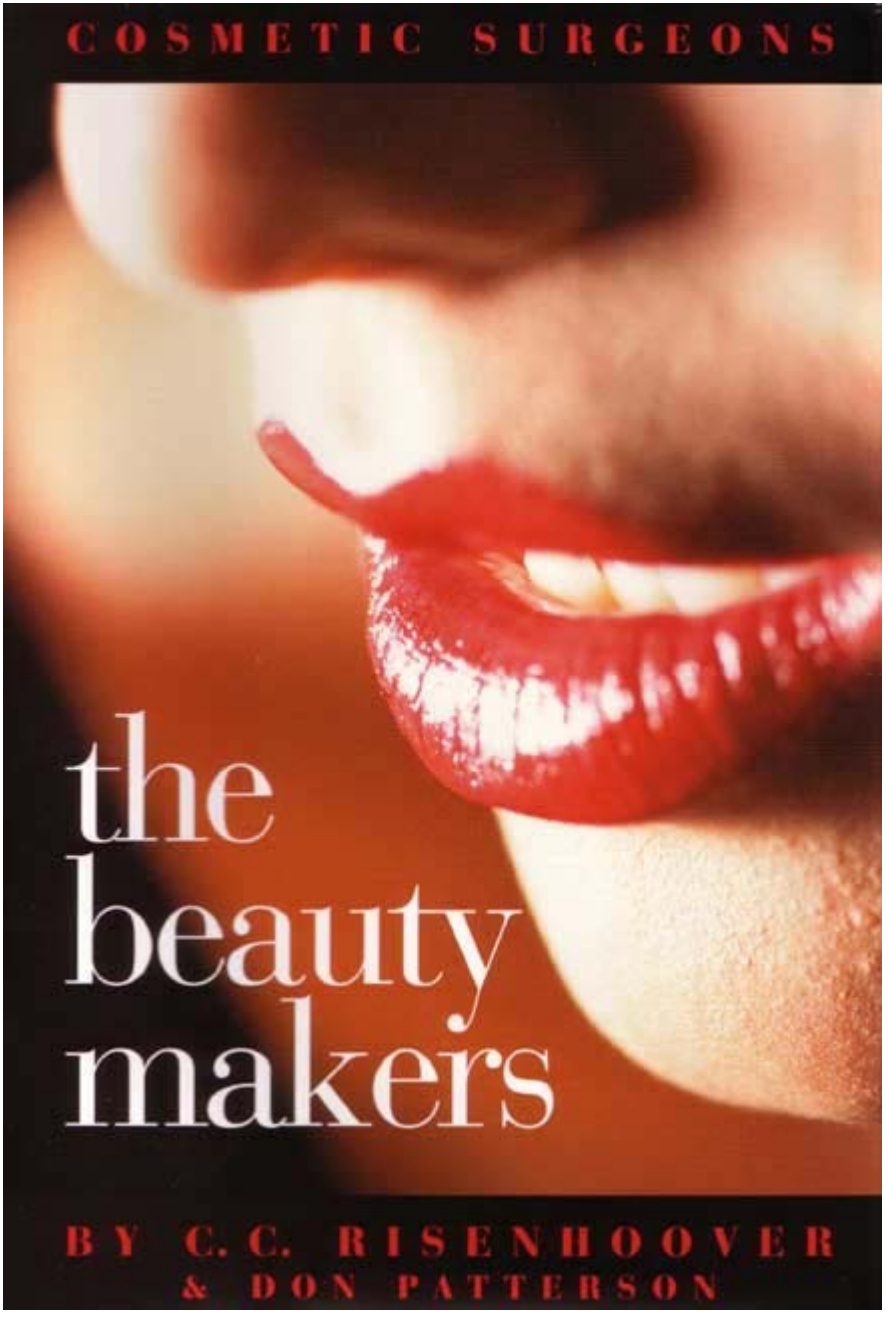
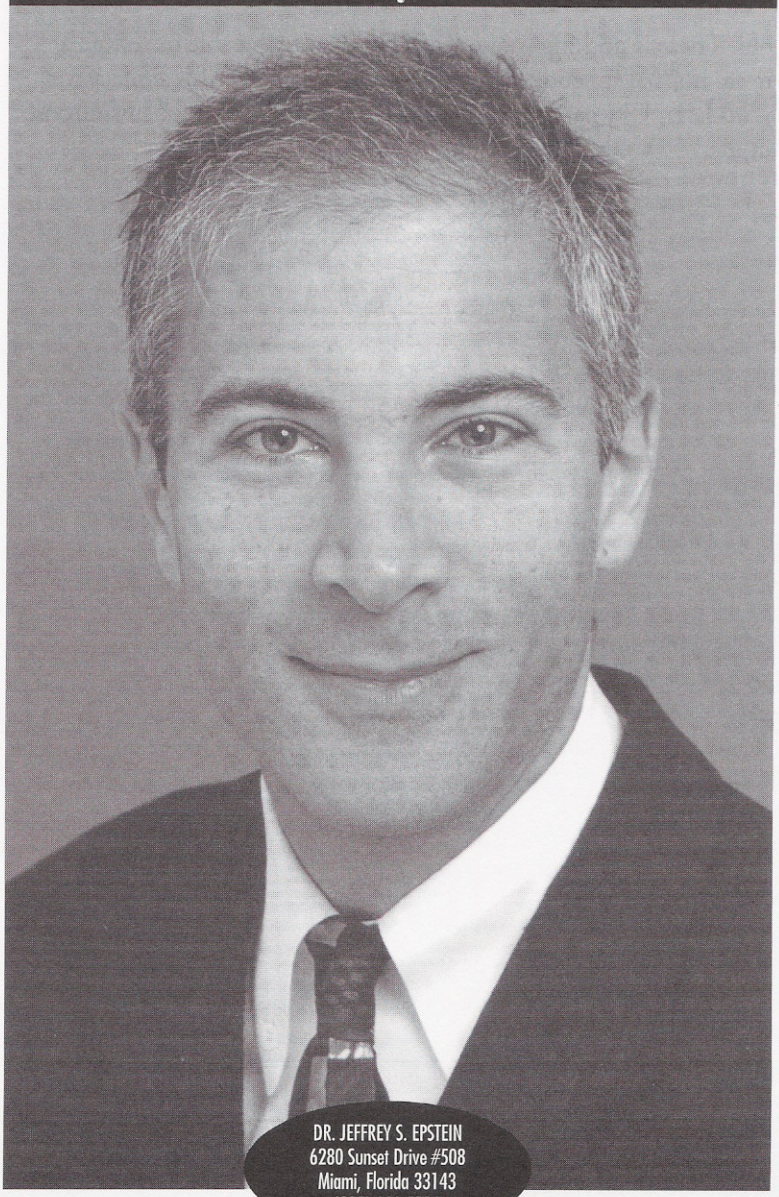
COSMETIC SURGEONS



