

LOOKING Good On The Outside FEELING Good On The Inside

By Wendy Lemlin

For some cosmetic plastic surgeons, it's all about making a patient look good on the outside. Nip some here, tuck some there, enlarge some breasts, shorten a nose, lift, fill, correct, and smooth.



The best surgeons, however, look beyond the external, and consider the whole person, whether they are treating a burn victim or presenting their patients with their own version of the “Fountain of Youth”. Stuart B. Kincaid, MD, F.A.C.S. is a La Jolla board-certified cosmetic plastic surgeon, and sees his role as being as much about listening as it is about shaping or sculpting. Noting that he often feels like a “psychiatrist with a scalpel,” Dr. Kincaid feels it is as important to focus on “why” his patients are seeking his services as well as “what” the procedures will accomplish. For him, the goal of cosmetic plastic surgery is to bring a patient’s self-image and body-image

into better balance; and by so doing, not only improve a breast, a face or tummy, but also achieve something deeper and more far-reaching—that elusive quality of self-esteem and positive self-image.

“I continue to learn from each of my patients,” Dr. Kincaid explains, “and it’s been a humbling experience over the past 27 years of my practice. I look at them and I see more than a feature of their anatomy; I see and hear their hopes and dreams. When we discuss their options, I’m careful to also take into account their personal relationships, their careers, and their finances, and help them focus on what will be best for themselves, and their unique circumstances.”

Raised in a quintessential small, mid-west town in Ohio, Dr. Kincaid graduated from The Ohio State University and completed medical school at Duke University. Next followed a surgical residency at UC San Francisco, a fellowship at Harvard University, and then a residency in plastic surgery at Stanford University, completed in 1984.

From 1984-88, Dr. Kincaid served in the United States Army Medical Corps and was Chief of the Plastic Surgery Service at Tripler Army Medical Center in Honolulu. He says that it was during this time that he discovered in himself a level of compassion that he feels sets him apart from the stereotypical perception of cosmetic surgery as being concerned only with superficial appearance. He continues to enthusiastically treat a large number of active-duty military personnel and their families, fully understanding their unique needs.

Upon finishing his military service, Dr. Kincaid moved to San Diego, California in 1988, which he deemed the ideal location in which to raise his three children and begin his plastic surgery practice.

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With a strong commitment to humanitarian service, Dr. Kincaid has volunteered his expertise to Interplast, recently re-named ReSurge International, formed at Stanford as the first global organization to provide free reconstructive surgery in developing countries, primarily to children with cleft lip and palate or burn scar contractures. He has also been involved with the UC San Diego’s Interface Program, which organizes surgical teams to provide similar care to underserved populations in Mexico and to train plastic surgery residents.

An art lover, photographer and philosopher, Dr. Kincaid appreciates beauty in all its forms—for men and women, both exterior and interior—After all, “Looking Wonderful is a Great Thing, Feeling Wonderful is Everything!” ■

Dr. Kincaid and his staff may be reached at either location:

San Diego • La Jolla Office | 8928 University Center Lane - Suite 201 | San Diego, CA 92122 | 858.450.4199
 Temecula • Inland Empire Office | 40963 Winchester Road | Temecula, CA 92591 | 951.695.9934

www.SkincaidMD.com