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New York's David Hidalgo

magnified a hundredfold," Leaf says. "I take enormous care with each patient and, on average, a lift will take approximately four hours." He never removes fat from faces, which many in the profession now acknowledge can detract from youthful fullness, and he hides scars so no one can find them. The Leaf look is conservative: "When people don't notice the surgery, I know I have done a great job," he says.

TIMOTHY J. MARTEN, San Francisco 415.677.9937

Marten is known for his ultrasensitive handling of patients during surgery. "I don't have a set formula but design a surgical plan for each patient," he says. With only one facelift scheduled per day, Marten earns praise from patients for his quick response to their pre- and postoperative concerns. "It's not how fast we can do it, but how well," he says. His careful attention to detail ensures that each patient receives a soft, natural look. Marten has written a book for other surgeons on his techniques, and he lectures worldwide.

ALAN MATARASSO, New York 212.249.7500

A winning personality and beautiful results have made Matarasso one of the busiest surgeons in Manhattan. His "short-scar facelift" eliminates half of the scars created by traditional lifts, enables a quicker recovery and provides that coveted just-back-from-vacation look. "The formula for maintaining a youthful appearance is avoidance—of sun and smoking—and early intervention and maintenance," Matarasso says. "I look at the whole woman—skin texture, lifestyle and history. You wouldn't leave your bed half unmade."

FOAD NAHAI, Atlanta 404.351.0051

Thoughtful and studied in manner and practice, Nahai has built a reputation for excellence in facial surgery, with special emphasis on the eyes and neck. "There are many subtleties to the neck to get the angle and contours correct," he points out. He fine-tunes the placement and length of scars to preserve hairlines and a natural earlobe.

JAMES M. STUZIN, Miami 305.854.2424

Stuzin avoids the stretched look of many lifts by adding rather than taking away and by emphasizing youthful shape and contours. "Most of the laxity seen in the aging process is not skin but descended fat, and knowing how to move and shape this tissue is the key to a youthful look," he says. "The skin is just the cover for the shaping process." He suggests that, for many women, the optimal time for cosmetic facial surgery is just following menopause. Stuzin has patients flocking to South Florida from around the world to reap the benefits of what one calls his "beauty-making touch."

NICOLAS TABBAL, New York 212.644.5800

"I see my practice as a boutique operation which offers discreet, highly person-

alized service," says Tabbal. "If I have done my job correctly, I should be invisible. The operation must be clean and elegant with a minimum of tissue disturbance." Known to be conservative and an impeccable technician, Tabbal lets other surgeons experiment with new techniques before using them on his trusting clientele.

FRANK TREPSAT, Lyon, France 33.4.78.59.26.79

Combining his trademarked Lipostructure technique with a deep facelift, Trepstat can tighten while restoring youthful fullness by adding fat to the face. "I re-create the curves and volume people had in their 20s," he says. "I like to give the jawline a roundness, with no sharp edges which show that a face has been lifted."

BREAST

JAVIER DE BENITO, Barcelona 34.93.253.0282

As Spain's national chairman of the International Society of Aesthetic Plastic Surgery, Benito is highly regarded at home and across Europe. Benito, in conjunction with other breast specialists, has developed six new types of implants that can tailor the height and projection of the breast to the individual. Benito says, "When patients leave my clinic, they know exactly what their surgery will entail. They are never surprised by the result."

THOMAS BIGGS, Houston 713.650.0800

"There has been a terrific evolution in cosmetic surgery in the last five years," says Biggs. He is enthusiastic about some of the new advances, such as a technique developed by Brazil's Dr. Ruth Graf that involves using the breast tissue instead of an implant to create an internal push-up-bra effect. "This is perfect for someone who is satisfied with the size of her breasts but wants volume and lift," Biggs says. "It also has the added benefit of creating fewer scars than traditional lifts and shaping the breast from the inside naturally." He is the current president of the International Society of Aesthetic Plastic Surgery (ISAPS).

JOHN BOSTWICK III, Atlanta 404.778.3454

Internationally recognized for his breakthrough work in breast reconstruction following mastectomy, Bostwick treats his clients with tremendous empathy. "We have developed endoscopic procedures which minimize scars for breast biopsies, augmentation and reconstruction," he says. He lectures widely on breast reconstruction and has written a textbook on the subject.

