



## **Newport Beach Plastic Surgeons Use Cutting Edge Techniques and Principles**

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Aaron Kosins MD, a plastic surgeon based in Newport Beach, California, is one of the few plastic surgeons who use cutting edge plastic surgery methods and principles. He himself had worked in the development of new technology and has published the results of his work in renowned journals. His work has dealt with stem cell technology, nerve regeneration, facial aging, microsurgery, and rhinoplasty. His articles, particularly with regards to rhinoplasty have been published in the Journal of Plastic and Reconstructive Surgery, Annals of Plastic Surgery, the Aesthetic Surgery Journal, and the Canadian Journal of Plastic Surgery. He has also presented his work at the American Society of Peripheral Nerve, the annual Rhinoplasty Society meeting, the Plastic Surgery Research Council, and the California Society of Plastic Surgeons.

Dr. Kosins is a Board Certified Plastic Surgeon in Newport Beach of the nose, face, body, and breast. He says, "I was very fortunate to have been mentored by some of the most famous and talented rhinoplasty surgeons in the world. My apprenticeship included reading their books, directly assisting in over 100 cases, doing my own cases, and constant re-evaluation of my results. I will continue to be a student of rhinoplasty throughout my career, and strive to give back to the specialty through my ongoing research, presentations and publications."

All of the rhinoplasties done at the clinic of Dr. Kosins are performed under general anesthesia in an outpatient setting. Primary rhinoplasty is the first operation on a patient's nose. During the consultation with a patient, Dr. Kosins will want to know three things that they don't like about their nose. After examining the patient's medical history and a physical exam, the surgeon will take pictures of the nose in 8 to 10 standard views so that the patient's goals can be discussed.

Newport Beach plastic surgeons may perform open or closed rhinoplasty depending on the needs of the patient. Open rhinoplasty involves making a small incision on the outside of the nose at the columella or the area between the nostrils. The incision is less than 5mm in length and the scar is almost not noticeable in almost all patients. On the other hand, closed rhinoplasty is performed all on the inside of the nose without doing external incisions.

Meanwhile, male rhinoplasty is different from female rhinoplasty. One reason is that men have thicker skin, have bigger structures, and there is usually a higher likelihood of trauma. Dr. Kosins will perform both external and internal physical examination. He will need to examine the patient's nasal septum, turbinates, and valves. A large part of Dr. Kosins' rhinoplasty training and initial experience was at the Long Beach Veteran's Hospital. It was there that he took care of the needs of male patients who requested and needed rhinoplasty. He had observed that when compared to women, the issues, surgical methods, and the goals were different.

Aside from rhinoplasty, Dr. Kosins also offers breast surgery, specifically breast augmentation, which is the one of the most popular procedures in the US. This is done with silicone or saline implants that are typically positioned below the muscle of the chest wall. However, an implant will not do anything to change the shape of the breast or nipple-areola position.

There are a number of incision locations. It can be inframammary or below the breast, peri-areolar or around the areola, or axillary or in the armpit. Each of these has its own advantages and disadvantages and can be reviewed during the consultation with the patient. For the majority of the women, Dr. Kosins puts the breast implant under the muscle in a "dual-plane" manner. This is because it permits optimal coverage of the implant and protects the overlying breast tissue. The size of the implant will also need to be carefully considered. Several measurements of the chest and skin quality will be made before the actual decision on the size of the implant to be used.

Those who are interested in one of the plastic surgery procedures provided by Dr. Kosins can visit his website at <http://aaronkosinsmd.com/>, or contact them on the phone or through email.

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For more information about Aaron Kosins MD, contact the company here: Aaron Kosins MD  
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## Aaron Kosins MD

*If you're in the market for surgical cosmetic enhancements like plastic surgery in Orange County & all other plastic surgery in Newport beach & Orange County then Dr. Aaron Kosins, a well known name for plastic surgery in Irvine is the doctor for you.*

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