

AN INFORMATIVE TEXAS SPECIALTY MAGAZINE®

# NU IMAGE

## CUSTOM-TAILORED BEAUTY JUST FOR YOU!

**Choices and Options from the  
American Institute for Plastic Surgery**

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## CUSTOM-TAILORED BEAUTY ... JUST FOR YOU!

### Choices and Options from the American Institute for Plastic Surgery | by Anna Charles

Our lives are full of little miracles. Just think of the innovations we enjoy and even take for granted today, compared to a decade ago. Included in these modern miracles is plastic surgery and clinically-focused aesthetic services. Available to nearly everyone, not just the privileged few, these procedures can offer life-changing benefits. And the evolution hasn't stopped! Plastic surgeons who are leaders in their field, such as those at the renowned American Institute For Plastic Surgery, now provide more options and choices than ever before. Customizing treatment plans using everything from breakthrough non-invasive and minimally invasive treatments to advanced surgical solutions, they will help you achieve the look you've longed for. We're talking real results that let your natural beauty and your personality shine through.

*Nu Image* recently had the opportunity to talk with the Institute's founding partners and board-certified plastic surgeons, Dr. Peter Raphael, Dr. Scott Harris, and Dr. Alan Dulin. As one of America's premier plastic surgery groups, this dynamic team, which also includes Dr. Alfred Antonetti and Dr. John Antonetti, stays up-to-date on the latest advancements. Over the years they have remained focused on results-oriented procedures, following medically sound principles, and using proven technologies and techniques. In addition, the Institute offers a vast assortment of all types of procedures instead of trying to force-fit patients into a limited set of services. We asked Drs. Raphael, Harris and Dulin to weigh-in on the options available today, and to provide overall guidance to choosing the options that best-suit your needs.



## OPTION 1

SURGICAL SOLUTIONS  
FOR LONGER-LASTING,  
DRAMATIC RESULTS

You can't do a little something and expect the kind of results if you had done a lot of something. This concept applies to many things in life. For example, you can start walking 30 minutes a day to tone up and shed a few pounds, but you can't expect to get killer 6-pack abs from it. The same holds true for plastic surgery when comparing surgical solutions to non- or minimally invasive procedures. An experienced, honest plastic surgeon will tell you that in general, it comes down to how dramatic you want your results to be, and how long you want them to last. This is why despite all of the exciting new non- and minimally invasive treatments available today, surgical solutions will continue to be a popular, sought-after option.

"From our perspective, it's about managing patient expectations and being honest—understanding our patient's goals and desires, and balancing them with what can be realistically delivered. There are some great non-invasive and minimally invasive treatments available, and we offer those we believe will deliver the kind of real benefits and results our patients are looking for. At the same time, we educate our patients and try to help them understand that non-invasive treatments simply don't offer the same results as full surgery," said Dr. Peter Raphael, who co-founded the American Institute For Plastic Surgery along with Dr. Scott Harris.

"Comparing a non-invasive treatment applied to the outside of the skin to a full face lift, for example, is like comparing apples and oranges," Dr. Scott Harris commented. "During a full face lift excess skin is surgically removed, fat is removed and/or repositioned, and the underlying muscle structure is rearranged and tightened up. The same results cannot be achieved with a non-invasive treatment."

Dr. Raphael added, "We're honest and upfront with our patients, even if we're telling them something they don't want to hear. We're not going to tell you something will work the way you want it to work if we believe that it won't meet your expectations. This is part of our job as experienced plastic surgeons."

Dr. Alan Dulin noted, "Our practice isn't focused on selling services, but instead, on offering honest opinions and recommendations based on our vast experience and knowledge. We listen carefully to our patient's desires, concerns, and goals, and then create a solution that's consistent with their expectations and budget, as well as the amount of time they have available for recovery."

The American Institute For Plastic Surgery also points out that the honesty pendulum swings both ways. Dr. Harris explained. "Little to no downtime is often associated with many non- or minimally invasive procedures. Surgical services typically require more downtime. It would be misleading for us to tell you that you can have a face lift or breast augmentation and tummy tuck on a Wednesday or Thursday, and that you'll be ready to go to party on Saturday."

## OPTION 2 | EFFECTIVE, STATE-OF-THE-ART NON-INVASIVE AND MINIMALLY INVASIVE TREATMENTS

While surgery typically offers the most dramatic and longest lasting results, there are many exciting non-invasive treatments available today that are the perfect answer for many patients.

"Some people don't need surgery yet or don't want to undergo surgery for personal reasons. Others don't have the time it takes for recovery, or they are looking for a quick and convenient solution that fits into their budget and lifestyle," Dr. Raphael stated. "Plus a growing number of people want to stay youthful looking to remain relevant in the workplace. Keeping your appearance up with procedures that offer noticeable results with little to no downtime are often a great solution."

