

# IMAGE

THE MAGAZINE FOR ENHANCED BEAUTY & WELLNESS

## BETH OSTROSKY

A *STERN* ADVOCATE OF THE SUGAR-FREE DIET

*Complimentary Issue*

## THE CT FLASH

NEW SCANNING TECHNOLOGY IS FASTER AND MORE EFFECTIVE

## OPTIMUM VISION

KEEPING YOUR EYES HEALTHY

## LIP AUGMENTATION

TECHNIQUES TO ACHIEVE NATURAL LOOKING, FULLER LIPS

## INVISALIGN TEEN

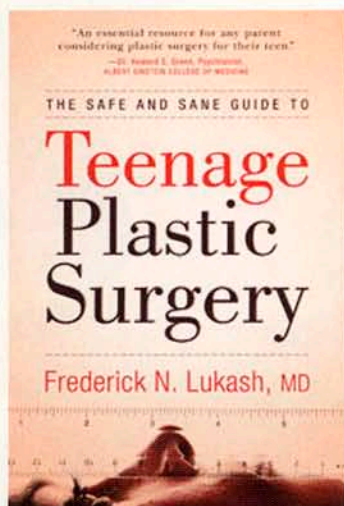
ALTERNATIVE TO BRACES FOR YOUR CHILD

## NEW YEAR NEW YOU

- IN SEARCH OF THE FOUNTAIN OF YOUTH
- THE GREAT LENGTHS WE DESIRE
- THE METAMORPHOSIS OF FITNESS 101
- WHEN DIET AND EXERCISE JUST AREN'T WORKING
- LASER TREATMENT FOR TOENAIL FUNGUS
- PORCELAIN VENEERS
- COSMETIC PROCEDURE OR MEDICAL NECESSITY?

IMAGE MAGAZINE

DECEMBER / JANUARY 2011



The Safe and Sane Guide to Teenage Plastic Surgery

By Frederick N. Lukash

# THE SAFE AND SANE GUIDE TO TEENAGE PLASTIC SURGERY

REVIEWED BY MARIA O. PIETROMONACO

When you think of teenagers, you normally don't associate them with plastic surgery. But the truth is that every year an estimated 300,000 of them undergo some type of aesthetic surgery procedure. Dr. Frederick N. Lukash, consistently voted one of "America's Top Doctors" by the Castle Connolly guide and Consumers' Research Council of America, has dedicated his practice to pediatric plastic surgery, "the care of structural issues for children under 22." Throughout his career he has had the opportunity to change the lives of many children and teens, experiencing both the elation and difficulty of each individual case.

In this book Dr. Lukash provides a thorough and comprehensive guide to everything you need to know about plastic surgery and teenagers. It is designed for parents and teens alike, and is a platform to explore the unique challenges and concerns this field poses. He describes his patients as "youngsters who are in a critical

stage of development, both mentally and physically," making the decision process complex and daunting.

Most adults, when seeking an aesthetic procedure, are looking to take off years and bring back their youth. In stark contrast, teens are simply trying to fit in and look "normal." Many teens lack self-esteem due to unhappiness with a particular physical feature. This book sets out to explain how, if done properly, plastic surgery can "dramatically improve a teen's quality of life." There are, of course, always many factors to weigh when having plastic surgery, and for teens it brings about special considerations for parents. Is surgery the right decision for my son or daughter? Is it safe? How do I go about finding the right doctor?

The reverberating theme throughout is the psychological well-being of the teen seeking surgery. It delves above and beyond the physical nature of the surgery itself, guiding parents and teens through the mental and emotional

side of the process. The book of course does include detailed information about different procedures, including corrective ear surgery, rhinoplasty (nasal surgery), breast augmentation, body contouring, mole removal, and more. Patients and parents will become familiar with what to expect before, during, and after. There are also images and testimonials to enhance each segment.

Though he is fully aware that plastic surgery for teens is not a subject to be taken lightly, and it is also not a perfect option for everyone, Dr. Lukash feels that it can be truly be a positive turning point in the lives of the right candidate. "Plastic surgery is not and never will be the magic wand to erase the anxieties surrounding adolescence," he explains. "It can, however, be an important spoke on that wheel of self-esteem. I hope that all children will be given a fair chance to express how they feel about their appearance...that adults will listen without being too judgmental." **IMAGE**