

Ever since the pandemic hit us around the world, people have had to do more video chats, video work conference calls, and show themselves on-screens more than ever before, which has led to more and more people starting to be self-conscious, and thus leading to new trends in the plastic surgery world! Oh, and it doesn't hurt that stars like the Kardashians and Jennifer Lopez are plastered on covers and all across the

press these days, giving motivation and ideas to people everywhere to look a certain way.

With new cosmetic surgery trends taking place now more than ever FHM turned exclusively to Hollywood's top Board Certified Plastic Surgeon Dr. Michael Hakimi, who all the stars go to and who has been seeing these new trends like liposuction take place daily at his offices!

**When did you decide and know you wanted to help impact the world and go into the medical field to become a Plastic Surgeon?** My father is a surgeon and my mother is a nurse. I developed a strong interest in medicine early on, likely fueled by early exposure. It was during my surgical rotation in medical school when I decided to pursue plastic surgery. I found it fascinating to be able to restore form and function in individuals. One day you do a facelift, the next day liposuction, another day total mommy makeover. The knowledge of anatomy required from head to toe, attention to details, finesse in surgical detail all fed well into my OCD.

**You have worked with some of the biggest stars. How does it feel knowing these celebrities trust you with their looks, which are pretty much their "money makers"?** It is a humbling privilege when anyone, celebrity or not, trusts you with their face or body. It is tedious work in the operating room but truly a joy to be able to make such a positive impact on someone's appearance which most often goes beyond just looks and improves their self-esteem and a lot more.

**During the pandemic, people have had to do virtual meetings, Zoom calls, Facetimes, etc... We read some statistics that more and more people in the past year have**

**been starting to get their faces and necks slimmed down so they look slimmer during these virtual gatherings. Have you been seeing this happen at your practice?** Absolutely. It is the facelift for the more mature patients and liposuction of the neck to remove double chin and buccal fat removal in the younger patients. Psychologically, when you talk to someone at a conversational distance your eyes are less likely to notice "flaws" or criticize someone's, or your own for that matter, face because you are also interacting with that person and are distracted by his / her presence. That is why we notice "imperfections" much easier in photos and videos. Now on top of this, you add odd camera angles and bad lighting we have when on Zoom or other online meetings, you can see why people are increasingly asking for facial rejuvenation procedures such as facelift, neck lift, neck lipo or skin tightening with radiofrequency technology. Also, most patients after facial rejuvenation surgeries (facelift, neck lipo, etc) are fully independent and barely need any pain medications. These procedures' recovery is mostly a "social downtime" due to swelling and bruising. And that is now easily covered under the mask. So not only have we seen an increase in patients undergoing these procedures but they also are getting out of their houses faster because they can cover up the mild swelling and bruising under the mask.

**What other procedures are "in" right now and trendy?** Liposuction.

The gyms were closed for over a year, people were sitting at home, not working out, stress eating, and not even had to leave to go to work. Now that things are looking better and people are getting some level of normalcy back they want to look their best. They want to travel, see their friends and family, take photos and share them on social media. And no diet works fast enough. Of course, liposuction is not a weight-loss method. It is meant for people that already are on a good diet and exercise regimen and it is meant to help remove fat from unwanted areas. But let's face it, in this day and age we want immediate gratification, most dramatic results in the shortest time with the least amount of work. In my practice, I perform the majority of liposuctions under local anesthesia. So it is a very casual procedure for my patients: No need for general anesthesia, much less risk to their health and much easier recovery. These patients get off the operating room table and walk to their ride to take them home. Feeling achy for a couple of days and are back at the gym by no later than 2-3 weeks after the surgery.

**Which celebrity do most people come into your office and ask to have parts of their face or body mimic or lookalike to the most?** Interesting question. I spend a lot of



time educating patients and giving them a realistic expectations for the outcomes. Mentioning a celebrity's body part doesn't hurt as it gives the plastic surgeon a better insight into your aesthetic goals. I would say each month I hear Jennifer Lopez's abs and buttocks followed by Kim Kardashian's buttocks as I do a lot of Brazilian Buttocks Lifts under local anesthesia. People talk about Jane Fonda's facelift which was done really well. My injection patients still ask for Angelina Jolie's lips more than Kylie Jenner's.

**What tips or suggestions can you give to anyone wanting to go under the knife and change or enhance a certain body part?** Do your research and don't rush. See a few plastic surgeons. You will find one whose results you like, also the way they do the surgery and their personality. In plastic surgery, there are different ways of achieving your desired results. For example, three plastic surgeons could give you three different types of tummy tuck and all three could deliver a good outcome. See which method and its downtime fits your lifestyle and expectations better and with whom you feel more comfortable.

**And a final thought: Where do you see the future of cosmetic surgery heading for the rest of this year and into the future?** Liposuction is going to become the most popular plastic surgery procedure. This position has been held by breast augmentation for many years and that will change by the end of 2021. It is partly due to gyms being closed for over a year as I explained earlier but also technical advancements in this field have made the results more dramatic, safer surgery and easier recovery. On a more global note, every day more options are available to people to achieve their desired looks. Different technology companies claim what they can do to tighten your skin or melt the fat. At the same time, with social media people are more aware than ever of these new technologies, techniques and trends. You can see how it can be confusing and exhausting to do your research and find the right procedure. At least in my practice, a major part of the consultation is spent on educating patients about their options and what makes them a good or suboptimal candidate for each procedure.