the beauty makers

BY C. C. RISENHOOVER
& DON PATTERSON

the beauty makers



DR. JEFFREY S. EPSTEIN
6280 Sunset Drive #508
Miami, Florida 33143
(305) 666-5884

Dr. Jeffrey S. Epstein

America can be thankful for the dedicated, gifted, medical professionals prevalent in our society. Our nation offers some of the best medical care in the world and those who forge milestones in medicine are worthy of our applause.

One professional who has earned such accolades is Jeffrey S. Epstein, M.D, F.A.C.S., a leader in facial plastic and reconstructive surgery and an internationally recognized expert in the field of hair restoration. Dr. Epstein's devotion to his profession, passion for perfection, and innate aesthetic skills has led him to the forefront of his field. His success in the specialty of treating hair loss has won him accolades from patients and the admiration of his peers.

Born forty years ago in New York, Dr. Epstein discovered early on the path that would lead him to his career. "As a child, I discovered that I liked to work with my hands," he said. "I learned to play the violin at an early age and it continues to be a hobby. Working with my hands inspired me to learn a craft. The lure to become a surgeon, using my hands to work on people, became an early preoccupation. It took me to medical school, then on to plastic surgery limited to the face, then to my ultimate area of specialization, hair restoration."

Dr. Epstein's academic credentials are more than impressive. After completing medical training at the University of Vermont College of Medicine, he continued studying in the areas of head and neck surgery/otolaryngology (ear, nose and throat) at the University of Miami/Jackson Memorial Hospital. The American Academy of Facial Plastic and Reconstructive Surgery then awarded him a fellowship. "I hadn't yet chosen my sub-specialty," he reported, "but one of my professors who served as my mentor helped me make the choice.

He offered me a suggestion that would lead me in the right direction, advising me to master one thing and do it better than anyone else.

"If I were you," he said, "I would learn to do hair."

Those words had a lasting effect, motivating Dr. Epstein and pointing him in the right direction.

The doctor continued his fellowship studies in California's San Francisco Bay area, then earned the highest score on the Facial Plastic Surgery board exams and won the board's coveted Jack Anderson Memorial Award. In nineteen ninety-four he returned to Miami, devoting his practice to facial cosmetic surgery and specializing in hair restoration. He serves as a member of the elite International Alliance of Hair Restoration Surgeons (IAHRS), a group of just twenty-eight highly skilled surgeons from around the world. Dr. Epstein, along with other experts in the field, is convinced that the state-of-the-art treatment for baldness lies in transplantation, a low risk surgical procedure that for the doctor has become an art.

Dr. Epstein is unique in the field of hair transplantation, where his background in facial plastic surgery provides him with an aesthetic eye. He has become one of the world's few doctors performing hair restoration via all the techniques available, including follicular unit micro grafting, mega session transplantation, hair restoration for women, reparative procedures, and the repair of scalp reduction and scalp flap procedures. By offering a variety of treatments, Dr. Epstein is able to apply the correct techniques for each patient, tailoring treatment to best meet a patient's needs.

