

DUBROW

About Us

Based in Newport Beach, California, Terry J. Dubrow, M.D., F.A.C.S. is a leader in plastic and reconstructive surgery. For over 16 years, Dr. Dubrow has been a pioneer for some of today's most innovative techniques specializing in breast enhancement, tummy tucks, rhinoplasty, liposuction, laser lipo, and facelift surgeries. His expertise also extends to medical spa procedures such as Fraxel, IPL/Fotofacial, chemical peels, laser hair removal, Fx CO2 laser, chemical peels, and sclerotherapy.

With his regular role on the Fox Reality television show "The Swan," as well as his ongoing appearances as an expert on CNN's "Headline News;" "The Today Show;" "Larry King;" "Fox News;" "Good Day LA;" "CBS Early Show;" and his regular commentary in People Magazine, The New York Times and the Los Angeles Times, Dr. Dubrow has become one of the nations' most sought-after and most recognizable plastic surgeons, with clientele that spans the globe.

Dr. Dubrow obtained degrees in medical science from both Yale University and The UCLA School of Medicine, and received his plastic surgical training from UCLA

Medical Center. He is certified by The American Board of Surgery, The American Board of Plastic Surgery, is a fellow of the American College of Surgeons, is a member of the American Society of Plastic Surgeons, and belongs to the American Medical Association, California Medical Association, and Orange County Medical Association.

Dr. Dubrow's practice, Newport Heights Medical Center, is located at:

1617 Westcliff Drive, Suite 100
Newport Beach, CA 92660.

Phone: (949)515-4111.

For more information please visit www.drdurow.com.

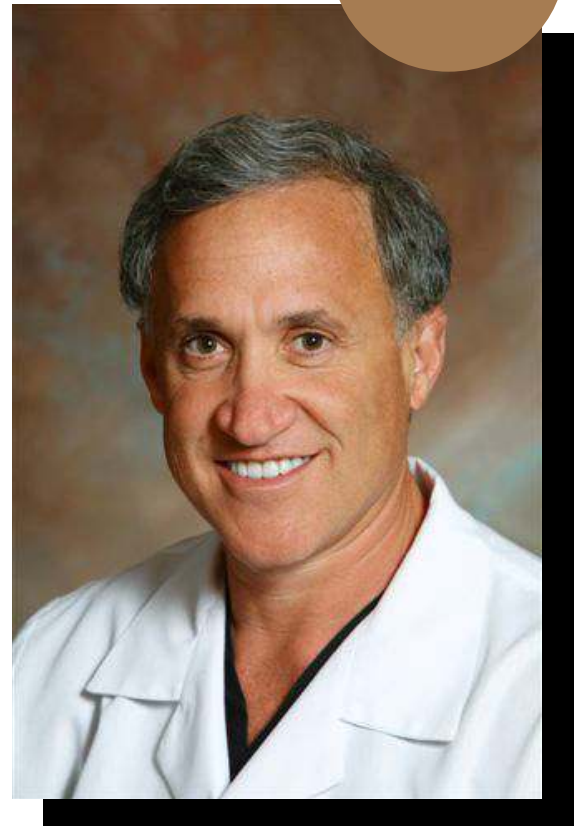


Based in Newport Beach, California, practicing plastic and reconstructive surgery, Dr. Dubrow is a pioneer of some of today's most innovative surgical techniques. Specializing in breast enhancement, tummy tucks, rhinoplasty, liposuction, laser lipo, and facelift surgeries, his expertise also extends to medical spa procedures such as Fraxel, IPL/Fotofacial, chemical peels, laser hair removal, Fx CO2 laser, chemical peels, and sclerotherapy.

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Born and raised in Los Angeles California, Dr. Terry Dubrow's record of academic achievement extends from coast to coast. After obtaining degrees in medical sciences from both Yale University and The UCLA School of Medicine, he went on to complete a residency in general surgery and was chief resident in surgery at the Harbor-UCLA Medical Center in Los Angeles. During this period, he devoted over seven years to research and reconstructive surgery, authoring a landmark paper which has forever changed the way major chest trauma is treated in this country. He ultimately completed a plastic and reconstructive fellowship at the UCLA Medical Center, which is widely regarded as one of the top in the world. His surgical talents extend from major trauma, chest and abdominal cancer removal, vascular and cardiac surgery to congenital deformities such as cleft lip and palate, aesthetic, major burns and microvascular surgery.

