

# THE TALK

## Plastic Surgery Overboard!

Some people would prefer to age naturally and are comfortable looking their age, like celebrity Cindy Crawford. And there are some who would prefer to look like they are still in their 20s. Who do you think got it right? Let's ask the experts at Royale Hayat Hospital on how to not end up looking like you are permanently surprised!



## Royale Hayat Expert Advice:

Dr. Reza Nabavian, visiting Plastic Surgeon at Royale Hayat Hospital, states its better to do nothing at all than to have to live with surgery that looks fake or worse, makes you look inhuman.

"Today, we have many breakthroughs in Plastic Surgery, such as using your own stem cells to regenerate different areas of the body; there is no reason to look unnatural or obvious that you had work done", said Dr. Reza.

He emphasizes that the secret to good cosmetic surgery is to get an overall fresh natural appearance, and not a stretched unnatural look.

"The type of surgeries that can cause an unnatural appearance are due mainly to lack of ability of the surgeon, old fashioned and outdated techniques or even a patient overdoing plastic surgeries," he added.

To make sure you are making the right choice, always investigate both the surgeon and the techniques used. A good surgeon will be happy to walk you through a procedure and will be open to any questions you may have.

Professor & Dr. Reza is an American Board Certified Plastic Surgeon, visiting CosmeSurge, Royale Hayat Hospital. For more information please call 25360123.