



## **Dr. Katerina Gallus of Restore SD Plastic Surgery Now Offers Motiva Preservé Breast Augmentation**

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Board-certified plastic surgeon Dr. Katerina Gallus announced that Restore SD Plastic Surgery is now offering Motiva Preservé, an advanced breast augmentation technique designed to minimize tissue disruption during implant pocket creation. Dr. Gallus is one of only two plastic surgeons in San Diego to offer this procedure and the only female plastic surgeon in the region providing the technique.

The Preservé system represents a departure from traditional breast augmentation methodology. Rather than conventional dissection techniques, Preservé uses specialized instruments (a channel separator and inflatable balloon) to shape a precise implant pocket without cutting through the supportive ligaments that help maintain natural breast position and sensation. The approach requires an incision of approximately 3 centimeters, compared to the 4 to 5 centimeter incisions typical of traditional breast augmentation.

Dr. Gallus brings more than 20 years of surgical experience to the procedure, including a career as a Navy plastic surgeon. She is double board-certified in both Plastic Surgery and General Surgery by the American Board of Plastic Surgery and the American Board of Surgery, respectively, and is a Fellow of the American College of Surgeons.

“After evaluating the Preservé system extensively, I determined it aligns with the surgical philosophy that has guided my practice throughout my career,” said Dr. Katerina Gallus, founder of Restore SD Plastic Surgery in La Jolla. “The technique is designed to work with the body's natural anatomy rather than against it, preserving the structures that contribute to long-term breast support and sensation.”

The Preservé system utilizes Motiva Ergonomix implants, which feature a flexible silicone gel designed to provide natural movement. These implants shift subtly based on body position and are available in up to 315 cc of volume. Dr. Gallus noted that Preservé is designed for patients seeking a subtle, natural enhancement in the range of one to two cup sizes.

“The patients who tend to be most excited about Preservé are those who want an enhancement that looks and feels like a natural extension of their body, not a dramatic transformation,” said Dr. Gallus. “They're often women who have thought about breast augmentation for years but hesitated because they didn't want an obvious result or a lengthy recovery. Preservé gives us a way to meet them where they are.”

Dr. Gallus performs all surgical procedures at Restore SD Plastic Surgery in an on-site, Quad A-accredited private operating room. The accreditation represents the highest level of safety certification for outpatient surgical facilities. This allows patients to receive their consultation, procedure, and follow-up care in a single location with a private exit for discretion.

“Patient safety has always been my foremost priority, which is why I chose to build an accredited surgical facility within my practice rather than operate in outside facilities,” Dr. Gallus explained. “Offering Preservé in this environment means patients benefit from both the technique's tissue-sparing approach and the safety standards of a fully accredited operating room.”

Dr. Gallus emphasized that patient selection remains important for achieving optimal outcomes. During consultations, she evaluates each patient's anatomy and aesthetic goals to determine whether Preservé or another technique would be most appropriate.

Dr. Katerina Gallus completed her undergraduate education at Duke University and earned her medical degree from Uniformed Services University. She served 20 years in the United States Navy, where she performed both cosmetic and reconstructive plastic surgery. She has been recognized as a Castle Connolly Top Doctor and maintains an active role in the national plastic surgery community. She also co-hosts “All the B's,” a plastic surgery podcast produced by Restore SD Plastic Surgery.

Restore SD Plastic Surgery is a female-led aesthetic practice located at 8899 University Center Ln #200, San Diego, CA 92122. The practice offers surgical and non-surgical cosmetic procedures for the breast, body,

and face.

For more information about Preservé breast augmentation or to schedule a consultation, visit Restore SD Plastic Surgery's website or call 858-224-2281.

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For more information about Restore SD Plastic Surgery, contact the company here: Restore SD Plastic Surgery Dr. Katerina Gallus 858-224-2281 info@restoresdplasticsurgery.com 8899 University Center Ln #200, San Diego, CA 92122

### **Restore SD Plastic Surgery**

*Dr. Katerina Gallus is a board-certified plastic surgeon with over 20 years of experience in plastic and reconstructive surgery. After 12 years as a US Navy plastic surgeon, she established Restore SD Plastic Surgery in La Jolla.*

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