

Communication Is Key

When it comes to elective cosmetic surgery, experience, safety, and realistic expectations are paramount. Stuart B. Kincaid, MD, FACS, is a graduate of Duke Medical School with surgical training fellowships at Stanford, Harvard, and UC San Francisco. He is a diplomate of the American Board of Plastic Surgery, and a member of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery, which has awarded him the Certificate of Advanced Education in Cosmetic Surgery. His numerous accolades aside, Kincaid stresses the importance of an in-depth personal consultation. “We sit down, find out hopes, dreams, and expectations, and then together come up with realistic goals and expectations,” explains Kincaid, who has more than 26 years of experience and often refers to what he does as “psychiatry with a scalpel.” While the 80s and 90s were about pushing surgery to the limits, with women seasonally going up and down in breast size, he notes, “What I’m hearing from people today is that they want to look natural, rejuvenated — the ‘best I can be right now, at this point in my life.’ Natural results, rather than supernatural.” He continues, “Getting the best treatment plan requires judgment and experience — that is the art of plastic surgery. We have all the tools at our disposal, but how you put them into play is key.” Kincaid is hopeful that his legacy in life will be how he has transformed thousands of lives. “I enjoy what I do very much,” he concludes. Kincaid has offices in both La Jolla and Temecula. (858/450-4199, www.skincaidmd.com) MIA STEFANKO



Stuart B. Kincaid



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