
THE A G E DEFIERS

Top professionals provide insight on technological advances and techniques to help you LOOK and FEEL YOUNGER.

PIONEERS IN DERMATOLOGY AND PLASTIC SURGERY

Dr. Jody and Dr. Elie Levine, the Yale Educated Powerhouse Duo of Plastic Surgery & Dermatology of NYC

How do you define the symbiotic relationship you describe with your practice?

DJ: Our symbiotic relationship makes our practice unique and valuable. Primarily, we can offer each patient exactly what is needed for the ideal treatment. We provide a full spectrum of services from dermatology to plastic surgery, covering all medical and aesthetic needs. If a patient comes to see me, but is better suited to see my husband, I will confer with him, and vice versa. Similarly, Elie and I learn from each other's expertise, honing our knowledge and skills beyond our specialties. In Manhattan, there are dermatology practices that hire plastic surgeons, but their relationship is not one of total and mutual collaboration. We are uniquely positioned to offer exactly what is in our patients' best interests and thereby obtain the finest results and greatest patient satisfaction.

DE: When we set out to create the most comprehensive cosmetic practice in the city, we strived to establish an environment where no matter the patients' needs, they would be addressed at our office. This atmosphere is something we continue to cherish and ingrain in our friendly staff. A common important question patients may have is whether they actually need something invasive or whether their goals can be met with a non-invasive procedure. There is a vast amount of information available regarding cosmetic procedures and sometimes, this leads to more questions than answers. Jody and I provide these answers in an unbiased and most knowledgeable fashion. There is a nuanced art to cosmetics, and Jody and I work together to accomplish this synergy.

What are some of the newest procedures or treatments that are taking the industry by storm?

DE: There are a plethora of innovations taking the industry by storm, but with particular emphasis to cosmetic plastic surgery, the foremost would be 3D imaging. This exciting technology allows the patient and doctor to determine what aesthetic improvements can be made prior to surgery. Our consultation process involves Vectra XT 3D imaging. This allows us to explore exactly what the patient is looking for. It is a spectacular tool giving patients a window to their future while establishing reasonable expectations. It can be utilized in a wide range of procedures including: rhinoplasty (nasal contouring), breast augmentation and other breast procedures, liposuction, face and neck lifts, laser resurfacing and more.

Another exciting innovation is the NeoGraft hair transplant. As we expand the scope of our cosmetic practice, we have widened our hair loss treatments to include the best transplant options available today. NeoGraft is a new system that allows us to transfer individual hairs, as opposed to previous methods involving cutting skin from the back of the scalp. This allows for a virtually scar-less system and has been popular with both men and women.

DJ: One example of continued research and advancement in dermatology is in the laser arena. New studies surrounding one of my favorite procedures, the BBL photofacial, shows that not only does this treatment improve one's skin tone, erasing the pigmentary damage from years in the sun, but it also changes the proteins produced by one's skin to match those which are produced by younger, less damaged skin. "Forever Young BBL" is the term for our



new protocol for maintenance treatments that help to improve skin at the cosmetically visible and the molecular level. Another advancement in the field of dermatology is the recent wave of fillers that have been in use in Europe and which will soon obtain FDA approval in the United States. These fillers enhance our palette for cosmetic rejuvenation. Lastly, the topical skin care products we manufacture and offer to our patients continue to improve with the newest ingredients that are most effective for the skin.

In addition to your unique blend of medical aesthetics do you offer any special recovery practices?

DJ: A maximized recovery is essential to our practice tenet of all-encompassing, top-notch medical care. We guide our patients through the recovery phase and enhance healing with the best available methodologies including laser or light based treatments, oral supplements, and topical skin care. LED light is one example of a modality used to aid in recovery by decreasing inflammation of the skin. Bruising can be lessened with arnica and bromelain as well as with BBL treatments that we offer post-procedure. We also guide our patients' diets to minimize bruising and optimize healing. Bromelain, for example, derived from the stems of pineapples, is an extract with a mixture of protein-digesting enzymes and proteases, clinically shown to achieve anti-inflammatory results. Hence, eating pineapple is a nice way to improve healing. In addition, we offer the services of a medical esthetician who is highly trained in skin recovery and offers lymphatic drainage massage as well as skincare advice to achieve the maximum results post-procedure.

DE: I am super-vigilant about scar management, post-surgery. The vast majority of our patients heal beautifully and part of this has to do with meticulous post-procedural care. I typically see my patients the day after surgery and then weekly and monthly for up to a year for most procedures, large and small. I also utilize tools such as topical silicone, scar massage, bleaching agents, and a variety of lasers to treat scars. These post-surgery laser treatments are free-of-charge as they are part of the surgery process for our patients. Being proactive with post-surgical care ensures maximum results as quickly as possible and falls in line with our message of providing the full spectrum, ultimate experience.

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