

"Lukash's book is all about drawing lines around what is a real need and what isn't, what is a safe procedure and what isn't, who is a good doctor and who isn't. My final verdict on it is that it's a necessary book, and one I wish had been available to the parents of the teens who underwent cosmetic procedures—200,000 of them—in the U.S. last year."

—NewYorker.com

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THE SAFE AND SANE GUIDE TO  
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# Teenage Plastic Surgery

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Frederick N. Lukash, MD  
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*Frederick N. Lukash*

## **The Safe and Sane Guide to Teenage Plastic Surgery**



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The Safe and sound and Sane Guidebook to Teenage Plastic Surgery, by Dr. Most important, Lukash offers a useful reddish colored light/yellow light/green light instruction for considering teen cosmetic surgery. Lukash, is the only complete information to this ever-expanding phenomenon. When can be surgery right, and when could it be not?s acknowledged expert and official media spokesperson on pediatric and adolescent cosmetic surgery, this reserve answers those tough questions parents of potential teenage cosmetic surgery candidates have: Will surgery increase their child’s self-esteem and help them fit in better? Or could it be a dangerously easy answer to deeper issues? Compiled by the American Society of Plastic Surgery&#145;t and shouldn’ Complete with action plans, real-life stories and photos, The Safe and sound and Sane Guideline to Teenage COSMETIC SURGERY offers information on what can, can’t just give easy answers to teen’s body-image complications but helps parents understand the emotional, psychological and sociable dilemmas involved. A virtual, free discussion with a renowned expert in the field, the publication doesn’ Interviewed in THE BRAND NEW York Times and highlighted on Discovery Wellness among many other press outlets, Lukash guides families through every step of the process, from finding the perfect-fit doctor and trying to get medical care insurance to surgery and lastly to recovery and a changed life.t be done&#151;and on how to spot the doctors who will exploit a teen’s fragile feeling of self-esteem as well as his or her parent’s pocketbook. Frederick N.



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We recently had the nice fortune of sounding this book compiled by the eminent plastic surgeon, Rick Lukash. Dr. Lukash's reserve is a superb honest examine. He understands the importance of self-confidence and he helps teens and parents know how plastic surgery can be a confidence booster. I also happen to know that he's a very experienced doctor and he methods what he preaches. Even if you aren't using Dr. Lukash for a procedure this book will help you through your decisions and will be a very valuable way to obtain information. Must-Read for Teenagers or Parents of Teens considering plastic surgery As anyone who has both undergone cosmetic surgery as a medical expert involved in the cosmetic surgery community, I believe that each teen and parent of a teen considering undergoing plastic surgery should consider reading Dr. Lukash's reserve.. The most crucial part is that it's written in an exceedingly easily understood language. This book provides an incredibly reasonable portrayal of what teenagers can and should be prepared to actually gain from cosmetic surgery that is useful in determining whether surgery is appropriate and/or worthwhile..)- had I read this reserve I would have had the solution in front of my eyes). This book is both easy-to-read and filled with crucial advice for any teen considering surgery. Clear, concise and honest. An amazing book written by an amazing author An amazing book written by an amazing author.. I am a teenager considering plastic surgery for medical reasons and was very anxious and I needed to know the facts. Dr. Recommend 100%. I want my parents had bought this book for me when I was considering cosmetic surgery, as it could have made process of whether or not to undergo surgery easier (I debated for a long time about, until finally determining to accomplish it- the major issue for me was that I must say i was scared of the aftermath and what things to expect, along with the procedure for doing the surgery generally (how exactly to pick an MD, payments. If you can get Dr. Any generation would appreciate this reserve and find it helpful because the content material transcends generations. Lukash is the Michelangelo of cosmetic or plastic surgeons. After reading this book you will understand cosmetic surgery like no various other, and know if it is the right decision for you Informative, honest and helpful - essential read! Personally, I am in my own early/mid 20's, and I browse this book to greatly help navigate the intricacies of rhinoplasty, also to understand facial balance and proportion - which all good plastic surgeons consider when carrying out rhinoplasty. I wanted to become proactive and understand it myself, in order to be an informed customer and do the very best that I could in choosing the right surgeon (obviously an essential decision). This publication is filled with substance and content material, and can be thankfully not tight-lipped or filled with the "fluff" that I was skeptical about encountering given that it is written by a cosmetic surgeon himself. It sheds light and educates the reader on a wide variety of types of plastic surgery - male/famale, the facial skin, and several different areas of the body. Dr. Lukash impressed me along with his tremendous amount of knowledge, insight, experience. Highly recommend If you are considering Plastic surgery as an adolescent or as a parent this book is crucial!.and in addition importantly, compassion. His publication is honest, simple, and direct -- all characteristics that I search for in a plastic surgeon. All in all, I came across his book useful and a must-read for just about any young adult considering plastic surgery. Must read in case you are considering plastic surgery for your child!Great Reserve Great Doc! An excellent guide providing a step-by-step approach to teenage cosmetic surgery. I was especially thinking about the chapter on ear deformities and their correction as many of my teen-agers seem anxious to pin back their ears for picture-perfect shots. I congratulate Dr. Lukash and encourage any parent who includes a teen-ager concerned about their self-image, purchase, go through and apply the concepts in this book to their children's lives. Excellent A fantastic and informative function, Dr. Lukash surveys the number of options available to parents and their kids regarding the correction of physical appearance. I enjoyed viewing the children's positive reactions with their medical procedures as depicted through their drawings, and also the before and after photos.A useful tool for parents and kids alike, this publication will surely gladden and guideline whole family members. He has left no "stone" unturned when it comes to the variety of procedures that are offered. It was good to read that he regards children's fears with tolerance, even legitimizing the possibility of a last-minute cancellation