Bio



Media Contacts

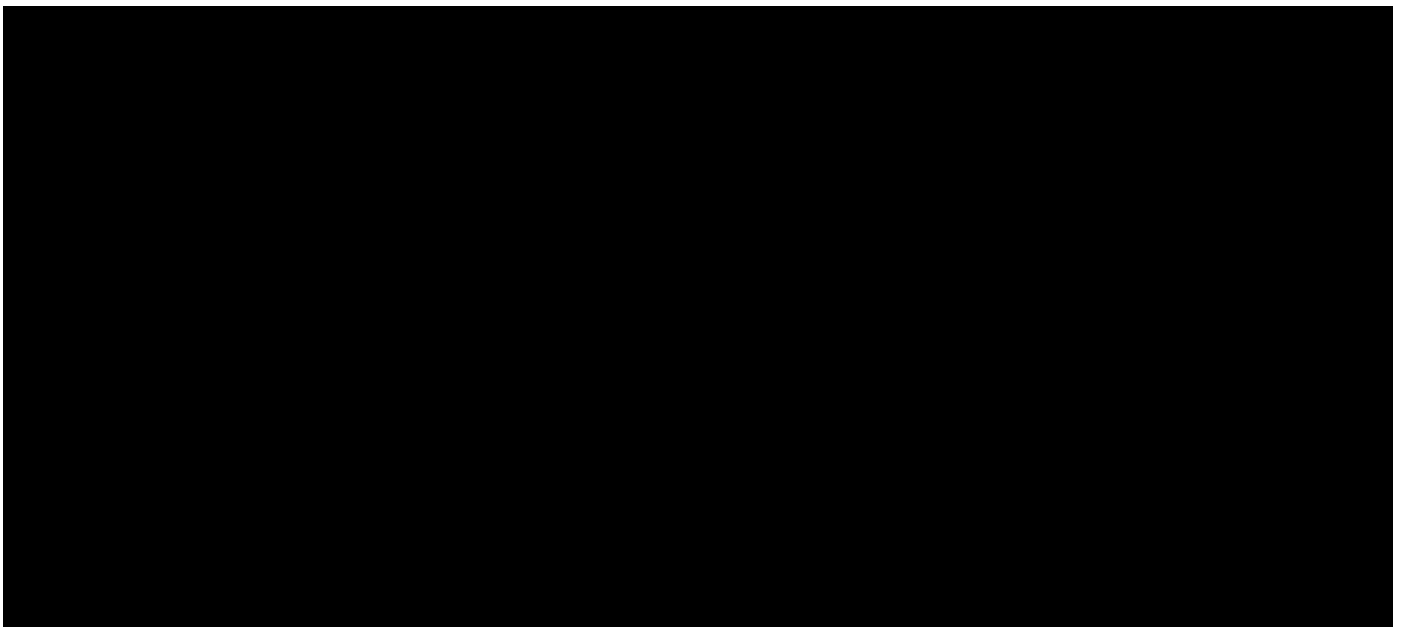
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Dr. Dubrow has been practicing for over 16 years, and is certified by The American Board of Surgery, The American Board of Plastic Surgery, is a fellow of the American College of Surgeons, is a member of the American Society of Plastic Surgeons, and belongs to the American Medical Association, California Medical Association, and Orange County Medical Association. He has authored more than thirty articles published in professional journals and has lectured extensively to professional groups in surgery. A Certified Expert for The California Medical Board, he has worked extensively as an expert in medical malpractice for the last 15 years. Dr. Dubrow is the author of the best-selling book *The Acne Cure* and writes extensively about health and wellness.



Dr. Dubrow's charity involvement includes the Beckstrand Cancer Foundation, Harvesters Second Harvest Food Bank, Leukemia Lymphoma Society, and Share Our Selves (S.O.S.). Dr. Dubrow resides in Newport Beach with his wife, actress Heather Paige Kent, and three young children.



