

Dr. Terry Dubrow Joins From Vision to Creation Podcast to Discuss Plastic Surgery, Failure, Intuition and Life Lessons

Renowned plastic surgeon opens up about his path to medicine, the psychology of cosmetic surgery and why "this too shall pass" guides him.

LOS ANGELES, CA, UNITED STATES, August 14, 2026 /EINPresswire.com/ -- [From Vision to Creation](#), the inspiring podcast hosted by entrepreneur [Alexander Schmieding](#), welcomes world-renowned plastic surgeon and television personality Dr. Terry Dubrow for an expansive conversation about medicine, risk, resilience, intuition, failure, and the experiences that shaped his extraordinary career.



Alexander Schmieding is the Host of From Vision to Creation Podcast

Best known to millions of viewers as the co-star of E!'s hit series *Botched*, Dubrow has built a career spanning plastic and reconstructive surgery, television, medical consulting, revisional surgery, and entrepreneurship. During the episode, he takes listeners from his earliest exposure to medicine through decades of surgical practice and television, revealing the philosophy he has developed along the way.

“

Dr. Dubrow's career is an incredible example of what can happen when expertise, curiosity, intuition and the willingness to keep evolving come together”

Alexander Schmieding

Dubrow recalls entering medical school expecting to become a cardiac surgeon before a lecture on plastic and reconstructive surgery completely changed his direction. Fascinated by the field, he chased the presenting surgeon out of the auditorium, asked to work in his research lab,

and ultimately spent years training in general and plastic surgery before entering private practice.

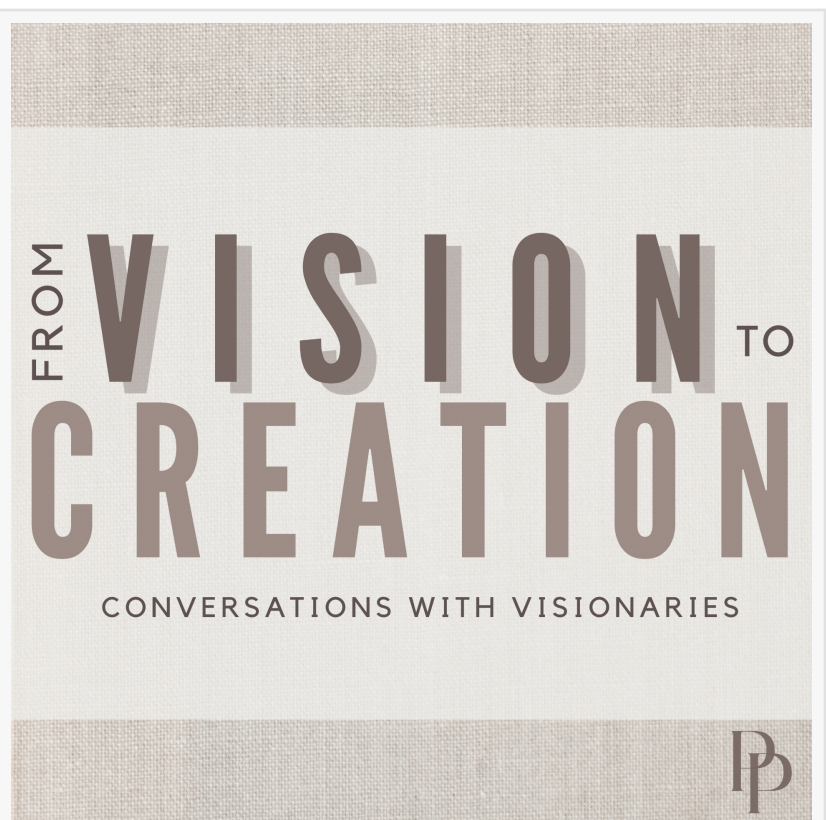
The experience became an early example of a principle Dubrow continues to embrace: when something deeply interests you, pursue it.

"If you wanna do something, just do it," Dubrow tells Schmieding during the conversation, describing the value of acting on curiosity and instinct rather than waiting until every variable is known.

