



The Ultimate PLASTIC SURGERY INNOVATOR: *Dr. Demetri Arnaoutakis*

While skin-smoothing lasers, peels, fillers and Botox are incredibly simple non-invasive procedures, there are a lot of new and innovative procedures also available if you're looking to significantly rejuvenate your face. Dr. Demetri Arnaoutakis is one of the most renowned plastic surgeons in the United States and worldwide. Here is what we learned about what procedures we need to try next!

What inspired you to become a Plastic Surgeon?

When I was in medical school, I was totally mesmerized by surgery and facial anatomy. All my life I played sports and I feel like in surgery I am also participating in a team sport. From using my hands, to the artistry involved with plastic surgery to interacting with other doctors and nurses, it is challenging but so rewarding. Plus, I love having the opportunity to meet new people on a daily basis and to have a positive impact on their life!

What is your specialization?

I specialize in exclusively facial plastic surgery, botox, filler injections and hair transplants.

What do you see as the top procedure trends at the moment?

There has been a huge trend toward minimally invasive procedures. Currently, I am one of the few facial plastic surgeons in the country who offer FaceTite. This is a revolutionary new technology from InMode which helps “melt fat” and tighten skin at the same time without the need for surgery. There is minimal downtime and really patients get an excellent result.

What do you think is the best way to combat wrinkles?

Preventative botox is certainly something to consider! I tell my patients in their early 30's that they can start with annual or even semi-annual injections to prevent the lines from deepening as you age. Of course a good skin care regimen, sun avoidance and staying hydrated help too.

Fillers seem to be all the rave at the moment, tell us the best spots to get filler to create a natural lift.

I love injecting filler high in the cheekbones to restore volume there. It can really help provide a natural lift without looking overdone.

What is a Botox lip flip?

A small amount of botox can be injected into the muscle above the lip. This helps roll out the lip more without injecting filler. Patients who want more of a natural pout and are fearful of filler often get this done.

Are there any negative consequences to using fillers and Botox?

There are always risks to any procedure we do. That is why it is essential to trust your face to a specialist and someone who performs a lot of botox and filler injections.

What additional treatments do you suggest to achieve a more youthful appearance?

I think radiofrequency microneedling with Morpheus8 is an awesome new treatment for a youthful appearance. It works great to tighten skin, improve fine lines, acne scars and texture. There is minimal downtime and the procedure takes less than an hour.

Most popular treatment?

Currently, I do about 12-15 morpheus8 treatments a week! Surgically, I perform a lot of buccal fat removal to contour the lower face as well as neck microliposuction.

What should your clients know before getting filler?

Make sure they research their injector and only go to someone who has a lot of experience.

Any new upcoming treatments/procedures you will be offering?

FaceTite is the latest and greatest for non-surgical minimally invasive facial contouring. I perform a lot of these treatments and am loving the results. More importantly, my patients are too!

FOR MORE INFORMATION:

www.drdemetrimd.com
@drdemetri