

What do you hear most when you say that you specialize in eye surgery?

I am most asked, "What do you think that I need done?" It can be anyone from a waiter in a restaurant, to the CEO of a company, to close friends. Universally, men and women are curious to know what they can do to make themselves look better. I have to educate my patients and the public on what I do: plastic and reconstructive surgery on the eyelids, orbits and lacrimal system, including facial rejuvenation.

Our parents' generation of "facelifts" and facial surgery are long gone. How do you ensure patients that they won't come out looking fake?

I tell patients that cosmetic surgery is like playing a game. The most reasonable expectations, complications, benefits, the skill of the surgeon, the importance of the recovery process and what the patient needs to do to ensure a safe and successful outcome are all important. My philosophy is: less is more. It is easier to repair an undercorrected surgery than an overdone one.

What is a popular misconception about what you do?

The most popular misconception is that I can mimic a celebrity's anatomy. Patients come in with pictures of a celeb, hoping that I can transform them into that person. Plastic surgery isn't like getting a new hair cut. I have to look at the specific anatomical details of a person to determine what is aesthetically achievable for that particular patient.

Explain how a patient's age and facial structure play a role in how you treat or operate.

The minimum age for cosmetic surgery differs from procedure to procedure. For example, rhinoplasty (nose job) can be performed at a fairly young age, such as 13 or 14. Other procedures such as liposuction are not appropriate for people who are not fully grown. The maximum age for cosmetic surgery also differs from procedure to procedure. I typically would not perform a facelift on a 90-year-old woman, but might do a light chemical peel to the eyes. The effect that the surgery will have on the patient, both physically and emotionally, is of utmost importance to me. If I believe the effect is overwhelming for their age, I will tell the patient it is not advised.

What are your feelings on Botox and injections: is it getting out of control and becoming the "in" thing for vanity or is it really necessary, in some cases?

What you can achieve with Botox and fillers is remarkable. I think, in the right hands, with the right patients, results can be very satisfying.

Who are your ideal candidates?

My ideal cosmetic patient is someone who is secure, young, they listen, they communicate and are somewhat attractive.

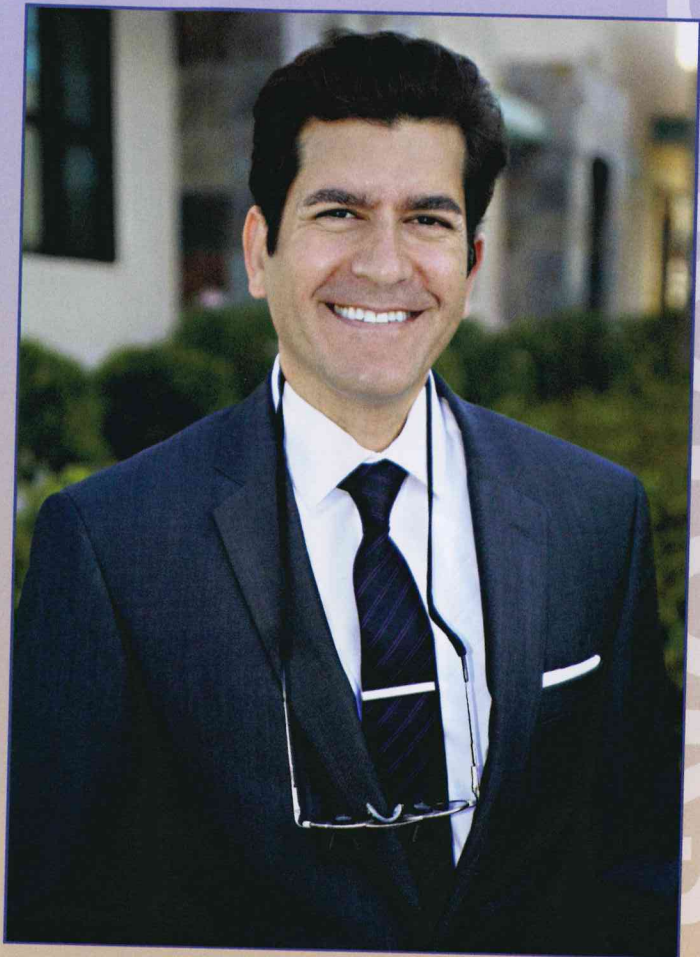


Photo by Michael Wayne Photography

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Dr. Myint is an oculo-facial plastic surgeon who has specialized training and expertise in plastic surgery of the eyelids and orbits. He is Board Certified by the American Osteopathic Board of Ophthalmology and Otolaryngology Head and Neck Surgery. He is also a Fellow of the American Academy of Cosmetic Surgery. Dr. Myint finished his graduate studies at Columbia University in New York before attending medical school in Miami, Fla. Dr. Myint is one of only 550 fellowship-trained oculoplastic surgeons in the United States.

“Plastic surgery isn't like getting a haircut.”