DAVID A. HIDALGO, New York 212.639.8991

An artist by nature and in practice, Hidalgo has a gentle manner that immediately puts patients at ease. He places 95 percent of implants under the muscle, which, he says, "doesn't disturb breast tissue." Hidalgo is not for starlets looking to "pump up the volume," but is more suited to ladies who want a discreet lift or just to fill in the spaces.

CLAUDE LASSUS, Nice, France 33.493.88.48.51

Lassus was one of the first surgeons to introduce small-scar breast procedures. "Living on the Côte d'Azur, with topless bathing, the women have always been interested in minimizing scars," he says. Lassus, who is also known for his easy charm, speaks of his work in seductive terms. "You are married to your patients," he says. "Your work becomes part of who they are."

G. PATRICK MAXWELL, Nashville 615.284.8200

Maxwell's healing, holistic approach creates a supportive atmosphere for his patients. "I form a meaningful relationship with the patients in my practice, since I am interested in how people feel as





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well as how they look. We bring into balance both surgery and recovery," he says. "I see how a positive self-image affects a person." Maxwell individualizes each procedure. He varies the type and shape of the implant, its location and the type of incision according to the patient's desired outcome.

LEONARD ROUDNER, Miami 305.444.8585

Roudner's patients, one of whom describes his work as "goddess breasts," come from all over the world—and a waiting list of up to three months for surgery attests to his popularity. Patients are advised to bring in pictures of their ideal breast shape and size. "I can, within reason, create many different breast contours, as each case and each woman is individual," Roudner says. "I listen to my patients and give them what they want." One major implant manufacturer says that Roudner is among the company's biggest customers.

SCOTT SPEAR, Washington, D.C. 202.687.8751

Spear prides himself not only on the cosmetic and reconstructive work for which he is world famous, but on the time and attention he gives to each of his patients. Spears says, "Often during reconstruction I will perform 'happy surgery' to give the best aesthetic results. I want to bring the standard of cosmetic work to my reconstructive patients. It's a way of turning the page."

JOHN TEBBETTS, Dallas 214.220.2712

Tebbetts' main goal is to educate his patients and the public in choosing the best procedure, and he has written a book on breast augmentation, *The Best Breast*. He has a trained staff member give his patients a thorough briefing on procedures before his consultation. "Your best chance for the best breast is the first operation," he advises. Tebbetts keeps operations short, minimizing trauma. "My technique is such that within 48 hours of surgery you will be, within reason, back to normal activities," he says.

BODY

PETER B. FODOR, Los Angeles 310.203.9818

Fodor's deep voice soothes and gently reassures his patients. A master surgeon who cuts an elegant figure, Fodor uses the new power-assisted liposuction technique (PAL) to create the body contours so important to his high-profile clients. Up to 40 percent of Fodor's work is correcting oversuctioned, badly proportioned, drooping or uneven surfaces resulting from previous surgeries by other physicians.

GERALD H. PITMAN, New York 212.517.2600

Pitman has literally written the book on liposuction. His techniques, explained in his landmark textbook, *Liposuction and Aesthetic Surgery*, are studied and copied around the world. He uses the PAL technique, which he says is far quicker, less traumatic and more effective than other methods. Pitman, whom patients have called "the Michelangelo of the cosmetic world," warns against taking too much fat from any one area, which may create a hollow. He follows the body's natural form to create gorgeous silhouettes and will graft fat back into areas that have been oversuctioned.

JORGE PLANAS, Barcelona 34.93.203.2812

Known as one of the pioneers of syringe liposuction, Planas is a master of body contouring. He often uses suctioned fat for reinjection into areas that have lost volume or to create more pleasing contours. He has gained a high reputation in Europe and beyond for his work, which, his colleagues say, epitomizes the understated European sense of proportion.

LUIZ TOLEDO, São Paulo, Brazil 55.11.3885.4411

"The Northern Hemisphere's ideal body is different than the Southern Hemisphere's," says Toledo, smiling. "In Brazil, we prefer a breast that can fit in one hand and buttocks that would take several hands." Toledo sculpts the body with both liposuction and reinjection of fat, achieving superb results. "I reinject fat for volume in small increments," he says, "which assures of a higher ultimate retention rate." He is known for his wonderful craftsmanship in the modeling of curves and form.

—SHANNON PORTER LEEMAN