



# Bellava gets a ‘face lift’ with new surgeon

By EVE MARX

Dr. Chang Soo Kim is the new go-to guy at Bellava MedAesthetic Spa. A board certified plastic surgeon with privileges at Stamford, Greenwich, and Norwalk hospitals, Dr. Kim is now performing cosmetic surgery on all parts of the body in Bellava’s Joint-Commission-accredited on-site surgical suite in Bedford Hills. Specializing in breast augmentation, breast lift, laser liposuction, fat transfer, abdominoplasty (otherwise known as the tummy tuck), rhinoplasty, blepharoplasty (that’s the eyelid lift) and face lifts, the friendly and exuberant Dr. Kim is delighted to sit down with future clients for a complimentary consultation to discuss possibilities.

“When it comes to plastic surgery, it’s critical you choose an experienced board-certified plastic surgeon who can offer you a personalized approach to helping you achieve the look of your dreams,” Dr. Kim said on a Monday afternoon in his Bellava office. The doctor is in Mondays and Thursdays.

He joined Bellava in July and began seeing patients and doing surgeries immediately. “Aesthetic patients are very interesting to work with because everyone is interested in procedures that will help them look their best,” the doctor said. “What we are seeing now are professionals who recognize their appearance really does affect how they stand in the workplace.”

And it’s not just women, Dr. Kim said. “I get 65 year



PHOTO COURTESY BELLAVA

Dr. Chang Soo Kim

*‘Everyone has their ideal weight and ideal shape, but it’s not based on a chart anymore.’*

— DR. CHANG SOO KIM, BELLAVA

old male executives who don’t want to look like they’ve lost any bit of their energy. Men do get liposuction. These are the same men who watch what they eat and put in a lot of time at the gym, but at a certain point, even the most trim men could use a little chiseling.”

Dr. Kim is a Yale Medical School graduate. He has a wall full of awards and accolades. In addition to performing cosmetic surgery at Bellava, Dr. Kim is also doing all the injectibles and dermal fillers, including Botox, Dysport, Perlane, Juvaderm, Rystylane,

and Radiesse.

A new product, Sculptra, is an injectable poly-L-lactic acid Dr. Kim described as “more subtle” and popular with celebrities. “It grows collagen slowly over a month. Every month I do a treatment until the patient and I are on the same page as to results,” Dr. Kim said. “And it’s long lasting. Results last two or three years.”

Sciton’s MicroLaserPeel skin resurfacing is a new laser procedure Bellava is excited and proud to offer. This micro laser peel technique improves fine lines and wrinkles, and can be done without surgery. The procedure is done in a series, with the goal of evening out skin tone. “For the least amount of down time, we just numb the skin,” Dr. Kim said. “But if you’re already in here having an eye lift or a face lift, we’ll go more aggressively and treat deeper.” He said it is the perfect solution to erasing years of sun damage.

Dr. Kim is using ProLipo for his lipo procedures. Laser lipo is currently being used to perform tummy tucks. “Liposuction takes you half a step beyond your natural genetics,” Dr. Kim said. He said that while major lipo procedures are still popular, in the immediate Greenwich and Bedford areas, it’s more about fine tuning.

“Everyone has their ideal weight and ideal shape, but it’s not based on a chart anymore,” he said.

Breasts are one of Dr. Kim’s specialties. In addition to purely cosmetic procedures,

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he does a lot of work with breast cancer patients. "One thing we do here is revision breast surgery," he said. "Implants may have leaked, or they are too big, or too small, or too droopy. I do surgery to correct all that." He said the new Gummy Bear shaped implants are ideal for women who are already thin and athletic and who don't want to be overly done. "It's a more subtle appearance that can be adjusted with undergarments, like a push up bra," Dr. Kim said. All reductions and lifts and implants are done on-premise in Bellava's certified operating rooms.

On the topic of operating rooms, a few words about patient safety.

"All of our patients are screened

for general health problems," Dr. Kim said. "We don't do surgeries on anyone who has a lot of medical problems. We have the highest level of certification from the Joint Commission, which is the same organization that inspects hospitals. We don't do procedures that are high risk in our certified operating room. I never operate on patients here for any procedures that are high risk. Safety is the most important thing."

It was of interest to note that more and more men come in for a consultation seeking not just eye lifts, neck lifts, but also breast work.

"Seventy percent of men develop breast tissue," Dr. Kim said. "It's genetic and it's hormonal and it starts at puberty." He said the

best way to reduce man-breasts is through liposuction. This reporter looked at many before and after pictures of male patients and was impressed.

"Our goal here is to turn back the clock," Dr. Kim said. "People are living longer and they want to look the way they feel. A woman comes in and she's in her 60s, but she has the energy and drive of a much younger person. She wants her face to reflect that, as well she should."

For more information about cosmetic procedures as well as healthful and rejuvenating spa treatments, contact Bellava MedAesthetics & Plastic Surgery Center at 246-8294. Bellava is located at 182 Route 117 By-Pass Road in Bedford Hills.