



MASTER SURGEON

BY ROMA CANNIZZARO

While women have historically had their place in the home, today women have active lifestyles, own businesses, support households and have role models such as Michele Pfeiffer and Demi Moore. The sixty year old woman of today looks like the forty year old woman of yesterday, and it is because of the meticulous artistry and skill of board certified plastic surgeons such as Dr. Stuart Kincaid.

Wouldn't it be wonderful to turn back time and have all the wisdom and grace that comes with age and none of the tell-tale signs? Stuart B. Kincaid, M.D., F.A.C.S., a graduate of Duke Medical School with a surgical training fellowships at Stanford, Harvard and U. C. San Francisco is an accomplished plastic surgeon who understands the unique needs of both his male and female patients. Disarmingly charming with an easy-going Midwestern demeanor, Dr. Kincaid's experience of more than 25 years has made him a highly skilled specialist in his field. He is certified by the American Board of Plastic Surgery, a member of the American Society of Plastic Surgeons and a member of the American Society for Aesthetic Plastic Surgery.

Dr. Kincaid tells **Gente Bien**, "I endeavor to be a good listener and hear what my patient's concerns and expectations are and give them an overview of what is possible from the least invasive to the most invasive procedures and in the most cost-effective manner."

When addressing patients in their forties and beyond, Dr. Kincaid may frequently recommend more invasive facial plastic surgery for those patients struggling with aesthetic issues such as sagging cheeks, loss of a well-defined jaw line and neck contour. This, of course, will necessitate longer incisions, more down time and expense. By combining multiple procedures with any or all of the non-invasive treatments, it is possible to achieve an overall comprehensive effect for the more mature patient. However, for patients in their twenties, thirties and beyond, Dr. Kincaid, says, "I frequently recommend a Vi Peel™, a freshening skin peel, Botox® and less invasive facial rejuvenation fillers such as Restylane™, Juvederm™, and Radiesse®." More recently, he began offering Sculptra®, the 'Liquid Facelift' that is a popular facial injectable treatment that restores volume and a more youthful appearance. In consideration of his patients and a result of these difficult economic times,

more aggressive laser skincare procedures such as micro laser peels, fractional laser resurfacing of the face, neck and chest and facial plastic surgery procedures may also be recommended.

A new generation of patients not quite ready for a complete facelift rejuvenation procedure, but needing more than injectables and lasers may provide, are turning to mini-facelifts and mini-tummy tucks that provide shorter scars with less downtime and less expense. Kincaid simply states, "Small procedures generally give you lesser results and bigger procedures give you greater results."

Dr. Kincaid desires to establish realistic goals and expectations with each patient in order to achieve the best and most natural results possible. Specializing in all types of cosmetic plastic surgery of the face and breasts and body contouring procedures, Dr. Kincaid will frequently perform multiple procedures simultaneously. He does this by providing his patients with access to nationally accredited JCAHO certified surgery centers and hospitals which emphasize safety and offer a complement of well-trained and caring nurses in addition to board certified MD anesthesiologists.

Using a team approach, Dr. Kincaid says, "I can perform multiple facial plastic surgical or body contouring procedures such as breast augmentations, tummy-tucks, liposuction and others in one session. This is done in a timely, cost-effective manner without ever compromising safety. These types of surgeries may necessitate bringing in another fully-trained assistant plastic surgeon to achieve such goals under my supervision." Dr. Kincaid is an advocate of simultaneous plastic surgeries for the properly selected, highly self-motivated and healthy patient.

Dr. Kincaid takes great pride in having changed the lives of thousands of patients.

He tells **Gente Bien**, "Most exciting to me at this point in my career is that through the effects of the above cosmetic procedures, my patients can experience profound improvement in their body image and self-esteem. I believe this is a noble and spiritual cause as each of us truly desires to be loved and treated with dignity and respect to 'be the best we can be'."

Should you wish to schedule a complimentary consultation with Dr. Kincaid, please call: La Jolla Office (858) 450-4199 / Temecula Office (951) 695-9934

For more information and an opportunity to view your procedure(s) in 3-D and video, please visit Dr. Kincaid's website at: **WWW.SKINCAIDMD.COM**