hump (seen in profile), nasal width, the tip, nostril size and any breathing problems.

**Glam asks, What is the average recovery time after receiving rhinoplasty (nose reshaping)?**

Dr. Roland says... Rhinoplasty recover takes about 10 days, however the nose will continue to improve over the first 6 months.

**Glam asks, Can I receive a second nose reshaping if I am not satisfied with the first result?**

Dr. Roland says... Secondary rhinoplasties are performed, but must be evaluated very carefully to obtain a happy patient.

**Glam asks, How do I know if I am a good candidate for liposuction? On what areas of the body can I receive liposuction?**

Dr. Roland says... People with good skin tone and mild to moderate fatty layer are the best candidates for Lipo. Most areas of the neck, torso, upper arms and thighs can be targeted.

**Glam asks, What is the most common plastic surgery procedure [that you perform]?**

Dr. Roland says... My most common procedures concern breast augmentation and lifting, as well as abdominoplasties.



**Glam asks, I am a breast cancer survivor, am I still eligible for breast augmentation?**

Dr. Roland says... After breast cancer surgery one reconstructive option is with first placing a tissue expanded to make a space large enough to then exchange it to an implant.

To learn more about Dr. Roland, visit [DonaldRolandMD.com](http://DonaldRolandMD.com).