Fact Sheet



Name of Practice: Dr. Terry J. Dubrow, M.D., F.A.C.S.
Newport Heights Medical Center

Contact Information: 1617 Westcliff Drive., Suite 100
Newport Beach, CA 92660
Ph: (949) 515-4111
Fx: (949) 515-0318
Website: www.drubrow.com
Facebook: Terry Dubrow
Twitter: DrDubrow

Hours: Monday - Thursday, 9am – 5pm
Friday, 9am – 2pm

Procedures:

Breast Augmentation

"Augmentation mammoplasty," or breast augmentation, is designed to enhance the size and shape of a woman's breast who may be unhappy with her breast size and body image.

Breast Lift

Technically known as a "mastopexy," a breast lift can dramatically improve a woman's image by raising and reshaping the breasts.

Breast Reduction

Also known as "reduction mammoplasty," breast reduction is designed for women who would like to alleviate the discomfort caused from her large breasts with the goal of gaining a smaller and lighter bust size.

Liposuction

"Lipoplasty" or "suction-assisted lipectomy" can help to improve certain areas of the body by removing unwanted fat from specific areas, including the abdomen, hips, buttocks, thighs, knees, upper arms, chin, cheeks and neck.

Smart/Laser Lipo

This technique uses laser technology to melt and liquefy the fat within the fat cells, while smoothing and tightening the skin at the same time. Recovery is commonly shorter in comparison to other liposuction methods.

Tummy Tuck

This is a major surgical procedure to remove excess skin and fat from the middle and lower abdomen, and then tighten the muscles of the abdominal wall.

General Facelift

A general facelift may be a procedure to consider should you wish to "set back the clock." Technically known as "rhytidectomy," a facelift is an effective solution towards gaining a more youthful appearance.

Local Facelift

This particular facelift is performed under local anesthesia so the patient is completely awake during the whole procedure. The results of the local facelift are identical to that of the general facelift, however doesn't allow for muscle work in the neck.

Rhinoplasty

This procedure can greatly improve the appearance of your face by reducing or increasing the size, changing the shape of the tip or bridge, narrow the span of the nostrils, or even change the angle between the nose and upper lip.

Brow Lift

A browlift is known to restore a more youthful and refreshed look to the area above the eyes.

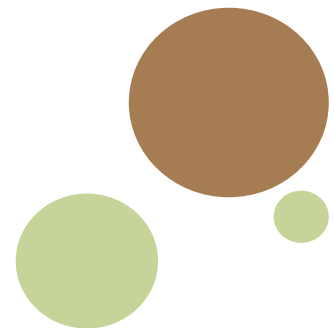
Blepharoplasty

Blepharoplasty is a procedure to remove fat, along with excess skin and muscle from the upper and/or lower eyelids.

Medical Spa Procedures

The medical spa services include a variety of treatments and procedures designed to rejuvenate one's image through less-invasive methods.

- Laser Hair Removal
- Fraxel Laser
- Fotofacial
- Chemical Peels
- Tattoo Removals
- Fx CO2 laser
- Microdermabrasion
- Sclerotherapy
- MicroPeel
- Dermaplaning
- Vi-Peel
- Acne Facial
- Latisse ®
- Fillers – Juvederm XC®, Restylane-L, Radiesse, Prevelle Silk, Perlane



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Michelle Cobarrubias (949) 705-8978 michelle@arorapr.com

Years in Practice: 16 years, with the same surgical team for 10 years

Credentials: Medical Science degree, Yale University
Medical Science degree, The UCLA School of Medicine
Resident in Surgery, Harbor-UCLA Medical Center
Chief Resident in Plastic & Reconstructive Surgery, Harbor-UCLA Medical Center
Certified by The American Board of Surgery
Certified by The American Board of Plastic Surgery
Fellow of the American College of Surgeons
Member of American Society of Plastic Surgeons
American Medical Association
California Medical Association
Orange County Medical Association

