



MEET DR. RICK ROSEN – CONNECTICUT PLASTIC SURGEON



Photo Credit: drrickrosen.com

Posted by Denise Mann 01.25.15

Fairfield, CT-based plastic surgeon **Rick Rosen, MD, FACS** specializes in cosmetic and reconstructive plastic surgery. He is best known for his natural and subtle results. Whether they have had a facelift, nose job or body work, Rosen's patients always look better, brighter and more rested, never overdone.

It is this approach that has made him a favorite among his patients and earned him Connecticut Magazine's TOP DOC award from 2011-2014 and the People's Choice Award from 2008 to 2013, among other honors and accolades. He is also certified by the American Board of Plastic Surgery, and a member of the American Society of Aesthetic Plastic Surgeons, the American Society of Plastic Surgeons, and the American Society of Lasers in Medicine and Surgery. "My goal is to make you look refreshed, not like you had surgery," he says. He also has extensive experience in skincare, laser treatments, injections and other non-surgical procedures.

Dr Rosen talked to Beauty and the Bag about his philosophy as well as what is trending in his practice today. drrickrosen.com

1. With so many non-surgical options available today including lasers and injectables, how do you choose what is best for your patients?

I try to individualize the recommendation for each patient based on their goals and expectations as well as what they can tolerate in terms of downtime. Fillers provide immediate results with little downtime for individuals concerned with loss of facial volume. Intense pulsed light (IPL) and non-ablative lasers can improve age spots, rosacea, blood vessels and fine lines without significant downtime. Ablative lasers provide greater improvements, but more down time is required. Cynosure's combination laser of non ablative/ablative treatment gives wonderful results with less downtime and no need for sedation. By contrast, ablative CO2 lasers require sedation and longer healing times.

2. How can a person choose the right plastic surgeon?

This is really important. Pick wisely! Do your research carefully. The cheapest surgeon is not the best, nor is the one who advertises on billboards. Look for board certification by the American Board of Plastic Surgery as well as membership in the American Society of Aesthetic Plastic Surgery (ASAPS) and the American Society of Plastic Surgeons (ASPS). Speak to existing patients and ask to see before-and-after photos. When consulting with the surgeon, have your list of questions ready, and consider the time the surgeon spends with you. Patients should never feel rushed. Always trust your gut feeling about the surgeon.

3. What facial plastic surgeries offer natural-looking results?

All facial plastic surgeries can provide natural, subtle results. The results seen recently in magazines and on TV where the person looks totally different and almost unrecognizable does not need to happen. For example, conservative changes to the eye region that don't change the shape of the eye or leave a hollowed look provide extremely natural results.

4. What are the hottest body procedures today?

Brazilian butt lifts or sculpting the area around the buttock with fat is very popular right now. This type of buttock lift involves tiny incisions, minimal discomfort yet offers shapely results. Mommy makeovers with abdomen, breasts, and buttock work combined can help a woman regain her confidence and pre-pregnancy/motherhood figure.

5. What role does body contouring play after massive weight loss?

Patients that have had weight loss surgery or have lost the weight themselves can start anew with body contouring. After losing more than 100 pounds, there is significant skin laxity. Removing extra skin and tightening and contouring what remains are common after massive weight loss. We now know that tummy tucks, breast, arm and thigh lifts can be done safely at the same time with a team approach.

6. What skin care products do you recommend?

I have compared almost every skin care line available now. When **Dr. Zein Obagi** launched his new line [**ZO Skin Health**](#) two years ago, he added 25 years of new technology and advances to it including calming agents, anti-oxidants, growth factors and DNA repair. In particular, the ZO 3-STEP PEEL™ has minimal down time but wonderful results, giving the patients a more youthful and refreshed look without surgery.