

Flesh For Fantasy

It's officially summer, and just before we head off to the beach to sear ourselves in the sun like ahi appetizers, we take one long, hard look in the mirror. Are we thinking uh-oh? We contacted certified plastic surgeon **Dr. Rady Rahban**—who has worked alongside Dr. Garth Fisher from the ABC show *Extreme Makeover*—and asked the good doctor about the nips and tucks people are having done in his Beverly Hills office to bring their sexy back for summer.



PLAYBOY: What procedures do men request most often?

RAHBAN: The most common procedures asked for by men today are body liposuction and nose/chin jobs. As men age they also begin to consider facial surgery and then facelifts, brow lifts and eyelid surgeries become more common. The average cost of these procedures range from \$5000 for lipo up to \$20,000 for full-face rejuvenation.

PLAYBOY: Are guys under 35 getting a lot of work done?

RAHBAN: Younger guys are definitely having plastic surgery done these days, especially within the entertainment industry. I would say again that liposuction is still the most common procedure. Many guys come in for liposuction of their chests as they may have "man breasts" which is a condition that is actually quite common.

PLAYBOY: That's a scary image. But sometimes the post-surgery results are even scarier. Why do some liposuction jobs on stomachs—think Tara Reid—end up looking like the patient's midsection is made of melted clay?

RAHBAN: Liposuction like all other procedures has potential complications, so you have to take it just as seriously. There are several reasons why one can have a bad result. First of all, it can be surgeon error. Being too aggressive, or in the wrong location, can lead to some of the disastrous results that we have all seen. Another reason is poor patient selection. Not all patients will benefit from liposuction. As a matter of fact, some patients can look a lot worse. After liposuction, the skin has to snap back and tighten, and if someone has bad skin quality or it is too loose then the results can be awful.

PLAYBOY: Have you ever turned a woman away for a breast augmentation because you thought she looked fine the way she was?

RAHBAN: Absolutely! I have turned away many patients who I felt either looked fine or had unrealistic expectations. Actually some of these have turned out to my best patients because they refer me to their friends.

PLAYBOY: What is the biggest breast implant ever requested of you? What is the biggest one you will put in?

RAHBAN: The biggest request for me has been an 800cc (DDD) implant. What matters is not the absolute size of the implant as much as the size of the implant relative to the patient's overall size. I have no real size maximum. As long as the implants are reasonable to the patient's shape and size, I will consider it.

PLAYBOY: How realistic are the procedures done on medical shows like *Nip/Tuck* or *Grey's Anatomy*?

RAHBAN: I have a hard time believing the drama and always seem to find something that isn't accurate. I remember on the only episode of *Grey's Anatomy* that I was forced to watch, they re-attached some woman's arm after it had been amputated for hours and lying on the side of the road. That doesn't really happen.

PLAYBOY: Who are the top five celebrity examples of the worst plastic surgery you've seen?

RAHBAN: Michael Jackson, Joan Rivers, Bruce Jenner, Tara Reid and Priscilla Presley.

PLAYBOY: Michael Jackson has been accused of bleaching his skin to look white. Is there such a procedure available?

RAHBAN: Yes, you can use high-concentration creams to lighten one's skin color. They are prescription strength.

PLAYBOY: What does a person need to look for before he or she looks for a plastic surgeon?

RAHBAN: This is a great question, as it is becoming harder and harder for patients to figure out who to go to for plastic surgery. All too often patients are impressed with the nice office and the big ads, but they don't bother to ask the tough questions. First, look for a doctor that is actually a plastic surgeon! Not a general surgeon, gynecologist, orthopedist or, even worse, a dentist posing as a plastic surgeon. Ask your doctor what their specialty is. Cosmetic surgeons are not necessarily plastic surgeons! They can be any one of the aforementioned doctors. Second, ask if your plastic surgeon is board certified in "plastic and reconstructive surgery." Board certified in radiology should make you concerned. Next, try to see a surgeon that someone you know has had a good experience with. And, finally, look at your doctor's work on his website and ask him tough questions when you meet in consultation. I think the key to finding a good surgeon is to be educated.

If you have a question about plastic surgery for Dr. Rahban or would like more information about his practice, you can contact him by filling out [this form](#) on his official website.