

# Dr. Sharon Giese

New York, New York

## ASK DR. GIESE

### WHAT ARE SOME OF THE FIRST SIGNS OF AGING?

Jowls are one of the single biggest giveaways to an aging face. The result of time and gravity, jowls form when the cheeks descend, creating a little pouch of excess tissue that will hide the natural contours of a youthful jawline.

### WHAT IS MOST IMPRESSIVE ABOUT YOUR TRAINING?

A fourth generation surgeon, I am trained as a biochemist, pianist and an artist. I am a proud alumnus of Stanford, Georgetown and Northwestern universities, as well as Vassar College. Early in my career I initiated groundbreaking research on the effects of large-volume liposuction to improve pre-diabetes and cardiac risk factors, as well as weight loss.

### HOW HAVE YOUR RESEARCH AND TECHNIQUES GAINED RECOGNITION OVER THE YEARS?

My findings have been featured in The Wall Street Journal, The New York Times and Allure, and on network news programs including The Early Show and FOX, ABC, CBS and NBC news.

### WHY DID YOU BECOME A PLASTIC SURGEON?

It is a great combination of art, beauty and people.



## The natural lift by Dr. Sharon

"I am constantly striving to learn new techniques and develop ways to do things better. I see aging beginning with the cheeks. As the cheeks descend, five telltale signs of aging are revealed," she says. "Eyebrows droop, lower lids hollow, nasolabial folds and jowls appear, and the jawline becomes obscured. The natural lift by Dr. Sharon, an innovative program, offers an aging solution for modern women by targeting each of these changes." The core surgical procedure, micro-ultrasound and suction of the jowls and neck, can be supplemented with customized facial enhancement. Dr. Sharon will form a strategic schedule to deliver tweaks discreetly. A frequent guest on various television shows, she performed pre-jowl notch fillers and the natural lift on The Dr. Oz Show. "With the natural lift by Dr. Sharon, the power of choice is in your hands. It will help you put off a facelift, as you wish." Virtual consults are offered for out-of-town clients with TouchMD.com.



### THE NATURAL LIFT BY DR. SHARON

Concerned with the jowls and sagging skin around her neck, this 58-year-old patient sought Dr. Giese for a natural-looking solution. "With my 'Natural Lift,' we were able to smooth her neck and jowls with liposuction done under local anesthesia," Dr. Giese says. "With minimal downtime and no skin removed, she now has a more youthful jawline."



### BEAUTIFUL BREAST BOOST

Unhappy with the size and shape of her breasts, this 23-year-old patient wanted a new look. After consulting with Dr. Giese, she underwent a bilateral breast augmentation. "We were able to achieve the volume she wanted and she loves her new figure," Dr. Giese says.

# "new beauty is natural beauty"

## MEET THE EXPERT

### Dr. Sharon Giese

American Board of Plastic Surgery

#### SERVICES OFFERED

Breast Augmentation,  
Reduction and Lifts  
Breast Reconstruction  
Ultrasonic and Large-  
Volume Liposuction  
Face-, Eye- and Necklifts  
Botox® and Facial Fillers  
Laser Treatments

#### ABOUT DR. GIESE

##### WHAT ARE YOUR AREAS OF EXPERTISE?

I completed my fellowship training in breast surgery and love performing both first breast augmentations and complex revisions. My focus on internal ultrasound has served me well, especially when it comes to large-scale liposuction cases, which can become quite complex. Most recently, I have turned to micro-cannulas for facial rejuvenation. Having published nationally and internationally on breast, body and facial rejuvenation, I enjoy staying current and up-to-date, as it enables me to bring these findings to patients within my own practice, offering what I like to call "modern-day makeovers."

##### WHAT COSMETIC PROCEDURES HAVE YOU

I am definitely a consumer of my trade. My life is an open book. See my vlog (video blog)—"Confessions of a New York Plastic Surgeon"—on my website. It is full of insider tips on what I do for myself, friends and family.

##### WHO ADMINISTERS YOUR BOTOX?

My physician's assistant, Sarah Lazarus.

