



OPHTHALMOLOGY & OCULOFACIAL PLASTIC SURGERY



Pictured: Alan Brackup, MD, FACS (Top Doctors 2018)

and what other patients have said about them. Choose someone who specializes in the type of cosmetic surgery you want to have. Also, look at the surgeon's pre- and post-op photos and ask yourself, 'Would I be happy with that result?' If the answer is no, that's not the right surgeon for you. Rapport is also extremely important. The patient should feel very confident and comfortable with the surgeon they choose.

Q: What are the most cutting-edge procedures you offer?

A: I've been at the forefront of using resurfacing lasers in combination with facelift procedures and I was one of the first adopters of endoscopic brow procedures. Within the face and neck, we can achieve outstanding, very natural results with less-invasive approaches. Patients have less downtime, less swelling and less risk.

Q: Has cosmetic surgery become less invasive overall?

A: There are a wide range of cosmetic surgery procedures—some are non- or minimally invasive, others require surgery. Less-invasive procedures can be a double-edged sword. When we can achieve a great result it's wonderful, but sometimes patients can be lulled by mini-procedures that may produce mini results, which aren't really what they're looking for. The key is to do the least invasive procedure that will achieve the optimal result.

Q: What do you enjoy about being a cosmetic surgeon?

A: Cosmetic surgery is not life or death, but it does improve someone's quality of life. I like that I can make a huge impact on people's lives. For better or worse, the reflection we see in the mirror affects how we feel about ourselves and how we present ourselves to the world. Sometimes I get more excited than my patients about the results. I get a lot of hugs and kisses from happy patients. In truth, I am a very fortunate man to be able to do something I love.

Q: What trends are you seeing?

A: I'm seeing younger patients interested in less-invasive, more preventative procedures. People are also coming in for surgery at a younger age. They're realizing they don't have to grow old before they improve their appearance. This is beneficial because there is less of a dramatic change to their look, results last longer and they can have additional surgery 10 or 15 years later if necessary. Also, especially after seeing some of the results of celebrity surgeries, prospective patients are extremely concerned that they have natural results and not look like a Barbie doll. My responsibility is to make them look great, refreshed but not "done."

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Q: What is the focus of your practice?

A: I focus primarily on the aging face, turning back the clock on the eyes, face and neck. My original training was in ophthalmology followed by a fellowship in oculofacial plastic surgery. I then went on to become the first in the U.S. to be board-certified in facial cosmetic surgery and ophthalmology. I'm drawn to the aesthetics of the face and fascinated by what can be accomplished.

Q: What is the biggest misconception about cosmetic surgery?

A: The biggest misconception is that you will look pulled, stretched or unnatural. That's just not true. When the work is done right, patients don't look different, just closer to how they looked when they were younger. The goal is for people to say, "You look great, did you change your hair?" Not, "Who did your face?"

Q: What should someone look for when choosing a cosmetic surgeon?

A: Start with referrals from friends or family. Patients should also check the credentials and achievements of the surgeon. Do some research. Check out their background, how they've been trained