"Estimates tell us that over fifty percent of men will experience hair loss," he said. "That's over fifty million men, plus another ten million women who will suffer disturbing hair loss. The problem is primarily due to genetics, inherited traits within the family. Prevention is, therefore, unavailable. The few hair loss-inhibiting medications on the market unfortunately have only limited efficacy. That's not encouraging to those millions who are destined to lose their hair," Dr. Epstein said.

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Since nineteen ninety-four he has served as director of his Miami-based Foundation for Hair Restoration. "At the Foundation," the doctor explained, "We embrace a single dedicated mission. We are committed to providing hair restoration in an ethical, professional, and safe environment." In addition to his busy clinical practice, Dr. Epstein is a clinical voluntary professor at the University of Miami College of Medicine, and is well published in the medical literature.

The Foundation provides more than clinical therapy and surgical procedures. Dr. Epstein has made it a clearing-house of knowledge, offering patients' up-to-date information about hair loss and all the specialized techniques available to treat it. Those interested can access the Foundation's WEB site (www.foundhair.com) to explore the topic in depth before making an appointment for consultation.

Dr. Epstein explained why his Foundation has achieved success. "Our emphasis is on establishing a solid doctor-patient relationship, which will help guide the patient through the entire hair restoration process. An individualized treatment plan is assured for every patient, and I personally perform or supervise each segment of treatment and follow-up. "Success in hair transplantation requires a surgeon with a trained hand to create the most natural appearing result that mimics Mother Nature and is undetectable to even the most critical eye."

Dr. Epstein's concern for the individual patient is his first priority. "Patients need to approach hair restoration for the right reasons," he explained. "They must understand that like any cosmetic surgery, it's designed to improve a feature, but if they are seeking a total transformation, or are seeking treatment to make someone else happy, those are the wrong reasons. They are setups for failure. My job is to restore patients' hair that, hopefully, will make them feel better about themselves. Hair loss or baldness attacks the ego and can, at times, weaken self-confidence. For professional men and women it can be debilitating to the degree that their careers suffer. The decision to take action against hair loss can be, for some, a difficult one. By

choosing the most qualified hair restoration expert, the decision becomes an easier one to make. Hair restoration lasts a lifetime. It needs to be done by an expert, someone who, through his experience and the quality of the hair restorations performed on his patients, inspires confidence."

Dr. Epstein encourages his patients to educate themselves about hair loss and hair restoration. "I refer them to my WEB site, where they can learn all about the condition and the procedures used to correct it. By educating themselves, they gain confidence, knowing what to expect from the treatment and how it is applied. I explain to each patient precisely how he or she will be treated and what results to expect. I work with a team of professionals, directing their efforts through each phase of the restoration procedure. There have been some challenging cases," the doctor explained. "There are definite challenges in those patients with scarring or who have had bad procedures performed. Unfortunately there is a host of unqualified hair loss specialists who offer procedures that can cause more harm than good."

Dr. Epstein's patients have offered words of praise for his skillful treatment. An individual who had undergone several unsuccessful procedures in the past said, "Dr. Epstein is an artist and a genius…I am so happy to have hair and have it look so incredibly natural. I feel I have been given back my freedom." A commercial pilot had similar accolades. "I am really pleased with the results. My wife says I look 10 years younger." A female banker also praised Dr. Epstein's work. "The doctor was caring, and took the time to discuss with me all the options. Having chosen to go with hair transplants to treat my thinning hair, after the second procedure my hair is even thicker than after the first procedure." A trial attorney offered further kudos. "Since Dr. Epstein's surgery, my self-esteem and youthful vigor have been refreshed. It is very painful to admit, but the male ego seems to be directly connected to the top of your head. Dr. Epstein's miraculous work is a cure-all for the ailing male ego. He can turn back the hands of time."

Dr. Jeffrey S. Epstein

Dr. Epstein takes special satisfaction from the praises of his patients and finds intense fulfillment in helping them. "I'm rewarded each time I successfully restore someone's hair or enhance their appearance through cosmetic surgery," the doctor reported. "In restoring hair, correcting faults, removing blemishes, and eliminating unkind scars, I feel like I'm helping nature just as nature helps us all through the healing process. It's the reason why I face the challenge of each new patient's needs, to offer my skills with helping hands, getting things perfect."

Although seriously dedicated, Dr. Epstein's interests are not limited to his craft. He is active in community affairs, serves on a private school board, and is involved with charity work. He enjoys a warm family life with his wife and three children, and an active devotion to tennis. His demeanor is quiet, confident, and reserved but that may be misleading. "Inside, I'm a lot more intense than I appear," Epstein confesses. "I search for perfection in both my professional and personal life. I want to achieve great lasting relationships with associates, patients, family, and friends. I find self-fulfillment in that, and in a great game of tennis – that's Nirvana for me."