

MANHATTAN BEACH PLASTIC SURGERY

JAY W. GRANZOW, MD, MPH, FACS, BOARD-CERTIFIED PLASTIC SURGEON

14650 Aviation Blvd., Suite 210, Manhattan Beach | 310-882-6261 | manhattanbeachplasticsurgery.com

SERVICES OFFERED: Rhinoplasty, breast enhancement (augmentation, lift or reduction), Mommy Makeover, body contouring, abdominoplasty, facial rejuvenation (face/neck/eyelid lift), injectables (Voluma, Juvederm and Botox)

Q&A

WHAT'S ONE TREND THAT IS CHANGING PLASTIC SURGERY TODAY?

"Nowadays, more professionals are seeking plastic surgery. They don't want anything heavy-handed, obvious or distracting in a business setting. For professional women, it's all about aging gracefully. I can achieve subtle results, often with strategic injections or surgical procedures such as mini-facelifts and mini-lipos."

WHAT IS YOUR ADVICE TO PATIENTS WHO WANT TO RESHAPE THEIR NOSE (RHINOPLASTY)?

"I believe a natural look and better breathing are most important. The result must fit the patient's face and will be uniquely different for each person. I emphasize these points both in my surgical practice and when teaching rhinoplasty at UCLA and USC."

WHAT IS A COMMON MISCONCEPTION ABOUT MOMMY MAKEOVERS?

"Many moms think that subtle results are not possible because they often see exaggerated results in L.A. Most moms who come to see me want to look better but not "operated on." For some patients, fat grafting is an option for a more natural breast augmentation."

PLEASE GIVE A BRIEF DESCRIPTION OF YOUR PRACTICE.

"My philosophy has always been to provide patient-centered care. I really spend time getting to know my patients and their concerns. I have compulsive attention to detail, which shows in the office and in surgery. We have a warm and caring staff that treats patients like family. I'm thankful for all of our wonderful patients and friends in the South Bay and for their continuing support over the last 10 years."

RECOMMENDED

"Mommy Makeover" surgery can be very effective in improving the breast and tummy areas after having children. However, an often overlooked first step to address the physical changes that occur after pregnancy is physical therapy for women's health to bring back the shape and tone of the tummy and other areas. This can help moms avoid the need for a tummy tuck. Physical changes in the breast and tummy that physical therapy can't fix can be improved with surgery to bring back a more proportionate shape without looking overdone.



"MY PHILOSOPHY HAS ALWAYS BEEN TO PROVIDE PATIENT-CENTERED CARE."

OFF THE CLOCK WITH DR. GRANZOW



As anyone with young children knows, life has changed a lot since the addition of our son two years ago and our new daughter just months ago. Previous pursuits such as swimming, bodysurfing and volleyball have taken a backseat to family activities such as going to the playground, reading books on ABCs and numbers, and fixing toy cars and trucks. That said, I wouldn't change a thing.

SHARED TIP

My rhinoplasty approach comes from years of experience as both a board-certified plastic surgeon and board-certified ENT surgeon. The goal is for the result to appear so natural that it's difficult to tell that surgery has been done without before and after photos. To achieve this, I commonly use the "closed" technique, which leaves no visible scars on the outside of the nose. In addition, I prefer to incorporate improvements in breathing at the same time.