if a child becomes too fearful. In this point in time, when the idea of correcting things is almost compulsory, it really is remarkable to read a book by a cosmetic surgeon which prioritizes choice, and emphasizes the need to address and prepare for the real-world connection with paying and dealing with surgery. Dr. Bravo, Lukash!! It really is explained so flawlessly and there are images to go along with the text. It is apparent that Dr. The photos are skillfully intertwined to supply clear illustrations concerning the subject material. Some kids aren't ready, some kids have to grow to their features, this doctor understands the difference between physical/mental/social aspects of this life-changing step. I certainly recommend it for anyone looking for level-headed, realistic suggestions about teenage plastic surgery. Lukash explains the whole process from the very beginning to the very end. I recommend this publication to any mother or father and their kids considering plastic surgery.. It is easy to read as soon as you start, you won't want to put it down. Since I instruct kids whose parents are most interested in such procedures as outlined in the publication, I found it most helpful and also entertaining insofar since it answered many of my questions therefore i am in a position to give tips to the young performers in my studio, many of whom are professional child actors and actresses. This book provides before and after photos and testimonials of teenage cosmetic surgery success stories. It helps to negate a lot of the negative bias projected by press. Highly recommended for parents of teens who are contemplating cosmetic surgery. I recommend scanning this book obviously before surgery, but when possible, also before meeting you surgeon, to allay any perhaps fears or concerns. The book is incredibly informative, but also very entertaining. At least read and follow all phases of his publication. It becomes very evident that a skilled plastic surgeon must also be very creative. Lukash to do your surgery- that will be best. I would suggest this book to any teenager or young adult who's looking to undergo cosmetic surgery. I recommend this book. It is easy to read and once you start A must read for teens and their parents who are considering plastic surgery because of their teenage children. This reserve provides a exclusive, insightful and interesting outlook regarding a location that a lot of books on cosmetic surgery overlook.. It answered plenty of questions that i had regarding cosmetic surgery for adolescents and young adults. An excellent guide providing a step by step approach to teenage . Kudos to the writer. In short, I cannot recommend it plenty of. Dr. Lukash provides readers with very clear, concise, honest insights about cosmetic surgery for youthful adults. It contains many images, personal accounts and also an anecdote about carrying out surgery on his own daughters which I thought was great. The publication is well-organized, an easy read and incredibly informative. Great source list, cut out verify lists-he's anticipated all you will need to know. A great reference for anyone An insightful source for anybody. Dr. Lukash provides honed a guide for the skilled doctor, the concerned mother or father, or the potential patient. Lukash is delicate to the element of choice involved with changing one's physical appearance, and lays out a sympathetic and child-first approach in arriving at these big decisions. Everything you ever wanted to find out about Teenage Plastic surgery, but were scared to ask! Thanks a lot Dr. Lukash!



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