

# Hollywood's Top Plastic Surgeon Is Reforming Lives!



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In Hollywood, looks (unfortunately) matter! Models, celebrities, etc., all have to be aware of their appearances as what they look like is usually what gets them certain roles and brings them in their annual income.



And behind these 'good looks' is Board Certified Hollywood plastic surgeon [Dr. Michael Hakimi](#) who all the stars go to, and who has been on the forefront of new technologies and

services during the COVID-19 pandemic.

From changing the lives of not only celebrities and those we see in the news, but the lives of everyday people too, we spoke one-on-one with Dr. Hakimi about his love of plastic surgery and helping Americans out to feel better / more confident in their appearances.

### **1. What first attracted you to working in plastic surgery?**

My father is a surgeon and my mother is a nurse. I developed a strong interest in medicine early on, likely fueled by early exposure. It was during my surgical rotation in medical school when I decided to pursue plastic surgery. I found it fascinating to be able to restore form and function in individuals. One day you do a facelift, the next day liposuction, another day total mommy makeover. The knowledge of anatomy required from head to toe, attention to details, fitness in surgical detail all fed very well into my OCD.

### **2. What main procedure requests are you noticing more these days from patients who walk in your doors?**

Liposuction under local anesthesia or as we call it Awake Lipo is definitely on the rise. I see patients 2 days a week and operate the other 3 days. Two of those surgical days are almost always awake lipo. Anything from chin lipo and buccal fat removal to lipo 360.

### **3. As the pandemic continues forward, what trends do you see happening when it comes to cosmetic surgery?**

It is the facelift for the more mature patients and liposuction in the younger patients. Because we do so many online video meetings and even our dating life is mostly online these days people are much more aware of their appearance. People ask for skin tightening of their jawline and double chin removal more than ever. Now on top of this, you add the fact that the average American gained 30 pounds during the pandemic with the gyms being closed, you can see why people are increasingly asking for liposuction and body contouring as they are getting ready to put this pandemic behind them and get back to some level of normalcy. For most of these procedures' recovery is mostly a "social downtime" due to swelling and bruising. And that is now easily covered under the mask. So not only have we seen an increase in patients undergoing these procedures but they also are getting out of their houses faster because they can cover up the mild swelling and bruising under the mask.



**4. There are a lot of “not so professional” and “bad” cosmetic surgeons out there, which have led to a lot of horror stories in the news. What tips can you give to people when they are seeking out a doctor to help them?**

These days we have more options than ever as far as the procedures available to people and also people performing them. It is very confusing and difficult for people to do a thorough research on different procedures let alone surgeons performing them. Some are plastic surgeons, some cosmetic surgeons, some double triple board certified and some are dermatological surgeons just to name a few. Board Certification in Plastic Surgery means that your surgeon has done specific training in plastic surgery for at least five years after medical school and is held by the highest standards in the industry. These plastic surgeons have gone through very rigorous training and in order to maintain their board certification have to perform surgeries in very regulated and safe environments and continue to provide that level of service. This is as opposed to other titles that would allow physicians trained in other fields such as internal or emergency medicine for example to perform cosmetic procedures after taking a brief course.

That is not to say that board certification in plastic surgery gives you any insight into the surgeon’s artistic ability. But it is the minimum you can look for to be assured of the safety, knowledge and technical ability of the surgeon.

**5. How do you feel you have been reforming Americans (their lives) and those who come to see you?**

I don’t know about reforming but it is more like unmasking or revealing what they already had inside them. Most people don’t come in asking to look like someone else or to “change” their face or body.; The younger patients come in asking for help to remove unwanted fat from areas they have been trying to lose to get that “snatched waist” they used to have or have been working on. The more mature patients want to look like a younger version of themselves, or as they frequently say, they want their face or body to match the inner energy they have or feel. I do the majority of my surgeries under local anesthesia. These “awake surgeries” really have made it easier for patients to get them done. They eliminate the potential risk of anesthesia but also really shorten their recovery time. Almost all my liposuctions, BBLs, eyelid lift and skin tightenings are done under local anesthesia. I suppose to answer your question, the awake surgery is how I reform Americans.

**6. What types of technology have you been using at your offices that differ you from others?**

Jaw contouring has been the most popular in my practice. Nowadays with radiofrequency skin tightening technology we are able to really tighten up the skin and chisel the jawline. The procedure is frequently done under local anesthesia in conjunction with liposuction of the neck. The procedure takes about an hour. Patients take regular Tylenol for a couple of days after the surgery and back to work the same week. Also, thanks to masks, any residual swelling and bruising is easily covered at work or even in social settings.

## **7. Being in the heart of Hollywood, how is it working with celebrities on a day-to-day basis and helping them look their best?**

It is a humbling privilege when anyone, celebrity or not, trusts you with their face or body. It is tedious work in the operating room but truly a joy to be able to make such a positive impact on someone's appearance which most often goes beyond just looks and improves their self esteem and a lot more.

## **8. If you could change one thing in America, what would it be?**

I love America, I came here in 2001 with nothing but love and support from my parents and a dream. 20 years later I got everything I wanted and more. This is truly the best country in the world and despite rough times we have had recently, we are still better off than most of the world and we should really not take it for granted. Having said that, I would ban donuts. Sounds funny but nowhere else in the world donuts and cupcakes are so popular. People bring them to work, and they disappear in a few hours! They taste great but the health price we pay for them is very high. If we just stop eating what people bring to work, without any other diet or exercise modifications we lose weight and probably have lower cholesterol and other health benefits.

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