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# INFORM



## LIFE-CHANGING PLASTIC SURGERY

**Patients Reveal How  
The American Institute for Plastic Surgery  
Helps them Enjoy Beauty for Life**

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## LIFE-CHANGING PLASTIC SURGERY

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### Patients Reveal How The American Institute for Plastic Surgery Helps them Enjoy Beauty for Life

by Anna Charles

Have you ever asked yourself, “What if?” Maybe you’ve read a story, like this one, about how people have uplifted their spirit and their life after plastic surgery, and wondered, “How would I feel? How could it impact my life, relationships, and career? If I felt better about how I look, would my attitude and outlook change?” And, like most of us, you’ve probably added a wish to your ‘what if?’ list—“I wish I could improve my appearance too!”

You can do it! All it takes to get started is a consultation at The American Institute For Plastic Surgery, DFW’s world-renowned “go-to” destination for plastic surgery and aesthetic services. Just like Carrie, Susan, and Kimberly, you can change your “what if’s” into “Look at me now!” These three vibrant women agreed to speak with us about their experience and feelings after plastic surgery. Each woman’s story is different and inspiring, but they all agree on one thing—had they known what they know now, they would have had plastic surgery much sooner. They also 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.



## SUSAN'S STORY

### Facial Rejuvenation

Susan decided that 50 was the magic age for her “metamorphosis.” “It was the mark in my mind—the age to rejuvenate my face,” Susan said. “You know, things change as you age. I just wanted to feel better about how I looked. I hadn’t aged very well. People thought I looked angry or tired, when I was happy and well-rested.”

“I know some women wait a few years and try to make do with non- or minimally invasive procedures for a while longer, but for me, I believe the longer you wait to have your face done, the less time you will have to enjoy the benefits.”



Having liposuction performed by Dr. Raphael in the past, Susan has referred several women to him, all of whom have loved their results. “There was no question in my mind that I would see Dr. Raphael to have my face refreshed,” she stated. “Not only is Dr. Raphael a gifted surgeon and an artist, he has the best bedside manner, and his staff is outstanding.”

Natural-looking results were also important to Susan. “I wanted to look naturally refreshed and less tired. I’ve seen women who look nice, but it appears as if they’re wearing a mask. Something is off, and then it hits you—they’ve had plastic surgery. I wanted results that didn’t make me look like one of those women in a housewife reality show!”

Dr. Raphael went through options with Susan and they decided on a facelift, brow lift, upper and lower eyelid surgery, cheek and lip implants, and laser skin resurfacing. She also asked Dr. Raphael to make her ears bigger so they fit her face. “I always had teeny tiny ears. This was my opportunity to change that.”

“I’m completely amazed by my results. Never in a million years did I think that I’d look so good!” Susan exclaimed. “The recovery took a while since I had a lot done, but it was totally worth it. I was patient during my recovery, and trusted Dr. Raphael and his staff. You have to give yourself time both physically and psychologically to recover and heal. I did, and now I’m enjoying all of the benefits. I feel great!”



## CARRIE'S STORY

### Post Weight-Loss Body Contouring

One day Carrie made a decision and she stuck with it. She was going to lose weight. That was the first day of what would become a new lease on life. She changed her lifestyle, started eating right, and lost 100 pounds on her own. “I’m in my 40s and knew I had to lose weight to stay healthy. I didn’t want to end up with diabetes and other complications from being overweight. I also knew that I didn’t want to go through weight-loss surgery or take medication. All it would take was changing my eating habits, and I was determined!”

Going from a size 26/28 to a size 6 pants, Carrie was ecstatic, but there was one thing holding her back from completing her journey—excess skin. The only way to eliminate excess skin is through surgery. “I consulted with another plastic surgeon before going to Dr. Dulin, and there wasn’t a connection. I wasn’t comfortable with him or his staff. My experience with Dr. Dulin and his staff was the opposite. I bonded with them right away, and felt safe with them. I felt I could trust Dr. Dulin and made the appointment for surgery that day. I was surprised because I haven’t even felt that comfortable with a primary care doctor.”



“Dr. Dulin honestly cares about his patients and it shows. He listens and he helps. He’s gifted and caring, and at the same time, he’s humble. His staff is great too. If you have questions and want to talk to them, they are there for you. You don’t feel badly about going in to see them to ask questions or get something checked out.”

“I’m so happy with my results. I can wear stylish clothes and everything fits so much better. Most importantly, now I can hold my head high and not feel ashamed,” Carrie confided. “With the weight-loss behind me and body contouring with Dr. Dulin, I’ve discovered a life that I didn’t know I could have. I have so much more confidence on the job and in my life. I can stand up for myself now. I have an “I can!” versus “I can’t” attitude.”



## KIMBERLY'S STORY

### Mommy Makeover

After having three beautiful children, Kimberly's body had changed. "It got worse with each baby. My body bounced back fairly well after our first child. With the second, it was worse. After the third, nothing I did with diet and exercise would reverse the changes. I took care of myself, ate right, and worked out, but I couldn't get my pre-baby figure back," Kimberly confided. To make matters worse, Kimberly's breasts started to sag and they had lost volume. "I had another problem. Women's breasts are never the exact same size after nursing, but one of mine was larger than the other. It was very pronounced. I had a super breast!"



