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Q: How can people find a great plastic surgeon? **A:** You found me! But seriously, the good news is that we have many excellent surgeons in our area to choose from. The hard part is finding the best one for you. An impressive educational background, appropriate board certification, academic affiliation and experience are a great place to start, but by themselves are not a guarantee of surgical excellence. A referral from your physician, family or friends is the best way to begin your search. Go online and check reviews. Do your homework. Then plan to meet with more than one surgeon and see with whom you feel the most comfortable.

Q: How do you know which procedure is best for you? **A:** Once again, there are many excellent procedures for the eyes, face and neck, but no one best procedure for everyone. Indeed, be wary if a surgeon tells you only their technique will achieve the best result. If this were true, every surgeon would be doing the same thing. What works in the hands of one surgeon does not necessarily work in the hands of another. Ultimately you have to place your confidence in someone, and allow him or her to perform the procedure they feel is optimal for you.

Q: What kind of questions should patients ask in consultations?

A: After listening to the recommendations of the surgeon you're consulting with, don't be afraid to ask how many of these procedures the surgeon performs in a year. If your surgeon is world-renowned in breast surgery, it does not mean he or she is equally adept in facelift or eyelid surgery. Ask to see lots of before-and-after photos, and ask yourself if you would be happy with the results.

Q: Is it better to wait until middle or old age before having facial cosmetic surgery? **A:** No! The best time to have surgery is when the signs of aging are not severe.

A younger patient will often be able to achieve a better, longer-lasting result than if the same surgery is performed on an older patient. In addition, the whole point of cosmetic surgery is to improve one's quality of life. Why wait?

Q: What's the biggest misconception about cosmetic surgery? **A:** 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?"