

Plastic Surgeons in Marin County Focus on Innovative Techniques

A pair of plastic surgeons in Marin County say they offer innovative methods such as EXPAREL® pain reliever to give their patients the best experience possible.

GREENBRAE, CA, USA, October 5, 2014 /EINPresswire.com/ -- The physicians at Plastic Surgery Specialists (www.psspecialists.com) say the innovative techniques and treatments they offer are an essential part of giving patients the best experience possible. The 2 plastic surgeons who established the practice in Marin County, Dr. Stanley G. Poulos and Dr. Yngvar A. Hvistendahl, say innovation is a pillar of their philosophy.

"We make it a point to explore the latest treatment innovations so that we can offer our patients groundbreaking techniques that have been clinically tested and shown to be safe," Dr. Poulos says.

Their latest example of innovation is a [research study](#) examining how patients respond to EXPAREL®, an FDA-approved pain reliever, during breast augmentation. Women from Santa Rosa, Napa, and throughout the San Francisco Bay Area are eligible to participate in the study.

"Our research involving EXPAREL is consistent with the approach to plastic surgery we've taken throughout our careers," Dr. Poulos says.

Dr. Poulos and Dr. Hvistendahl are both board-certified plastic surgeons whose pioneering work in Mommy Makeover procedures has attracted patients from throughout Northern California, as well as outside the state. They are now offering eligible patients considering breast augmentation free silicone breast implants as part of their agreement to participate in the EXPAREL study — a savings of approximately \$2,000 on the procedure.

EXPAREL is a topical pain relief medication that includes a local anesthetic used directly on the pocket where the breast implant is inserted. It represents an effective option for patients who don't want to use opiate-based pain relievers following surgery. The time-release EXPAREL provides relief from discomfort for 72 hours after the procedure.

In addition to its research involving EXPAREL, the practice offers innovative facial rejuvenation and body contouring techniques that aren't available at many other plastic surgery offices. Quicklift™, a mini-facelift technique designed to limit discomfort and downtime, offers long-term

improvements that can take 5 to 10 years off a patient's appearance. Venus Legacy and CoolSculpting® are both non-surgical treatments that represent the leading edge of aesthetic advancement. CoolSculpting is an alternative to liposuction that attracts patients from Napa and beyond to the practice, the physicians say.

Plastic Surgery Specialists also emphasizes a holistic approach to a patient's overall well-being through [The Wellness Center](#), a concept that's familiar in many European and South American aesthetic clinics.

"We believe that healthy lifestyle choices are an integral part of a patient's overall well-being and should be part of the practice of cosmetic enhancement," Dr. Hvistendahl says. "Feeling good inside and looking good outside really go hand-in-hand."

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Plastic Surgery Specialists (www.psspecialists.com) is a full-service plastic surgery clinic based in Greenbrae, California. At Plastic Surgery Specialists, board-certified plastic surgeons Dr. Stanley G. Poulos and Dr. Yngvar A. Hvistendahl often work together to develop new techniques for breast, body, and face procedures, including comprehensive surgeries such as Mommy Makeover. Together with their staff, Dr. Poulos and Dr. Hvistendahl use their nearly 20 years of combined experience to serve both plastic surgery and medical spa patients with proven, up-to-date services and techniques for attractive, safe, and natural-looking results.

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