

Dr. Alan Matarasso

The Man In The Mirror

by Wendy Lewis

Plastic Surgeon Alan Matarasso MD has seen his share of famous faces (and bodies). His hands have been linked with Broadway stars, cover girls, A-list actors, and patrons of the arts who have sailed through his doors. In a zip code where great surgeons proliferate, Dr. Matarasso has distinguished himself as much for his skill with the knife as for his charismatic persona.

The Westchester County native earned his medical degree from the University of Miami School of Medicine and completed his training at the Albert Einstein College of Medicine, where he was a chief resident in general surgery and plastic surgery. He is board certified by the American Board of Plastic Surgery and has served as an examiner on the Board.

Matarasso's academic accolades could fill volumes and throughout his career, he has been listed in virtually every "Best Doctors" publication including Best Doctors in America (Woodward & White), "Best Doctors in New York" (New York magazine), and "Best Cosmetic Doctors in America" (Castle Connolly Medical), as well as by Vogue, Tatler, More, W, Town & Country, and more.

Alan is one half of the brotherly duo of medical Matarassos with Dermatologist Seth Matarasso, dubbed "the Botoxinista" of San Francisco, one of the biggest BOTOX® users in the country. While Alan lifts the lovelies of New York, Seth is injecting his way through San Francisco's social scene.

The Matarasso men maintain an extremely close relationship, taking

time out of their busy practices to visit their mother in Florida. They often share patients as well. Alan has admittedly performed a rhinoplasty on the handsome Californian. As Seth says, "How could I let anyone else touch me!" Alan is ready to consider some treatments, but in his words, "Seth is too expensive!"

Often considered an anomaly in plastic surgery circles, Dr. Matarasso has been married to Melissa for 19 years, who is a Registered Nurse and the daughter of a physician. Although she maintains a presence in the practice, Melissa is a devoted mother to their twin daughters, Emma and Dana. "Living with three strong women has changed me, definitely for the better. It has opened my eyes to see women for who they really are, and the absolute power they have over men," he says.

His sophisticated image conscious clientele are well versed on the latest techniques. "They don't want to look like they've had surgery; they want to look just like better versions of themselves but natural, especially on the East Coast. Some of the telltale signs are ears attached too low onto the face, raised hairline, thickened scars, over-Botoxed brows, and hollowed eyelids. The problem for celebrities is that the public has a fixed image of them at a certain point in time. So if they have a

"radical" change, it becomes more noticeable so small incremental changes are very important to maintain what you have," says Matarasso.

Truly an academic at heart, Matarasso can be found on the lecture circuit teaching plastic surgery residents and as a guest surgeon all over the world. "I enjoy all of the procedures I perform, including facelifts, eyelids, rhinoplasty, breast reshaping, and liposuction, because I can make people feel and look better. The short scar facelift is particularly gratifying for me, as it returns people to a former state or how they remember themselves, so they can look as good as they feel for longer and avoid the signs of a facelifted appearance," he says.

A consultation with Dr. Matarasso includes recommendations for surgical procedures and non-surgical alternatives to meet each patient's goals and desires. "No two faces age at the same rate or in the same way. The short scar lift is the cornerstone of management of the aging face in my practice; however, I customize the operation based on each patient's skin quantity and quality."

A disciplined health enthusiast, he developed a unique program of intensive protocols for surgical patients to begin before their procedure to allow them to return to work and social obliga-

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tions quickly. "Especially in New York, no one wants to be off their game for more than a week. We do everything possible so they can look good enough to be on camera or chair a board meeting within ten days after a short scar lift. For mothers of the bride or groom, we suggest three weeks to be safe," he says.

A refreshed, natural looking result is the hallmark of Matarasso's aesthetic expertise. He has long embraced the evolving world of non-surgical treatments to forestall the need for more invasive intervention and maintain surgical results. According to Matarasso, "Lifts lift, fillers fill and neurotoxins relax facial muscles. Integrating some or all of these modalities will often give you the best result. If you think you will get the same result with non surgical procedures as from surgery, you may be sadly disappointed. A year later you may be out of pocket a lot and back where you started. Some downgrading alternatives are available, such as liposuction instead of a neck lift or abdominoplasty. But you have to recognize that the results won't be the same as we can achieve surgically. There are also less invasive surgical procedures which have totally replaced traditional "open" techniques, therefore significantly reducing scars."

Dr. Matarasso's highly experienced staff provides total patient care, skin maintenance, and a full spectrum of treatments to meet their clients' needs. Lisa Holderby, who is also an equestrian and children's author, has been with him for a decade. "I feel privileged to work with such a Renaissance man. Dr. Matarasso has more energy than people half his



age. He publishes, conducts research, teaches at meetings, and chairs a list of committees, outside his day job which is to do surgery," she says.

We are bombarded with new treatments with catchy names at an alarming rate, but Dr. Matarasso remains skeptical of technologies that are marketed to consumers before physicians have studied their effectiveness and safety. "Through a skilled use of carefully tailored injectables and devices, we can produce a beautiful natural looking and long lasting rejuvenation. I don't want to be the first surgeon on Park Avenue to try a new laser on my patients. I watch and wait until I am convinced that there is a reason beyond marketing value to

add new technologies to my practice."

His best advice to anyone considering having a little work done is simple. "See a busy well qualified plastic surgeon or dermatologist, express your concerns and be sure they are giving you what you need, not just what they offer. Be wary of quick fix procedures that promise to produce instant results that sound too good to be true. In medicine the treatment is based on the door that you walk through," he says. **M**

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