Staff: Surgery Consultant
Mimi Jones

Surgical Assistant
Heidi Hutchison

Dermatologist's Physician Assistant
Holly Anderson

Aesthetician
Rayna Anderson

Laser Nurse
Marina Arnold

Dermatology Assistant
Suzannah Fraser

Front Office
Jamie Vanderpool

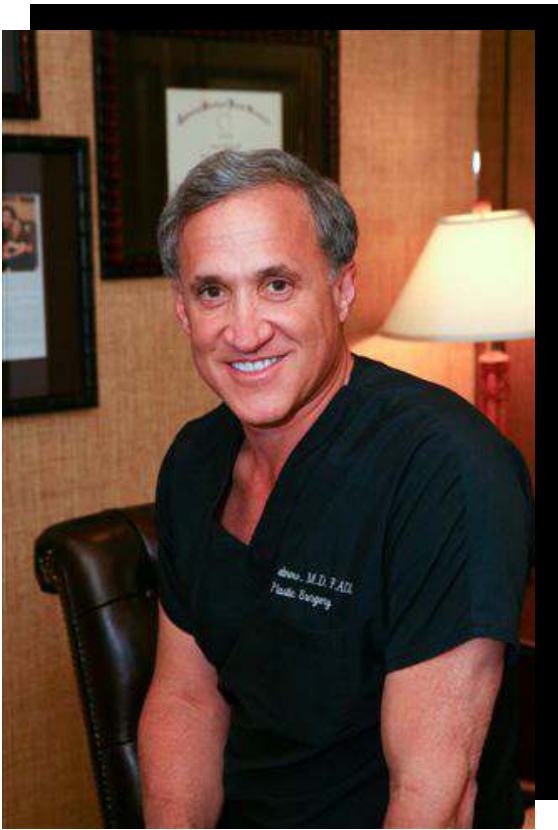
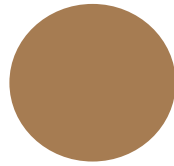


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L&A



Q. Why did you choose to open your practice in Orange County, CA?

A. Orange County is a very family oriented area and it is a great place to raise my children. Most of my patients in Orange County are really reasonable and are looking to improve themselves without unrealistic expectations.

Q. What made you choose the path of Plastic Surgery?

A. Initially, I was deciding between cardiac surgery and plastic surgery. Both are very demanding and require a great amount of skill, but ultimately plastic surgery is the path that actually I feel chose me. I was attracted to it because of my artistic interest, my attention to detail, and because a great percentage of the patients are female. I actually enjoy working with women and feel I understand them.

Q. What are some of the biggest advances/changes in plastic or reconstructive surgery over the last decade and how has it changed the way you do surgeries today?

A. There is much more emphasis towards minimally invasive procedures with minimal recovery time yet great results. I love doing procedures under local anesthesia that have minimal risks associated with them. Because of new techniques and new ways to locally anesthetize patients, I can get very dramatic results without general anesthesia.

Q. What is the difference between plastic and reconstructive surgery?

A. Plastic generally refers to cosmetic procedures and reconstructive procedures are used to restore form, as well as sometimes function. There is a blurring between the lines, particularly when you are doing cancer reconstruction which I do quite a bit.

Q. Name two of your top procedures that you enjoy doing and why?

A. My favorite procedure is the facelift because of the incredible, natural changes it can have on a person. It can turn back the clock 15 to 20 years. The new types of facelifts we do under local anesthesia allow a very fast recovery with very dramatic results. In addition, I love to do challenging cases involving redo surgery, like redo breasts or redo tummy tucks, where the result of a previous surgery was less than what the patient may have expected. These are challenging cases in which I have honed my skills over the last several years to maximize and optimize results.

Q. What are you most sought after surgical requests?

A. By far, the facelift and the tummy tuck are my two most commonly requested procedures because of the dramatic results and the more minimal recoveries we have these days. In addition, I do a lot of laser-assisted liposuction which is a minimally invasive version of traditional liposuction. There is minimal recovery time, dramatic results, and a very smooth appearance afterwards.

Q. With breast implants, do you still use silicone or saline? If silicone is still used what is the difference from the silicone in years past?

A. I greatly prefer silicone as it has a much lower complication rate and a more natural result. Now that they are FDA approved, patients are not at all resistant to using them.