The American Institute For Plastic Surgery is known for staying abreast of all the advances in technology, techniques, and materials, then adopting only those that are safe, effective, and deliver results. Non-invasive services range from laser treatments that resurface and tighten the skin to fat-melting and skin tightening radio frequency (RF) therapies. And of course, injectables such as BOTOX®, Dysport®, and dermal fillers offer non-permanent results that can work wonders reducing the appearance of fine lines, wrinkles and more.

"We're continually evaluating new technology and devices for the Medspa. We do our research and watch for a while to see where the technology is heading, monitoring everything to determine if the results are real, and how long they should last," explained Paul Kraft, Laser Center and Medspa Director at the American Institute For Plastic Surgery. "The technology really has to work, and the treatments need to be safe and effective for us to add it to our suite of aesthetic services. The latest things aren't always the greatest, and we don't believe in using our patients as guinea pigs."

When asked about the newest non-invasive treatments the Institute is offering today, Paul had this to share.

"We have two new systems that have met our stringent selection criteria, and we're very excited about each one. The Exilis ELITE®

is a powerful RF device that's an effective fat reducing and skin tightening technology. The Vanquish™ device is FDA-approved for the heating of deep tissues, and is an effective, virtually painless solution for fat reduction."

Paul explains that the Institute is in the process of replacing Ultherapy, a popular ultrasound-based system used to provide what some call a non-surgical face lift, with The Exilis ELITE. "We found Ultherapy to be effective, but patients found the treatments to be somewhat uncomfortable. The Exilis offers superior results with less patient discomfort than Ultherapy. We recommend four to six treatments performed about two weeks apart. The RF waves heat just the fat cells, which become damaged and are flushed out of the body after treatment. What really impresses me is the one-two punch the Exilis ELITE delivers. You lose fat volume and inches and also enjoy the benefits of skin tightening because the system encourages collagen production and remodeling. The skin's integrity is restored including thickness, plumpness, and elasticity."

When Paul saw the Vanquish system in Boston earlier this year, he was immediately impressed. "It offers virtually painless fat reduction and is great to use on larger body areas. We can do both the abs and the flanks in a 30-minute treatment. I call it the muffin top buster, and it also works wonders with those frustrating pockets of fat located around the bra strap area."

Paul states that patients report the Vanquish treatment has a "feeling warm" sensation without experiencing pain. The after-treatment instructions are to drink plenty of fluids to flush the fat out of your system. You may experience a few days of mild redness and swelling after the treatment.

Like Drs. Raphael, Harris and Dulin, Paul says patients need to embrace realistic expectations. He reminds us, "Vanquish is for people who are within a normal weight range and suffer from exercise and diet-resistant pockets of fat. Like liposuction, Vanquish isn't a weight-loss solution."

## OPTION 3 | A COMBINATION OF SURGERY AND NON- OR MINIMALLY INVASIVE THERAPIES.

When patients want optimal results, a customized treatment plan that includes a combination of services is often recommended. They can also help you stay looking your best after having a surgical procedure performed. For example, after a face lift you might want to maintain your youthful look with laser skin resurfacing, chemical peels, and injectable therapies. Procedures such as the Exilis ELITE can be a terrific way to retouch your face a few years after having a face lift. When it comes to body contouring, consider touching up your mommy makeover with Vanquish non-invasive fat reduction.

"Facial rejuvenation is a great example where a combination of services can be the best way to go," Dr. Harris said. "A face lift

can't replace lost fat volume in the face, and or improve skin texture and radiance. Injectable dermal fillers replace the lost facial volume that occurs as we age, and laser resurfacing, for example, addresses skin tone and texture. Together, surgical and non-surgical procedures can produce the greatest results."

Dr. Raphael added, "Plastic surgery is a process, not an event. Afterward, you will continue to age, and you will want to maintain your investment and touch things up from time to time. And, we must recognize that surgery has its limitations too. If you're in your 60s, we can't make you look 45 in three hours. Non- or minimally invasive post-surgical treatments pick up where surgery leaves off, offering the best of both worlds."

Patients agree that no one is better-equipped to help you achieve your goals than the exceptional team of surgeons, nurses, aestheticians, patient coordinators, and support staff at the American Institute for Plastic Surgery. And there's no better time than now to start enjoying a lifetime of beauty! Schedule a complimentary cosmetic consultation today. The American Institute For Plastic Surgery offers a comprehensive array of state-of-the-art treatments for the face, skin and body.

