

FITNESS GUIDE & DAY SPA ISSUE

SOUTHERN CALIFORNIA'S AFFLUENT ENTERTAINMENT MAGAZINE

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DISPLAY THRU MAY, 2003

THE BLEND OF ART & SCIENCE

Dr. Renato Calabria strives to release inner beauty

WHEN WE CAUGHT UP WITH DR. RENATO Calabria in his Beverly Hills office, the first thing he told us is that he wanted to avoid the stereotype interview of the celebrity surgeon telling everybody which movie star he may have worked on or what he would have or not have done on Michael Jackson nose, but we could not help asking what he thought about Jackson's apparent addiction to plastic surgery.

"I think that a lot of people are trying to get free publicity at his expense. His privacy as a patient should be respected even though it is obvious that he took it a little bit too far. I'm not sure that we, as plastic surgeons, should be too proud of not having the courage to say no to repeat operations destined to failure. It's funny to see on TV some of his detractors that have had a few touch-ups themselves."

Walking through his Bedford Drive office, you immediately have a feeling of an Italian flavor, maybe from the Piranesi paintings of ancient Rome on the walls or maybe from the antique furniture that create a warm atmosphere around you. Then you run into him and you can not help to notice his athletic figure impeccably dressed in classic Kiton jacket and the sporty Panerai watch on his wrist: definitely and unmistakably Italian.

We asked him if growing up in Europe has influenced in any way his work.

"Aesthetic surgery has really gone high tech in the last decade with the introduction of new technologies like laser and endoscopic minimally invasive procedures but also, some of us have come to



realize that a personal interpretation of the beauty concept, like a Botticelli painting, is far more important to create a natural result: it is truly a blend between art and science."

Give us a definition of an artist

"An artist is one who can visualize in his mind the final result of his work before he begins. When I look at a face, that's what I see."

What is the secret of obtaining a natural result?

"When I talk to my patients I feel like Christopher Columbus talking to the Flat Earth Society; very rarely people appreciate that you have to work in the third dimension in order to create and reposition volume in an aging face. The vertical facelift does just that, avoiding the flat, wind tunnel look, by repositioning deep facial structure in a vertical, (not lateral) vector, just opposite to gravity forces"

Why are people scared of facelift?

"Pulling the skin tight (like a traditional facelift) will flatten your facial features; the vertical lift creates volume, therefore implies a natural result. Also patients are afraid of bad scars, stigmata of bad surgery. Unfortunately scars are directly proportionate to the tension we put on the skin. For this reason I use a technique that allows me to shift the tension on the dermis and that minimizes scars."

What has changed in the perception of aging?

"There is definitely a trend of prevention: not only by keeping in good health but by doing "something" before "it happens". Patients walk in my office in late thirties, they appreciate less drastic changes and with the minimally invasive 3D procedures like the vertical lift that offers no visible scars, they can obtain a more youthful look"

On the Bruce Hensel NBC Medical Report you described a new technique to get rid of frown lines in place of Botox.

"It's called corrugator's resection: a short fifteen minute procedure under local anesthesia thru a small incision in the eyebrow to cut the muscles causing those vertical lines; the results are permanent."



A before and after series of Dr. Calabria's work.

What about liposuction?

"Power assisted liposuction has definitely, in my hands, given me the ability to sculpture the body with more definition. It also offers a shorter recovery with less risks of complications than the traditional tumescent technique"

How would you pick a plastic surgeon?

"See his results, make sure he is there when you need him, check out not only his credentials (Board Certification) but also his taste (of beauty) and sensibility and then go with your feelings: do you trust the guy?"

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