Q. Are breast implants permanent?

A. Breast implants are not permanent. Most patients who have breast augmentation surgery will expect to have another procedure again sometime in their life. This typically occurs between 10 and 20 years after the procedure which usually coincides with the patient wanting to make a change in terms of either upsizing or downsizing them.

Q. What is the typical surgical procedure for breast implants?

A. We typically do the procedure through the bottom portion of the areola, under the muscle, with a silicone implant.

Q. What is the difference between necklift and facelift?

A. A necklift involves just the portion underneath the jaw line and usually requires only an incision behind the ear. Usually, a facelift involves both a face and necklift, and involves incisions behind, on the front, and inside the ear.

Q. What is the current technique in liposuction and why is it better than traditional liposuction?

A. The new laser-assisted liposuction technique involves putting a small laser beam underneath the skin to melt the fat. This allows for a very rapid recovery with extremely smooth results, and helps to tighten the skin. The old, traditional liposuction procedures sometimes would result in loosening of the skin.



Q. What is the new Local Facelift?

A. The new Local Facelift is the procedure I am most excited about, and it is my most highly requested procedure these days. I perform the procedure with the patient completely awake, listening to music, and talking to me most of the time. Furthermore, I get as dramatic of results as I used to get under general anesthesia. Typically, within four days, the patient is looking what I call “restaurant ready,” and because there is no general anesthesia used, there is no recovery from the anesthesia at all.

Q. What are some new medical spa procedures that help with turning back the clock?

A. We do a lot of laser-type procedures like the Fotofacial, Fraxel, and the Fractionated CO2. These type of laser procedures help turn back the clock with minimal downtime, minimal recovery time, and dramatic results. Also, Microderm Abrasion is still one of the time-tested procedures that many patients still request.

Q. What are some common surgical or non-surgical procedures for men?

A. Men still come in requesting eyelid surgery and liposuction surgery, particularly around the love-handle area, in front of the abdomen. With a simple combination of chin liposuction, abdominal and love-handle liposuction, along with the upper eyelids, you can turn back the clock 10 to 15 years for the typical man who is over 45 years of age. Non-invasive procedures for men include fillers, particularly Botox, as it can really make a craggy man’s face appear much softer and less aggressive looking.



Press Release



NEWPORT BEACH PLASTIC SURGEON TERRY DUBROW SAVES MONEY AND RECOVERY TIME WITH “THE LOCAL FACELIFT”

Newport Beach, CA (May 26, 2010) – While others recognize the benefits of going “local” – witness the rising popularity of the locavore movement which embraces eating locally grown and raised products – the same might be said of Terry Dubrow, M.D., F.A.C.S. The renowned Newport Beach plastic surgeon has begun offering patients a revolutionary new procedure that he calls “the Local Facelift,” which is performed under local, rather than general anesthesia, but provides virtually the same results as a traditional facelift. Since introducing it only a few months ago, the Local Facelift has become one of Dr. Dubrow’s most sought after procedures.

Performed in Dr. Dubrow’s offices at Newport Heights Medical Center, the Local Facelift is an ideal solution for both men and women who want to take years off and add vitality to their appearance. It erases facial jowls, enhances and defines the jaw line, and tightens the skin at the neck. The result is a natural and refreshed appearance, without the stretched or over-tight look of some procedures. Patients also save money having the procedure done under local, rather than general anesthesia.

The patient is awake during the entire facelift procedure, which takes about 3.5 to 4 hours. Compared to general anesthesia, patients can get up and walk out immediately afterward, and the recovery time is minimal. Some of those who have the Local Facelift have also paired it with Fx CO2 laser and blepharoplasty, which extends downtime by several more days. The Fx CO2 is a laser that reduces wrinkles and frown lines and softens deeper frown lines, noticeably improves skin tone and texture and stimulates new collagen to plump the skin. Blepharoplasty is a procedure that removes a sliver of skin to remove excess skin and softly tighten eyelids, creating a natural rested appearance. Candidates for the Local Facelift procedure are assessed on an individual basis. “Of all the plastic surgery procedures this is my absolute favorite as it creates natural results and in half the time of the traditional facelift. In addition, when adding the Fx CO2 laser, it takes the results of the Local Facelift to a completely different level,” says Dr. Dubrow.

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