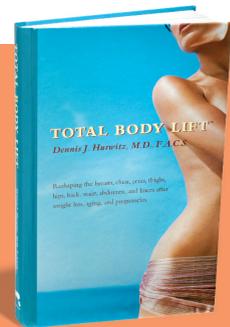
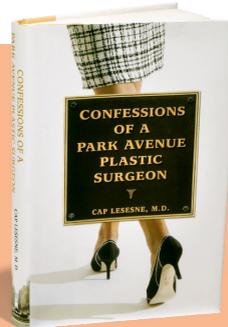
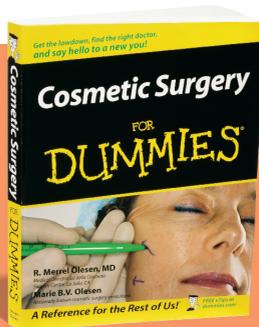
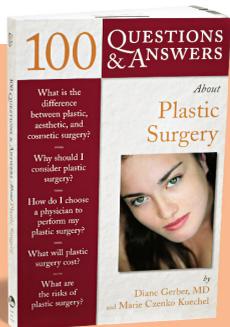


The truth about nips and tucks

Ever wondered what it's like to go under the knife for a tighter tummy, smaller nose, or anything else? Here are our picks on new books to read, pre- and post-op.

By Megan O'Connell



100 Questions & Answers About Plastic Surgery

By Diane Gerber, MD, and Marie Czenko Kuechel

Read it if: you need some answers—fast. As the title suggests, the book is in a Q&A format; all the questions (such as “Can surgery scars be removed or erased?”) are in the table of contents, making the book easy to navigate.

Most disturbing factoid: Any doctor can call herself a plastic surgeon. There is no governmental body that polices the use of the title. To check on the training of your surgeon, visit www.plasticsurgery.org for a list of doctors located near you who have been certified by the American Board of Plastic Surgery.

Cosmetic Surgery For Dummies

By R. Merrel Olesen, MD, and Marie B.V. Olesen

Read it if: you have plenty of time and want all the facts. This hefty, 350-page guidebook covers everything you need to know, but keeps information light and accessible. The black-and-white, before-and-after pictures are a nice bonus.

Most reassuring: Anesthesia is much safer than it used to be. Thanks to advances in techniques and improved monitoring of patients while they're under, the incidences of complications are 50 times fewer than they were 2 decades ago.

Confessions of a Park Avenue Plastic Surgeon

By Cap Lesesne, MD

Read it if: you want to be entertained during your recovery. This juicy tome by a well-known Manhattan surgeon is filled with interesting insights (such as couples who have plastic surgery together tend to stay together) and anecdotes about his celebrity patients (though he doesn't identify them by name).

Most surprising: Women with the simplest skin-care routines (they wash with cold water and soap, and use a mild moisturizer on dry spots) have the best-looking skin, according to this author.

Total Body Lift

By Dennis J. Hurwitz, MD, FACS

Read it if: you've already gone through or are considering gastric bypass surgery, or have lost a lot of weight (as in more than 100 pounds). The “total body lift” procedure is performed to fix flabby, sagging skin; in this book, you'll find full-color, vividly detailed before-and-after images of some of Hurwitz's patients, along with their success stories.

Most interesting: Many women who want to have their breasts reshaped during a total body lift do it without the use of implants. Instead, they use their excess body fat to create a more youthful and fuller look. 📌