Kimberly, still in her 30s, just wanted her body back. She was referred to Dr. Scott Harris by someone "in the industry" and scheduled a consultation with him. "To be honest, I didn't know what to expect, but Dr. Harris was great. He's an active listener with a caring, reassuring demeanor. He's low-key and not flashy, like you might expect a successful plastic surgeon to be. To sum it up, Dr. Harris exudes class. Plus he understood that I wanted a natural look. I'm a carpool mom. I wasn't trying to transform myself into a super model. He gave me lots of options, which surprised me, and then we went through everything in detail so I could make my decision."

Kimberly decided on a tummy tuck, breast lift and breast implants, and liposuction on her flanks, and inner and outer thighs.

"My results are fabulous," Kimberly said. "I feel feminine and sexy again, and I have tons more confidence than before. I didn't realize how much I had been hiding. Now I'm much more active, and it's helped me be a better wife and mother. We go to the park a lot now, we ride bikes as a family, and I'm not afraid to get into a swimming suit and head to the pool. I love the fact that I can wear jeans that fit without getting them altered."

Kimberly's mommy makeover has also helped her become more health-conscious. "Both my husband and I work out more and we eat healthier. I want to maintain my investment, and the entire family benefits from this."



## BEAUTY FOR LIFE

Beauty is ageless. As a healthy adult, you're never too young or too old to enjoy the benefits of aesthetic surgery. Just ask Kimberly, who is in her 30s, Carrie in her 40s, and Susan in her 50s. Women in their 20s and beyond often choose breast augmentation. Nose surgery is

popular with men and women in their late teens and beyond. Both men and women in their 20s and up choose liposuction. The Institute also has many healthy, vibrant patients in their 60s and even 70s, who want to look more youthful.



**There's no better time than now to start enjoying a lifetime of beauty. If you're considering plastic surgery, The American Institute For Plastic Surgery is among the best-of-the-best, but don't just take our word for it. Schedule a consultation today and discover why.**

## THE AMERICAN INSTITUTE FOR PLASTIC SURGERY

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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.





## ABOUT THE AMERICAN INSTITUTE FOR PLASTIC SURGERY

The American Institute For Plastic Surgery is one of the premier “go-to” 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. Just as important, they follow medically sound principles and use proven technologies and

techniques to produce gorgeous, natural-looking results.

With a dynamic team of plastic surgeons—Drs. Alan Dulin, Scott Harris, Peter Raphael, Alfred Antonetti, and John Antonetti, along with Dr. Jennyfer Cocco, the Institute is a close-knit team with 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.



## TOP 5 REASONS TO 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.

Tune in to the  
**BEAUTY FOR LIFE**  
 radio show featuring the  
 plastic surgeons of  
 AI4PS discussing the latest in  
 Beauty Procedures.  
**SUNDAY 10AM-11AM**  


**Don't miss the Beauty for Life Radio Show on KRLD News Radio 1080, Sundays, 10 am-11 am, featuring the American Institute For Plastic Surgery's plastic surgeons. The radio show gives everyone the opportunity to learn about what procedures and technology really works, and why.**

## GET TO KNOW THE TEAM OF SURGEONS AT THE AMERICAN INSTITUTE FOR PLASTIC SURGERY



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.

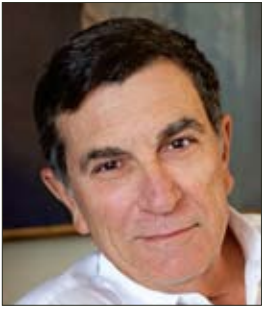
After earning his under graduate degree from The University of Dallas, Dr. Raphael received his medical training at the University of Texas Southwestern Medical School Dallas. Following medical school, he remained in Dallas for his general surgery residency. Dr. Raphael completed his residency in plastic 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 is 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



Jennyfer Cocco, MD

Raised in Mexico City, Dr. Jennyfer Faridy Cocco moved to Phoenix, Arizona as a teenager, and later attended the University of Arizona, in Tucson, where she received her Bachelor's degree in Biochemistry and minored in French and Chemistry. She went on to receive a Medical degree from the University of Arizona, College of Medicine.

Dr. Cocco relocated to Texas when she was accepted to a highly competitive integrated residency program in plastic and reconstructive surgery at the University of Texas Medical Branch. Skilled in cosmetic breast surgery, body contouring, and advanced techniques in face-lifting, eyelid rejuvenation and nose surgery. Dr. Cocco is also equipped with the tools to take care of victims of

trauma, cancer, and malformation. She welcomes new patients and accepts most insurance plans.

Dr. Cocco enjoys working with her fiancé, John Antonetti, MD. In addition to cosmetic surgery, they often perform complex microsurgical reconstruction together as a team.