



REPORT BY DENNIS STRAIN/PHOTOGRAPHY: CORNELIO DE MORAES/ALAMY.COM

Forever young

As aesthetic procedures become more and more common among younger generations, it has become clear that being a competent and responsible plastic surgeon requires more than just technical skill. An experienced and guiding hand can make all the difference in the world.

Making the decision to undergo aesthetic surgery is a delicate process at any age. The art of augmenting any part of one's body can be a challenge that requires nothing less than the most competent and professional surgeons available to ensure a safe, healthy and complete experience. However, the decision can be especially daunting when it is undertaken at a younger age, as it becomes increasingly common. While in generations past, aesthetic procedures were mainly reserved for more mature individuals, today the decision is one for all ages of adults, starting as early as patients in their late teens. For this reason, there is a special need for a surgeon who is able to offer more than just technical expertise. Today the attention for younger patients may indeed be more often cosmetic and reparatory than older individuals, the procedures are no less surgical and must be treated as such from the first consultation until the last follow-up visit. It is for this reason, a qualified aesthetic surgeon must be not only an excellent medical professional but also a caring counselor as well — one that will be able to offer advice and guidance before, during and

after a patient's surgical experience. In this role, it is the surgeon's responsibility to help younger patients understand what surgery is far from a lounge act and a one that must be treated with enormous care and fully thought through. One such professional who has struck that elusive balance of surgical excellence and guidance stems from years of international experience is Dr. Roger Arner of the Medella Aesthetic Clinic, known far and wide for his risk and innovative spirit, which led to the development of the world-famous Facial Augment Resectorycut Injection procedure, or FARI. Dr. Arner has earned a reputation as a leader in the field of aesthetic surgery. Dr. Arner is a member of some of the most prestigious scientific societies, including the ASAPS (American Society of Aesthetic Surgery), the SOCARE (French Society) and the SECPRE (the official Spanish Plastic Surgery Society) of which any plastic surgeon working within Spain has to be a member. While advocating the role of a surgeon as education, Dr. Arner actually takes things a step further, stressing that it is also his role to make sure that any decision to undergo surgery is a mutual one. What a patient decides to do is based on their own needs and not those of anyone else, even a member of their family. Indeed, Dr. Arner stresses a



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change as important as aesthetic surgery should be based on the happiness of the patient and not on the size. Further, the role of a surgeon should also include aiding in the selection and healing period following a procedure when a patient feels the challenge of becoming accustomed to their new look – a period many may find the most difficult of all. That said, Dr Amar's role as a surgeon does little to take away from his technical and surgical expertise. Indeed, Dr Amar's professional experience covers a wide array of aesthetic procedures, including a tummy tuck, which have become highly popular and common among young patients. The most common procedures in his age group include two of his most visible alterations: rhinoplasty and breast augmentation, though the level of visual impact an augmentation can range from minimal to dramatic. With more than twenty years of residency behind him, Dr Amar has earned a considerable reputation for his precision and discretion, whether the surgical need arises from aesthetic reasons or to simply allow the patient to breathe a little easier. For younger patients, Dr Amar offers the kind of guidance and advice that only comes with decades of experience across the world. What Dr Amar also offers is his own unique approach to

nose surgery, which involves a specific technique that greatly reduces the amount of post-surgery pain. The end result is a nose that looks and feels natural while creating a balanced aesthetic harmony with the patient's other facial features. Taking a similar approach to breast augmentation, Dr Amar often offers young patients the opportunity to either position or reduce the impact of their breasts while achieving a physical harmony with their body. Beginning with an in-depth consultation during which Dr Amar works alongside patients to decide what size alteration would work best, a breast augmentation procedure involves a unique approach which places an implantment under the muscle to achieve the most natural look possible and makes any scars virtually invisible. While the procedure is commonly chosen voluntarily, Dr Amar and his team give the same level of professionalism and care, carefully valuing each patient through the process, from beginning to end. ■



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