



# Ottawa Plastic Surgeon Breaks Down Canadian Procedure Trends

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*Dr. Howard Silverman describes how trends in breast augmentation and other treatments at his plastic surgery practice in Ontario fit into a nationwide picture.*

OTTAWA, ON, CANADA, August 8, 2015 /EINPresswire.com/ -- Plastic surgeon Dr. Howard Silverman ([www.ottawaplasticsurgery.com](http://www.ottawaplasticsurgery.com)) says recent statistics compiled by a popular online cosmetic surgery forum show Canadians are most interested in tummy tucks and breast augmentation procedures, which matches what the Ottawa surgeon has seen at his practice.

"Most of the women coming to my plastic surgery practice from around Ontario are interested in improving the appearance of their breasts and tummies," Dr. Silverman says. "Those are absolutely the most common areas to target, which makes sense because they change a lot over time and especially with pregnancy."

The recent Canadian survey came from RealSelf, a website where women and men considering surgical and non-surgical cosmetic procedures can ask board-certified specialists questions about different treatments and exchange personal experiences with other users. The site also includes profiles and reviews of surgeons [such as Dr. Silverman](#).

The site published [data](#) collected during a 3-month period earlier this year showing what trends have emerged so far in 2015. More than 1 million Canadians visited RealSelf during the time frame examined, a 21% increase compared to the previous 3 months. The statistics even show which procedures are the most popular by province.

RealSelf users in Canada were most interested in breast augmentation and breast implants, rhinoplasty, and tummy tucks. Dr. Silverman says liposuction is also popular because it's often combined with other procedures.

"I generally use liposuction at my Ottawa practice as part of a tummy tuck procedure to help sculpt the abdominal area and the other surrounding areas, like the flanks," the Royal College-certified surgeon says. "It's also part of mommy makeover operations and body contouring surgery for patients who have lost significant weight."

Plastic surgery as a whole is becoming more popular in Canada, and RealSelf's data shows that 75% of the Canadians using its site are women. Dr. Silverman says more and more men are turning to cosmetic procedures to retain a more youthful appearance.

"Non-surgical facial rejuvenation is an appealing option for men who want to minimize wrinkles and sagging skin," he says, "but are looking for something that's more discreet than facial plastic surgery. BOTOX® and injectable fillers are becoming increasingly popular among men."

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Howard Silverman, M.D. ([www.ottawaplasticsurgery.com](http://www.ottawaplasticsurgery.com)) offers breast enhancement, body

contouring, facial sculpting, and other types of plastic surgery in Ottawa. He also features medical spa treatments, including BOTOX® Cosmetic, injectable fillers, microdermabrasion, laser skin resurfacing, laser hair removal, and laser skin rejuvenation. Dr. Silverman is a board-certified plastic surgeon and board-certified general surgeon whose training includes earning his Doctor of Medicine at the University of Toronto, an Internship in Surgery at the Toronto Hospital, a Residency and Chief Residency in Surgery at Yale University, Connecticut, and a Residency and Chief Residency in Plastic Surgery at Albany Medical College, New York.

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