## WHY CHOOSE THE AMERICAN INSTITUTE FOR PLASTIC SURGERY?

1. Provides a high level of privacy, along with attentive, individualized care.
2. Patient safety comes first.
3. Amazing, natural-looking results that speak for themselves.
4. Full range of surgical, minimally invasive, and non-surgical services for the face and body, as well as medical spa services and skin care.
5. A highly skilled, close-knit team of gifted plastic surgeons, skilled nurses, certified aestheticians, and office personnel, who do what's in their patient's best interest with honesty and integrity.



## ABOUT THE AMERICAN INSTITUTE FOR PLASTIC SURGERY

The American Institute For Plastic Surgery is one of the premier destinations for plastic and reconstructive surgery, serving patients from throughout the DFW Metroplex, the U.S., and the world. Striving to delight and cater to each patient from the initial consultation to the last follow-up appointment, the Institute intertwines innovation and excellence with an emphasis on patient safety and patient-centered care.

With a dynamic team of board-certified plastic surgeons—Drs. Alan Dulin, Scott Harris, Peter Raphael, Alfred Antonetti, and John Antonetti, the Institute has an amazing talent pool that offers something and someone for everyone. In addition, the new 20,000 square foot technologically advanced facility includes an on-site, fully-accredited private ambulatory surgery center, offering a level of comfort and privacy that will delight even the most discerning patient.

## GET GLOWING FOR THE HOLIDAYS WITH GLOW 360!

What's the secret to gorgeous, glowing skin? Glow 360, a new medical-grade skin care line from the American Institute For Plastic Surgery. Glow 360 is a complete skin care system that includes face cleansers, anti-photoaging preparations, hydrating moisturizers, pigment management agents and eye treatments. The line also includes acne care products and anti-oxidant sunscreen.



## MEET THE AMERICAN INSTITUTE FOR PLASTIC SURGERY'S BOARD-CERTIFIED PLASTIC SURGEONS



Alan Dulin, MD

Dr. Alan Dulin believes the benefits of cosmetic surgery extend beyond an outward appearance, boosting self confidence and helping you to look and feel your best. He is committed to providing quality care for all patients, designing individualized care plans based on consultation, expert guidance, and a lifetime of support.

A recognized leader in breast and body contouring, with impressive academic achievements and training, Dr. Dulin received his medical degree from the University of Arkansas for Medical Sciences where he earned numerous accolades. He also completed an extended plastic surgery residency at the renowned Scott and White Hospital at Texas A&M in Temple, Texas. His extensive surgical training has afforded him the ability to diagnose and treat a broad range of both cosmetic and reconstructive procedures, including intricate hand surgery.

Dr. Dulin has surgical privileges at The Medical Center of Plano, Presbyterian Hospital of Plano, Baylor Medical Center of Frisco, among other hospitals in North Dallas. He has been living and practicing in the Plano area for over eight years, and takes pride in providing each individual with customized assessment, as well as treating him or her with the highest degree of excellence in patient care.

Dr. Alan Dulin is board-certified in plastic and cosmetic surgery by the American Board of Plastic Surgery.

### PROFESSIONAL SOCIETIES AND MEMBERSHIPS:

- The American Medical Association
- The Texas Medical Association
- The Texas Society of Plastic Surgeons
- The American Society of Plastic Surgeons



Scott W. Harris, MD

Dr. Scott Harris is a native of Dallas, Texas. He is a Magna Cum Laude graduate of Texas A&M University and received his medical degree from the University of Texas Southwestern Medical School Dallas. Dr. Harris completed his general surgery residency in Phoenix, Arizona. Subsequently he accepted a plastic surgery residency at Baylor College of

Medicine in Houston, a renowned program recognized as a leader and pioneer in the field of plastic surgery. His life-long appreciation of art has a strong influence on his surgical career as human art form.

Dr. Harris, his wife, and their three children live in North Dallas. He balances his busy surgery schedule with an active family life. Behind his easy-going smile and gentle demeanor is a man who is an artist, an athlete, and speaks 6 languages. He is also an avid golfer.

A published author with numerous articles in professional medical journals on such topics as breast reconstruction, micromastia, jaw reconstruction and reconstruction of the nose, Dr. Harris has presented at local, state and national meetings and symposiums on plastic surgery techniques.

Dr. Scott Harris is board-certified by the American Board of Plastic Surgery and is co-founder of the American Institute For Plastic Surgery.

