

## Drs. Smoot, Sadrian, Hollan and Smoot

La Jolla, California



### Minimal-incision surgeries

"While people age differently, in general, we have found that the mid-face area seems to show its age early on," say the doctors. For patients concerned about their faces and necks, the physicians tighten slack skin using an approach they call a "Freshlift," which incorporates the use of minimal incisions and lifts the muscles. "You have to do a wide dissection and pull the muscles evenly," Dr. Wendell says. According to Dr. John, shorter-scar breast lifts take a great deal of meticulousness. "I like to perform a vertical mastopexy, which eliminates the horizontal 'anchor' scar under the breast." This "lollipop scar" goes around the nipple, and then vertically down to the breast fold. The majority of his patients have augmentation at the same time for additional cosmetic benefits.

Left to right: Wendell M. Smoot, III, MD; Reza Sadrian, MD; Carol Hollan, MD; John D. Smoot, MD

### CASE STUDY



### IMAGE IS EVERYTHING

At 54 years of age, it's not unusual for patients to have tired, sagging skin. But, one can improve upon their individual aging symptoms through a targeted regimen of aesthetic treatments. "Plastic surgery isn't a black-and-white science," say the doctors. "It takes experience to know what procedures, when paired together, will maximize a patient's youthfulness. For this client, a face- and necklift, upper eyelid lift and endoscopic browlift brought her previously mature look into balance, enhancing youth tenfold."

## "a team approach gives patients the power of choice"

TOGETHER, DR. WENDELL M. SMOOT, III, DR. JOHN D. SMOOT, DR. REZA SADRIAN AND DR. CAROL HOLLAN MANAGE AN ALL-ENCOMPASSING PLASTIC SURGERY PRACTICE UNDERSCORED BY EXPERIENCE AND SURGICAL EXCELLENCE. "KNOWLEDGE IS IMPORTANT, BUT IT'S NOT EVERYTHING," SAYS DR. JOHN. "EXPERIENCE COUNTS. TOGETHER WE HAVE ALMOST 90 YEARS OF TENURE WITHIN THE INDUSTRY." FOR OVER 20 YEARS, THIS FAMILY-ORIENTED PLASTIC SURGERY PRACTICE HAS BEEN DEDICATED TO SUPPORTING NONPROFIT ORGANIZATIONS IN SAN DIEGO AND MEXICO. THE PRACTICE DONATES A PERCENTAGE OF PROCEEDS FROM EVERY PLASTIC SURGERY PROCEDURE THE PHYSICIANS PERFORM TO PHILANTHROPIC CAUSES THROUGHOUT THE GREATER SAN DIEGO CROSS-BORDER REGION.

### MEET THE EXPERTS

## Drs. Smoot, Sadrian, Hollan and Smoot

American Board of Plastic Surgery

#### SERVICES OFFERED

Abdominoplasty  
Blepharoplasty  
Breast Enhancement  
Facelift/Eye Surgery/  
Browlift  
Liposuction  
Rhinoplasty  
Tummy Tuck

#### ABOUT DRs. SMOOT, SADRIAN, HOLLAN AND SMOOT

##### IN WHAT WAYS DO YOU PUT PATIENTS FIRST?

We don't recommend procedures unless we feel they will bring about the results our patients are looking for. We do what's right for the patient.

##### WHAT DOES YOUR OFFICE LOOK LIKE?

The practice has three fully accredited in-house, state-of-the-art surgical suites with a friendly office atmosphere.

##### WHY DID YOU EXPAND YOUR PRACTICE TO INCLUDE FOUR DOCTORS?

With four doctors, there's always one physician on-call, someone to answer a question, lend an opinion, alleviate a concern. It offers a more comprehensive approach.

##### HOW WOULD YOU DESCRIBE YOUR APPROACH?

We seek maximum results with minimal procedures—helping patients get more for less.

#### MEDICAL DEGREE

DR. JOHN D. SMOOT: University of Utah  
DR. WENDELL M. SMOOT, III: University of Utah  
DR. CAROL HOLLAN: University of Florida  
DR. REZA SADRIAN: Eastern Virginia Medical School

#### LOCATION

La Jolla, California

#### CONTACT

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To learn more about the practice visit [smootmd.com](http://smootmd.com)