

# “An artist is one who can visualize the end result of his work before he begins.”

— Dr.

By Jill Garneski



Born and raised in Italy, Dr. Renato Calabria grew up with an appreciation for different forms of art. It was in Italy, that he received his medical school training, before moving to the United States in 1984. He completed fellowships and residencies both at UCLA and St. Francis Memorial Hospital, in San Francisco. Board certified by the Board of Plastic Surgery, he is a member of the Los Angeles Society of Plastic Surgeons and the International Society of Plastic Surgery.

Due in part to his European roots and celebrity clientele, he has gained an international following and is highly respected and recognized by his peers as a premier surgeon in his field. In addition to his busy Beverly Hills practice, Dr. Calabria also has offices in Westlake Village and Palm Desert, where he travels each week to see patients. He is currently in the process of opening offices in Rome and St. Moritz.

The author of numerous plastic and reconstructive surgery articles, he lectures and teaches his innovative

techniques to surgeons who use them in their own plastic surgery practices.

In a conversation with Dr. Calabria, he gave an insiders look into new procedures offering the best results with the least recovery time. He also shared his thoughts on why our society seems so obsessed with looking young and staying in perfect body form.

JG: How do you feel about this obvious fixation with beauty and perfection that our society has?

RC: This obsession with beauty and perfection is mostly taking place here in Southern California. This is a very youth-oriented environment. People here work out and live very healthy lives, exercise plays a

very important part of our daily routine. It stands to reason that if we are spending our time eating right and exercising to stay healthy, that we want to look as good as we feel.

People living here work out and take care of themselves. Exercise is a big part of our lifestyle. Therefore, because we lead healthy lives, we want to look as good as we feel. Looking good is a tremendous boost for one's self confidence and self-esteem.

Looking good is a tremendous boost for one's self-confidence and self-esteem, but that happens regardless of where you live.

JG: Unfortunately, gravity and age work against us. Going to the gym helps the body, but does nothing for the face or skin. What are some procedures you feel confident to offer patients that can restore a more youthful look?

RC: *Volume Restoration* plumps up the underlying droopy tissues in the face caused by age and gravity by adding volume. The *Vertical Face-Lift* restores the upper face by reshaping deeper facial tissues in a vertical direction for a more natural result and there are no visible scars and shorter recovery time. The *Vertical Face-Lift* is popular because it has a three-dimensional look rather than a wind-blown look.

JG: Can you tell me more about the *Vertical Lift*?

RC: The *Vertical Face-Lift* is an ideal alternative to the traditional face-lift. It restores volume and lifts underlying tissues vertically. The procedure reshapes and repositions deeper facial tissues; 99% of face-lift techniques pull skin in a bi-dimensional way, creating a flat, unnatural look. Because there is no single technique that can solve every problem in the face, I incorporated, modified and changed multiple face-lift techniques. I introduced this third dimension technique to create a softer and more youthful look, by restoring, repositioning and adding volume in the face, with fat grafting to correct that “sunken in look.”

JG: Is there a permanent procedure instead of Botox injections every three to six months to get rid of wrinkles?

RC: I've revamped a procedure I call *Permanent Botox* in which I place a single incision (cut) in the eyebrow muscle, which gets rid of the wrinkle permanently.

JG: Are Brow-Lifts possible without scarring?

RC: The *Brow-Lift* is the least invasive facial surgery. Only three tiny incisions in the hairline gets rid of all the lines that cross the forehead. The eyebrow lift takes years off the upper face. Botox can do the same thing, but is a temporary solution to a permanent beauty problem.

JG: Any procedures that enhance the skin without invasive surgery?

R.C. Today's new laser and skin

resurfacing procedures, especially the *Foto-Facial Pulsed Light Treatments*, rejuvenate and restore by removing sun damage redness, wrinkles and blotchy, freckled skin. With no down time, little discomfort and minimal risk, skin pigment and tone blend evenly. Results are seen after the very first treatment. Treatments are performed at three-week intervals. Patients come in, have the treatment and go back to work. It is ideal for younger patients

because it does not leave a white pasty look and there is no pigmentation problem as some times happens with traditional laser treatments.

J.G. What about those who exercise regularly and still have cellulite or can't seem to lose unwanted fat that is distributed in specific areas on the body. We've heard about liposuction, but haven't you developed something that is better at removing fat?

R.C. *Power-Assisted liposuction* is the procedure and makes it easier for me to devote more attention to the detail of creating a smooth and sculpted result. I can take more fat in a shorter amount of time and the procedure is safer. Patients receive a local anesthetic with a sedative, instead of general anesthesia. The bruising and soreness lasts only three to six days instead of the usual ten days for traditional lipo.

J.G. Did growing up in Italy influence your artistic sensibilities?

R.C. Growing up in Italy and being exposed to the arts definitely shaped my vision of beauty. I like to bring this perception to my practice. I strongly believe that Plastic Surgery is a blend of art and science. It is important for a plastic surgeon to have an innate sense of aesthetics in order to achieve individual artistry.

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