

for women, by women

Dr. Karen M. Horton is one of three female physicians managing Women's Plastic Surgery in the San Francisco Bay area. She considers plastic surgery her calling and describes the unique, intimate relationship she shares with patients "a privilege."

BOARD CERTIFICATION

Royal College of Physicians and Surgeons of Canada

MEDICAL DEGREE

University of Toronto

CARE SURGERY INTERNSHIP

University of Manitoba, Winnipeg, Canada

PLASTIC SURGERY RESIDENCY

University of Manitoba, Winnipeg, Canada

RECONSTRUCTIVE MICROSURGERY AND HAND SURGERY FELLOWSHIP

The Buncke Clinic, San Francisco, CA

AFFILIATIONS

American Society of Plastic Surgeons
American College of Surgeons
American Medical Association
American Society for Reconstructive Microsurgery
Canadian Society of Plastic Surgeons

PROCEDURES PERFORMED

Abdominoplasty
Breast Augmentation
Body Contouring
Liposuction
Breast Reconstruction

LOCATION

San Francisco, California
415.923.3067

WEB SITE

www.womensplasticsurgery.com

"Women often seek plastic surgery at turning points in their lives, such as a birthday, marriage, divorce, new job, or after children," she says. "Changing an external feature of the body can complete a change patients have made on the inside." Two of the questions she asks every patient are, "Why this?" and "Why now?" "The right surgery, right candidate, right surgeon and right time are all factors that must be considered." With that said, Dr. Horton's consultations usually last an hour, during which she explores both surgical and nonsurgical options, along with risks, benefits and limitations. Every patient leaves with three phone numbers of patients who have had the surgery they are considering. A second consultation puts patients at ease and helps further prepare them.

The majority of Dr. Horton's practice is aesthetic; however, she also performs reconstructive microsurgery for breast reconstruction. This specialized procedure involves transplanting a patient's own skin and fat, without implants and without sacrificing muscle. "I tell breast cancer patients that I employ the same aesthetic standards on them as on my cosmetic cases. They leave feeling whole again." Dr. Horton lectures at society meetings and conferences across the country, spreading awareness about all of the aesthetic options available to women. "All of us deserve to feel beautiful."

"My role as a plastic surgeon is to educate, inform and empower women."

—KAREN M. HORTON, MD

DR. KAREN M. HORTON

WHY DID YOU BECOME A PLASTIC SURGEON Plastic surgery enables me to use my brain, hands and creativity **BEST ADVICE YOU'VE RECEIVED** Treat every patient as part of the team **WHAT ONE WORD BEST DESCRIBES YOUR BEDSIDE MANNER** Caring **ALTERNATIVE OCCUPATION** Artist **HOBBIES** Running **PLACE YOU GO TO ESCAPE THE OFFICE** Along the water **FRAMED PHOTOS ON YOUR DESK** Pictures of my husband surfing **I START EACH DAY** Excited to get to work **I'M NEVER WITHOUT** Running shoes **I WOULD LOVE TO OWN** A sailboat



INSIDE INFORMATION

SURGERY AFTER PREGNANCY

Dr. Horton asserts that many mothers interested in getting their pre-pregnancy bodies back usually bring a small amount of guilt along to the consultation, unnecessarily. "When mothers come to see me regarding rejuvenation options, they are almost apologetic. They have to be reminded that it's not vain or selfish to do something for themselves." Dr. Horton can correct the changes brought about after pregnancy—including flabby lower abdominals, sagging breasts and localized fat deposits. "My **MOMMY MAKEOVERS** involve a spectrum of procedures. Breasts may need to be lifted, reduced or augmented, regardless if the patient has breast fed or not." Similarly, patients who undergo a **TUMMY TUCK** reap the benefits of a slimmer silhouette, reduced laxity and a tighter abdomen. "Essentially, as the muscles are pulled, they separate and the stretching of the tissue fills in with scar tissue. An abdominoplasty can help patients turn back time and correct a protruding, saggy abdomen." The finishing touch may include **LIPOSUCTION TO REMOVE FAT DEPOSITS** in stubborn areas. Who is the best candidate? "A woman who is not going to have any more children and has achieved her weight and fitness goals. If the body is accustomed to being active, surgery is not as big a setback, and the recovery is better."