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JANUARY 2012

PLASTIC
SURGERY
SPECIAL

YOUR GUIDE TO
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in 2012

LADY

gaga

what **NEXT** after
world domination?



The plastic surgery ADDRESS BOOK 2012

Whether it's a nip or tuck, *EW* brings you the go-to gurus to help you on your way to beauty supremacy

WRITTEN BY ELIZABETH WHISTON-DEW
AND CHERITH NICHOLL

Teeth

The expert: Dr Michael Apa, D.D.S.

Best for: The most natural-looking veneers in town

New York-based Dr Apa is a pioneer of Facial Aesthetic Design, a technique that can transform the look of your face just by adjusting your teeth. Having worked with the A-list and supermodels alike, he is the go-to man for a dental makeover. He tells *EW*: "Your teeth are the first thing you see when you look in the mirror, they can change the shape of your eyes and even cheekbones." If you want enhanced cheekbones, the teeth need to angle ever-so-slightly inward. On the flipside, building teeth outwards can have a great anti-ageing effect. His work looks to a patient's facial features for guidance. So no piano key porcelain veneers.

The result: A Hollywood-worthy smile

Clinic: Dr Michael's Clinic, Dubai

Price: From Dhs147,000

Tel: (04) 3949433

Website: www.rosenthalapagr.com

Dubai dates: January 28-February 5

Top tips to keep your teeth in check:

See the hygienist for cleaning three times a year and invest in an electric toothbrush. Sonicare Diamond Clean is one of the best.

Rhinoplasty

The expert: Dr Andrew Frankel, M.D., F.A.C.S.

Best for: A picture-perfect nose

Considered by his contemporaries as a leader in his field, Dr Frankel is an award-winning surgeon who specialises in facial plastic and reconstructive surgery as well as otolaryngology (ear, nose and throat). If you're lucky enough to get on his waiting list to tweak your beak, make sure you've done your homework. He says: "When someone is considering what to look for in terms of the new shape of their nose it's vital they can clearly articulate what they dislike about their current nose." The surgery itself is done under 'twilight' sedation, or deep conscious sedation, and there is a down time of around 12 days.

The result: A profile to be proud of

Clinic: Lasky Clinic, Beverly Hills, USA

Price: From Dhs17,000

Tel: (+1) 3105522173

Website: www.rhinoplastyrevisions.com

Dubai dates: Summer 2012

Choose the right surgeon:

Do your research and look at several photographs of a surgeon's previous work in order to determine if you like the aesthetic of that doctor. It's vital you think your surgeon knows what looks good.

Face lift

The expert: Professor Luiz Toledo, M.D.

Best for: Taking years off your birth date
This charming Brazilian surgeon, a certified member of the American Society of Plastic Surgery, has 36 years of private practice experience. "A face lift is recommended to remedy the problem of excess skin and thus reinstating the curves of the face," he explains. During the procedure the cheekbones can be sculpted using fat grafting techniques and eyelid surgery (blepharoplasty) can be undertaken at the same time. Dr Toledo advises that the stitches are removed one week after the op and the majority of swelling subsides after just 10 days.

The result: A more defined and younger version of you

Clinic: Mercato Family Clinic, Dubai

Price: Dhs30,000-Dhs60,000

Tel: (04) 3448844

Website: www.druiiztoledo.com

Doctor's tip:

"The most important check you can do is to verify that the surgeon is a Board Certified Plastic and Reconstructive Surgeon in his home country. Checking the operating facility is an absolute must," says Dr Toledo.