



Beauty Talk

We chat with board-certified plastic surgeon DR. JEFFREY ROCKMORE of Albany, New York to find out about the latest trends in cosmetic enhancement and how he keeps his skills sharp and his patients happy. By Megan Portorreal / Photographed by Modern Mix

Cliché: You've been a plastic surgeon for more than 15 years. What has been the most rewarding part of your career thus far?

Dr. Jeffrey Rockmore: The most rewarding part of my job is working with women and men to achieve their goals and feel better about themselves. There is no better feeling than seeing the pride on the faces of people who now feel better about themselves. They stand straighter, hold their heads higher, and project an image of self-confidence that may have been lacking before. To help people regain their self-confidence and feel better about themselves is a privilege that I am lucky to be a part of.

What inspired you to become a plastic surgeon?

I was drawn to plastic surgery because of the artistic element of the profession. While most other fields are fairly algorithmic, with a defined solution to each problem, plastic surgery is different. It is much more interpretive, and the approach to treatment may be varied among surgeons. Just like a painting, where we all may see different aspects, the body and face have unique qualities that each surgeon sees differently. It is important to discuss my approach with

each patient and the rationale behind the plan. The development of this relationship with a patient is something that has drawn me to plastic surgery.

You offer several different procedures from breast augmentation to rhinoplasty. Which procedure is requested most, and which is the most difficult to perform?

The most commonly requested and performed procedure in my practice is breast augmentation. This reflects the national trend where breast augmentation is one of the most common cosmetic surgeries. I think all of the procedures that I perform have their own unique nuances, and I would hesitate to call any of them easy. Whether it's working on a person's body or face, there are many curves and proportions that need to be balanced to achieve the most natural and best results. Much of the success of a procedure comes from the planning, starting with the examination during the initial consultation. By coming up with a detailed and individualized plan before the procedure, the consistency of the result can be maximized. Every face and body is unique, and each needs an individualized approach to surgery.