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The MINIMALISTS

PARAGONS OF THE LESS IS MORE APPROACH.

HAIDEH HIRMAND

Supremely elegant surgical results on Park Avenue.

THE LOOK Hirmand uses a "person-appropriate" approach in her face and body work, fine-tuning for patients who are career diplomats and television personalities. **THE EDGE** She's an expert in eyes—as evidenced by the referrals she got after doing Ali Wentworth's a few years ago. NEW YORK CITY, HAIDEHIRMANDMD.COM



CAROLYN CHANG

Treating Silicon Valley titans with a light hand.

THE LOOK This surgeon, whose patients are visible leaders in the valley, says, "Anything less than a completely under-the-radar result would not be acceptable to either them or me." **THE EDGE** An aversion to perfect symmetry: "Leaving some natural imperfections can actually end up making someone look more beautiful in the end." SAN FRANCISCO, DRCAROLYNCHANG.COM



ANTHONY YOUN

The doc who believes plastic surgery is good when no one can tell anything has been done.

THE LOOK He avoids the wind-tunnel face-lift effect of yore by addressing the face from a 3-D, rather than 2-D, perspective, using surgery as well as fillers and fat grafting to achieve a natural result. **THE EDGE** Youn's holistic approach includes working with patients on diet, skincare, and stress reduction long before and after surgery. TROY, MICHIGAN, DRYOUN.COM

MICHAEL J. REILLY

Practicing the art of subtlety in the nation's capital.

THE LOOK In what he refers to as a "relatively conservative market," Reilly seeks minimally detectable results to fix what he calls "resting angry face." **THE EDGE** He has been an advocate for changing the approach to cosmetic surgery for men. "Previously," he says, "doctors were femi-

THE Recovery Suite

Going undercover after surgery is easy when you do it in the comfort of your own home.



The 14 nurses who work exclusively for David Rosenberg, New York's reigning face-lift deity, have been making lots of house calls lately, tending to patients who prefer to recuperate in their own beds. For \$80 an hour, they will properly ice the face, help with showering, and keep the home sanitary (no dirty dog paws on those Frette linens). It's a job best done by a pro, not a family member. Plus, as Rosenberg says, "it's a lot to ask of a Park Avenue husband."

nizing men rather than making them look better or younger." WASHINGTON, DC, REILLYFPS.COM



SHEILA NAZARIAN

A mother of three who cares for Hollywood patients' post-baby bodies.

THE LOOK Known for artful mommy makeovers that combine breast lifts, liposuction, and tummy tucks in one go. **THE EDGE** A sizable social media following with whom she shares her before-and-afters, as well as the work of fellow female doctors. LOS ANGELES, NAZARIANPLASTICSURGERY.COM





Breach of ETIQUETTE

IS THERE ANY GOOD WAY TO ASK ABOUT PLASTIC SURGERY?

Let's get this out in the open: Most everyone is doing *something* in the name of appearance, and they are more likely than ever to talk about it openly. "The clearest sign that people are celebrating it more than ever," says plastic surgeon David Rosenberg, "is that 90 percent of my referrals used to be from doctors—now it's patients." Though he says mothers may drop their kids off at school with a splint after a nose job, they stop short of

sporting post-face-lift bandages in public. But gingerly asking about one's surgical alterations is still a minefield of potential offense, a fact Megyn Kelly found out when she broached the subject with Jane Fonda on her new NBC show in September. If you just can't keep your mouth shut when it comes to aesthetic improvements, we have a few suggestions...

WHAT YOU'RE THINKING "She looks way too refreshed. It can't just be more sleep."
WHAT YOU SAY "You look as if you just got back from a week at We Care."

WHAT YOU'RE THINKING "Her neck looks quite newly tight."
WHAT YOU SAY "I've maxed out on Diane Keaton movies and gotten rid of all my turtlenecks. You too?"

WHAT YOU'RE THINKING Breast implants.
WHAT YOU SAY "I love those backless Reformation dresses, but I can't wear one without a bra. How do you do it?"

WHAT YOU'RE THINKING "He's suspiciously—and suddenly—skinny."
WHAT YOU SAY "Have you switched to a ketogenic diet? I've never eaten so much ghee!"

THE RUSH to Fit

Two of the busiest and best surgeons in the country share their post-procedure exercise protocols.

The rise of boutique fitness has led surgeons to give their post-op instructions a comical—but necessary—level of detail, as patients beg to get back to their exercise routines. Manhattan legend David Hidalgo has a chart, parts of which are shown here, that details when one can return to everything from mat Pilates (four weeks) to barre class at Exhale (six weeks). Los Angeles surgeon Garth Fisher, who is famous for his tasteful breast implants (he's rumored to have operated on Kate Hudson), says he has to remind patients to hold off on pretty much everything for four weeks, and to wait for six before going full blast at Tracy Anderson. "I really want them to protect the incisions and do everything they can to make that investment work for them," he says. "Plus, you can do more with lipo in an hour than you can do at the gym in a year."

AT 3 WEEKS

Treadmill walking

AT 4 WEEKS
Mat Pilates

AT 6 WEEKS
Spinning, zumba, barre class at Exhale

AT 8 WEEKS
Yoga, tennis, horseback riding