### PROFESSIONAL SOCIETIES AND MEMBERSHIPS:

- American Board of Plastic Surgery
- American Society of Plastic Surgeons
- American Board of Surgery
- The Board Certified Plastic and Cosmetic Surgeons of Dallas
- Texas Society of Plastic Surgeons
- Fellow of the American College of Surgeons



Peter Raphael, MD

Raised in Texas, Dr. Raphael's father is a retired physician and his mother was an artist. The combination of these two influences made a career in plastic surgery a natural choice for Dr. Raphael, where art and medicine blend together.

After earning his under graduate degree from The University of

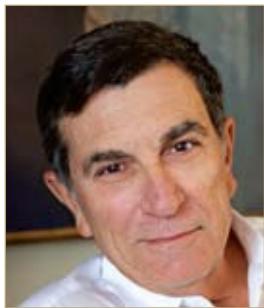
Dallas, Dr. Raphael received his medical training at the University of Texas Southwestern Medical School Dallas. Following medical school, he remained in Dallas for his general surgery residency. Dr. Raphael completed his residency in plastic surgery at the University of Illinois. After finishing his training, he returned to Texas where he has been in private practice in Plano since 1992.

Dr. Raphael has presented his surgical techniques at state and national medical meetings. In addition, he has been a featured surgeon on a Showtime® Network documentary movie as well as Discovery Channel's "Super Surgery" series.

Dr. Peter Raphael is board-certified by the American Board of Plastic Surgery and is co-founder of the American Institute for Plastic Surgery.

### PROFESSIONAL SOCIETIES AND MEMBERSHIPS:

- American Board of Plastic Surgery
- American Society of Plastic and Reconstructive Surgeons
- American Medical Association
- Texas Medical Association
- Dallas Society of Plastic Surgeons
- Dallas County Medical Society



Alfred Antonetti, MD

Dr. Alfred Antonetti is on staff at Medical City Dallas Hospital and was formerly Chief of Plastic Surgery at Methodist Medical Center where he still serves as part of the teaching staff. He is an internationally known board-certified plastic surgeon who has practiced in Dallas since 1980. A talented and caring plastic surgeon, Dr. Antonetti works with each

patient individually to achieve natural-looking, attractive, and satisfying plastic surgery results.

After graduating from Midwestern University, Wichita Falls, Texas with a B.S., Dr. Antonetti earned a medical degree from the University of Oklahoma Medical School. Following this, he completed a 5-year residency in general surgery at the University of Texas Health Science

Center at San Antonio, then served two years in the U.S. Army as a major and surgeon at Irwin Army Hospital, Fort Riley, Kansas. He then returned to Texas to the University of Texas Health Science Center, Southwestern Medical School at Dallas and completed a Fellowship in Plastic and Reconstructive Surgery.

Dr. Alfred Antonetti is board-certified by the American Board of Surgery and by the American Board of Plastic Surgery.

#### PROFESSIONAL SOCIETIES AND MEMBERSHIPS:

- Fellow American College of Surgeons
- American Society of Plastic Surgeons
- American Society of Aesthetic Plastic Surgery
- Texas Society of Plastic Surgeons
- Dallas Board Certified Plastic Surgeons
- Dallas County Medical Society
- Texas Medical Society



John Antonetti, MD

Dr. Antonetti graduated from Texas A&M University, and obtained his medical degree from The University of Texas Medical Branch Galveston. Dr. Antonetti completed his Residency in Plastic Surgery at the University of Texas Medical Branch. After completing training in plastic surgery, Dr. Antonetti traveled to Ghent Belgium where he completed Fellowship training for

Microsurgery, Perforator Flaps, and Advanced Breast Reconstructive techniques.

Using his expertise and dedication, Dr. Antonetti and his staff are able to address a wide range of needs in cosmetic and reconstructive surgery.

Dr. Antonetti performs surgery at Medical City of Dallas, Medical Center of Plano, Medical City ASC, and the Surgery Center of Texas located on site at the American Institute for Plastic Surgery campus.

An accomplished plastic surgeon, Dr. Antonetti has published articles

on topics including facial reconstruction, microsurgery, and cosmetic surgery. Additionally Dr. Antonetti has presented research on topics in microsurgery, written book chapters on reconstructive breast surgery, and presented at national plastic surgery meetings on topics in both cosmetic and reconstructive surgery. Dr. Antonetti continues his avid interest in research and academic work and is preparing additional manuscripts on cosmetic and reconstructive surgery.

Dr. John W. Antonetti is certified by the American Board of Plastic Surgery.

#### PROFESSIONAL SOCIETIES AND MEMBERSHIPS:

- American Society of Plastic Surgeons
- Texas Society of Plastic Surgeons
- Dallas Society of Plastic Surgeons
- Dallas County Medical Society
- Texas Medical Association



## THE AMERICAN INSTITUTE FOR PLASTIC SURGERY

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