

REAL STYLETM NETWORK

Advice For Real Living

HEALTH & DIET

Plastic Surgery Q&A With Dr. Julie Khanna



In the latest issue of Real Style Magazine we had a chance to chat with with Dr. Julie Khanna, MD, FRCSC Director of Plastic Surgery at ICLS Dermatology & Plastic Surgery based in Oakville, Ontario, Canada.

Q: What is the number one piece of advice you would offer people considering surgery?

A: Choosing a Board-Certified Plastic Surgeon is a MUST! Do your research, meet your surgeon and build a connection with them and their team for the best outcome.

Q: What kind of facial plastic surgery procedures will help women significantly improve their appearance?

A: The gold standard is always going to be a face lift, but there are so many options that we don't have to start there. Botox and fillers can refresh your appearance, while local anaesthetic procedures such as an eyelid lift, or FaceTite radio frequency for tissue tightening can rejuvenate the eyes and jawline without a major procedure.