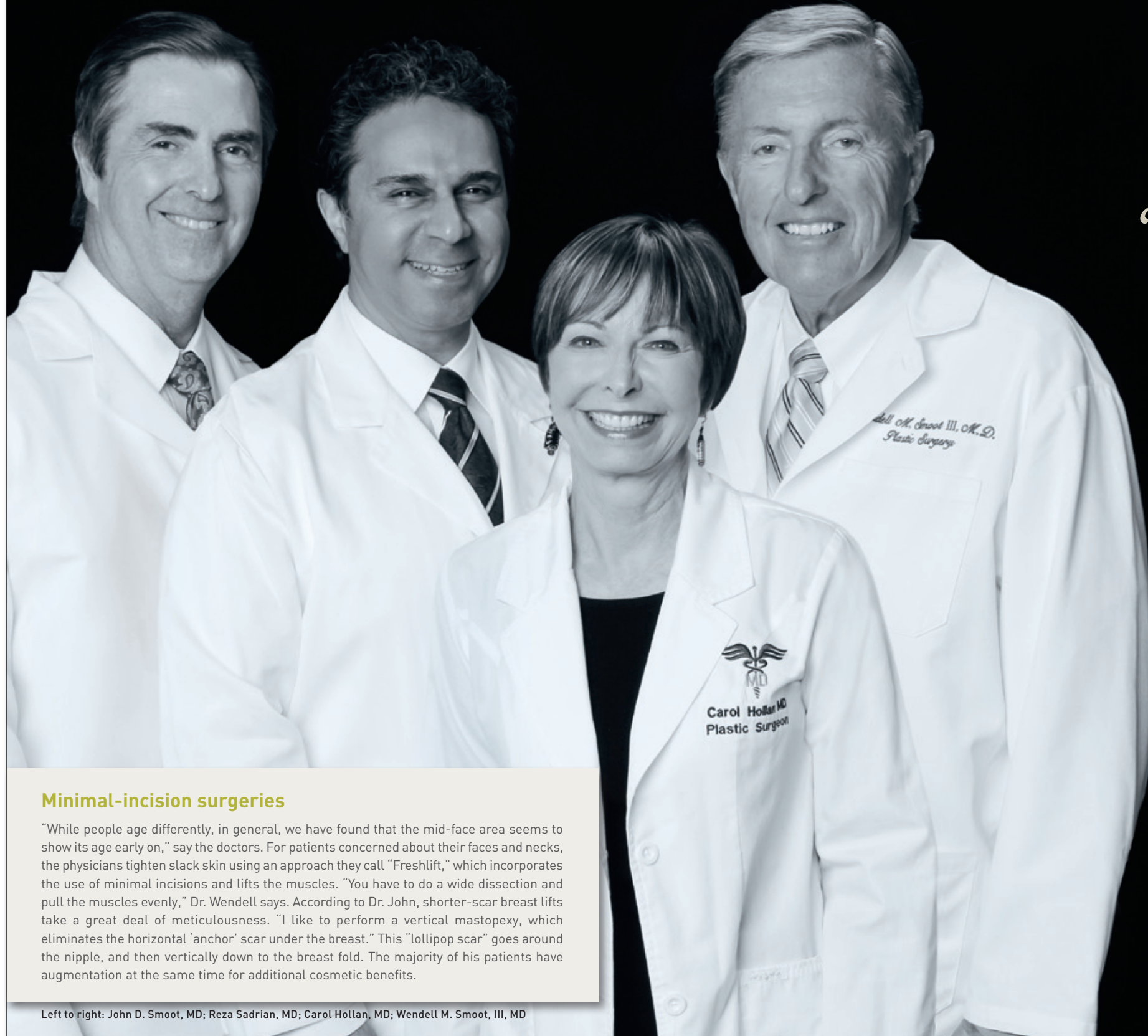


## Drs. Smoot, Sadrian, Hollan and Smoot

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 "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: John D. Smoot, MD; Reza Sadrian, MD; Carol Hollan, MD; Wendell M. Smoot, III, MD

### CASE STUDY



### SLEEKER PHYSIQUE

Desiring a flatter tummy that wouldn't bulge when she bent over, this patient underwent an abdominoplasty with liposuction to the posterior waist to get the result she wanted. "She is thrilled with her new figure," Dr. Sadrian says.

# "we're honored to be recognized for our expertise"

VOTED "BEST COSMETIC SURGEONS" IN SAN DIEGO'S NORTH COUNTY BY *THE BEST OF NORTH COAST* READERS' CHOICE POLL IN 2011, TOGETHER DRs. SMOOT, SADRIAN AND HOLLAN MANAGE AN ALL-ENCOMPASSING PLASTIC SURGERY PRACTICE UNDERSCORED BY EXPERIENCE AND SURGICAL EXCELLENCE. IN ADDITION TO PROVIDING THE FULL SCOPE OF PLASTIC SURGERY INCLUDING MINIMALLY INVASIVE AND SHORT-SCAR PROCEDURES, THEY PROVIDE COMPREHENSIVE SKIN CARE AND STATE-OF-ART LASER TREATMENTS. "WE ARE DEDICATED TO DOING WHAT IS RIGHT FOR THE PATIENT AND OFFER A VARIETY OF OPTIONS TO CHOOSE FROM THAT BEST SUIT THE PATIENT'S NEEDS. IN SOME INSTANCES, THAT MEANS THAT LESS IS MORE."

### MEET THE EXPERTS

## Drs. Smoot, Sadrian, Hollan and Smoot

American Board of Plastic Surgery

#### SERVICES OFFERED

Abdominoplasty  
Blepharoplasty  
Breast Enhancement  
Facelift / Eyelid 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?

We have three fully accredited surgical suites and a Laser and Skin Care Center for nonsurgical rejuvenating treatments.

##### 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 DEGREES

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

858.587.9850



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