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# The Art Of Perfection

By Ann Marie Lynch



Photograph: Courtesy of Garth Fisher, M.D.



integrity, and personality of the doctor are the defining factors in the overall result. It is precisely these qualities that separate Dr. Garth Fisher from the rest of the talented pack.

Upon entering his office, whether it is through the private entrance, to maintain client privacy, or the main entrance, an immediate sense of calm pervades the atmosphere. The ceilings are painted to resemble the sky, similar and by the same artist as Caesar's Palace's famed dome. A polite and gracious staff headed by Bonnie Zabel attends to your every need. Waiting to see Fisher are adulating fans of the surgeons work. One woman had come all the way from Santa Cruz for a breast augmentation because her extensive research determined Fisher to be the best choice. Others have come from as far as Asia, Europe and even Australia. Over and over again, you hear their testimonials to his supreme skills and you begin to wonder: What is it? What makes him command such a loyal and lionizing clientele throughout the entire world?

And then you meet him. The southern accent has been assimilated (cultivated in the Mississippi Delta), but the charm is still there. It is quite evident that when you are with him, it is you, and only you, who matters. He's not a salesman - there is NO sale. Having the vision and the hands to create beauty is a gift, just as precious as the endowment bestowed

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There is ONE plastic surgeon that doesn't have to advertise. His reputation speaks for itself. Dr. Garth Fisher's name is whispered at cocktail parties and discussed in women's dressing rooms at the most prestigious salons from the sea to the desert. There wouldn't be a Baywatch if Fisher hadn't given those voluptuous beauties their breasts. In Tinsel Town, the importance of a gifted plastic surgeon to his patients carries the same weight as an academy award winning screenwriter to a director in search of OSCAR. Youth and beauty are venerated above all else, because in LA, everyone is a star or wants to look like one.

Dr. Garth Fisher is the ONE plastic surgeon whose patient roster would make a tabloid reporter salivate. He's an artist who sculpts human faces and bodies with such care and precision that the end result is consistently natural. He fixes what we wish nature had given us, or taken away. Voted by his peers as one of the Best Doctor's in America, he is at the top of his game, and shares the throne with his beautiful fiancée, who just happens to be a celebrity in her own right.

Arguably, there are many talented surgeons in Beverly Hills; the celebrity demand requires a large supply. However, a patient's decision to undergo a cosmetic procedure can foster anxiety, fear, and unrealistic expectations. The skill, honesty,

upon a genius. This gift has led him to perform almost 10,000 surgeries in just twelve years. The selectivity the office demands necessitates that potential patients are turned away every day.

The decision to become a surgeon took hold when he was nineteen, witnessing a gallbladder operation. After graduating from the University of Mississippi, he did his residency at the University of California Irvine and has become Board Certified by the prestigious American Board of Plastic Surgery. The "gift" was further refined during a Fellowship with one of his mentors, Dr. Bruce Connell, followed by a partnership with his other significant mentor, Dr. John Williams, who had one of the largest and most respected plastic surgery practices in Los Angeles. Connecting with these two gentlemen has helped shape Fisher into the finest plastic surgeon in LA today.



Photography: Glen Lipson

Dr. Fisher is highly sought after for advice and has been consulted extensively for many television, news, and magazine interviews. From *Entertainment Tonight* to *ESPN*, the word is out. Breast Augmentation and Facelifts are the operations he performs most frequently. Taking the time to carefully place stitches in strategic folds in facial skin has garnered him the respect from *Town and Country*, who placed him on the list as one of the best doctors in America.

A perfectionist, who enjoys people, he is always honest with his patients. His mantra is emphatic, it is the patient who is most important; by striving to perform the surgical experience that provides the best result he knows he has offered his best. He lets you know what you are, or are NOT, going to get as a result, because unrealized expectations make for unhappy patients. It is very demanding on a doctor when someone enters the office searching for perfection, or demanding a new procedure that just aired on the local news. New is not necessarily better. It is the surgeon's skill that makes the difference, not always the latest technique.

"Surgery is like black jack. You draw a ten; take a card, now its fifteen, you think about it, draw again, at nineteen, you hold. When women consult, who are 19's and 20's, you may draw a bust, stay where you are and be very careful contemplating surgery because there is not a surgeon alive who can consistently draw just that necessary one." He recognizes and brings out the beauty that lies within, and importantly, when that can happen.

Theoretically, he believes that his facelifts, or rhytidectomies, should last about fifteen years. He takes more time than most surgeons to place stitches and gets a fabulous result. Obsessive attention to natural detail with double and triple seaming sutures deserves his \$50,000 pricetag for extensive facelifts. Because of this necessary extra time and attention, he will only perform one facelift per day. I've seen his work. These men and women look amazing. An actress with breasts to die

for came into the office while I was there; his surgery is definitely the reason she's a star. He uses the teardrop style technique with his breast augmentations, and thus a more natural look than the rounded stand-up orbs that one sees so often. If someone butchered your breast enlargement, he is the man they come to for the re-do. By inserting the implants through the areola, the scar is mitigated and the breast achieves a natural look that even the most discerning eye would have trouble detecting as having been "implanted".

Dr. Fisher uses the 'wet technique' for liposculpture, whereby he injects the area with saline prior to surgery to insure a smoother result. Droopy and puffy eyes are adorable on a dog,

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but if you're getting extra fat around the eyelids, creating a tired look, blepharoplasty is the answer. "Cinch Blepharoplasty", is a procedure he often performs for patients lacking a crisp fold on the upper eyelid, or one that is too low and thus hidden by skin. This works amazingly well on Asian eyes and often does not require any skin excision.

He has built a practice on satisfied customers. He has generously shared his statistics, findings and techniques to researchers the world over. His practice also includes skin care, collagen, Botox, and laser hair removal. Small amounts of Botox are injected into muscles of the face to reduce wrinkles. It essentially freezes certain facial muscles, preventing an individual from making the expressions that cause the lines, while allowing the freedom of expression. It is extremely effective in creating smooth skin while improving the appearance of maturing skin that is not yet ready for a facelift. The area around the eyes and forehead can be a real problem for some people, even in their twenties. Injecting Botox in these areas can create a youthful and rested appearance. It is painless and takes only a few minutes.

Just in case you're curious about his beautiful celebrity fiancée. Brooke Burke is the famous hostess on *E! Entertainment's Wild On* series. Her current 8-page spread in *Maxim* Magazine is an eye-full. She's gorgeous, and without Fisher's surgical intervention. His success is certainly well deserved; earned by creating a practice based on ecstatic patients whose realizations and lives have been changed, just as they had hoped and dreamed about, as a result of L.A.'s premier plastic surgeon, and his "gift": performing his art to perfection.

You can reach Dr. Garth Fisher at [www.garthfisher.com](http://www.garthfisher.com) or write or call the office at Aesthetic Plastic and Reconstructive Surgery, 120 South Spalding Drive Suite 222, Beverly Hills, California 90212 USA. 310 273-5995. ■

Dr. Garth Fisher with one of his celebrity clients, actress Jenna Jamison.