The episode also explores a side of plastic surgery rarely discussed publicly: determining when a patient should not undergo an operation. Dubrow explains that technical surgical training alone does not prepare doctors to recognize unrealistic expectations, body dysmorphia, or patients hoping surgery will solve deeper problems in their lives. Learning to understand a patient's motivation, expectations, and emotional relationship with a procedure has become an essential part of his approach.

"You make your career out of the patients you didn't operate on," Dubrow says, emphasizing the importance of judgment alongside surgical skill.

Dubrow also discusses the evolution of cosmetic surgery and the cultural forces that influence patient demand. He reflects on oversized breast implants, overfilled facial aesthetics, the risks associated with Brazilian butt lifts, and the enormous influence celebrities and reality television can have on plastic surgery trends.



From Vision to Creation Podcast is Hosted by
Alexander Schmieding



Proper Placement - Alexander Schmieding

His own television career began shortly after entering private practice when he appeared on Fox's controversial reality series *The Swan*. The exposure rapidly expanded his practice and ultimately helped lead to *Botched*, where Dubrow and fellow surgeon Dr. Paul Nassif became internationally recognized for treating patients with extraordinarily difficult complications from previous procedures.

One patient in particular remains deeply meaningful to Dubrow. After initially declining to operate on a woman whose face had been injected with an illegal industrial substance, Dubrow continued thinking about her case for months. He eventually developed a surgical approach that allowed him to remove much of the hardened material while reducing the danger to surrounding nerves and skin.

The experience reflects one of the defining elements of Dubrow's career: using foundational surgical principles to find new solutions to problems other surgeons considered nearly impossible to address.

Throughout the conversation, Dubrow speaks candidly about the humility required to operate at that level.

Revisional surgery, he explains, taught him to respect the patient, the tissue, the process, and the possibility that even an apparently straightforward procedure can become complicated. He encourages people to carry a similar awareness into major life decisions by imagining what their future selves might wish they had considered before acting.

One practical tool Dubrow uses is time.

Whether evaluating a major career move, buying a house, entering a relationship, or responding to an emotionally charged email, Dubrow believes creating distance between emotion and action can dramatically improve decision-making.

His father's advice was simple: before making an important decision, "get two nights' sleep."

The discussion also turns to anxiety, visualization, humor, and the mental discipline required to perform surgery. Dubrow describes the operating room as a place of intense concentration where he visualizes procedures in advance, compartmentalizes outside stress, and uses humor to help both himself and his patients manage fear.

Among the most powerful moments of the conversation comes when Schmieding asks Dubrow about the greatest lesson life has taught him.

"This too shall pass," Dubrow says.

He explains that both extraordinarily difficult periods and extraordinarily successful ones eventually change. Accepting that movement, rather than expecting circumstances to remain

fixed, has shaped the way he approaches his career, finances, setbacks, opportunities, and life itself.

That philosophy also informs Dubrow's belief in developing multiple interests and sources of income rather than relying entirely on a single career path. Having witnessed economic downturns, dramatic cultural changes and the disruption of COVID-19, he encourages people to remain curious, diversified and capable of evolving as circumstances change.

Dubrow also speaks enthusiastically about artificial intelligence and what he calls the "democratization of intelligence," arguing that unprecedented access to information gives younger generations an extraordinary opportunity to learn, experiment and pursue ideas. Ultimately, his advice returns to one of the central themes of From Vision to Creation: the willingness to move despite uncertainty.

"Don't be afraid to fail," Dubrow says, describing failure as another opportunity to move closer to success. "Fail your way to success."

"This conversation captures exactly why I created From Vision to Creation," said Schmieding. "Dr. Dubrow has reached an extraordinary level in several completely different arenas, yet he still approaches life with curiosity. His perspective on intuition, judgment, failure and change gives people something they can immediately apply to their own lives."

Hosted by Alexander Schmieding, From Vision to Creation explores the minds of extraordinary visionaries who transformed bold ideas into reality. Each episode features candid conversations with entrepreneurs, innovators, artists, physicians and business leaders who reveal the mindset, challenges and breakthrough moments behind their success.

Beyond hosting the podcast, Schmieding is the founder of [Proper Placement](#), a full-service digital marketing and public relations agency that helps businesses accelerate growth through strategic branding, public relations, social media, paid advertising, web development, and performance-driven marketing.

New episodes of From Vision to Creation are released every Thursday.

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