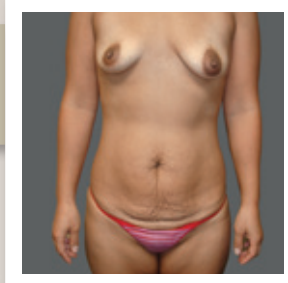


BEFORE



CASE 1

AFTER



### ▶ TAKING SHAPE

This patient desired a Mommy Makeover, which included breast augmentation with silicone gel implants and an abdominoplasty with muscle plication for a flat tummy.

BEFORE



CASE 2

AFTER



### ▶ DEFINING CURVES

This patient's Mommy Makeover included breast augmentation with silicone gel implants and an abdominoplasty with muscle plication for a flat tummy.

“IT'S ABOUT SELF-CONFIDENCE!”

## ABOUT SANJAY GROVER, MD, FACS

### SERVICES

Aesthetic Facial Rejuvenation  
 Eyelid Rejuvenation  
 Endoscopic Browlift  
 Rhinoplasty  
 Necklift  
 Autologous Fat Grafting  
 Breast Augmentation / Lift / Reduction  
 Abdominoplasty  
 Liposculpture  
 Labiaplasty  
 CoolSculpting®  
 Ultherapy® Skin Tightening  
 eMatrix™ Sublative Rejuvenation  
 Exilis® Skin Tightening

STANFORD-TRAINED WITH MORE THAN 18 YEARS OF SURGICAL EXPERIENCE, DR. SANJAY GROVER SEES PATIENTS FROM THROUGHOUT THE U.S. AND ABROAD. “PATIENTS ARE EXTREMELY HAPPY TO FIND A PLASTIC SURGEON WHO IS WELL TRAINED AND COMFORTABLE ADDRESSING ALL OF THEIR AESTHETIC REJUVENATION NEEDS.”



Actual patient

#### WHY DID YOU BECOME A PLASTIC SURGEON?

I chose this profession because I appreciate beauty and it suits my obsessive and meticulous nature.

#### WHAT IS YOUR FAVORITE PART OF YOUR JOB?

I enjoy helping patients achieve their dreams.

#### WHAT IS YOUR FAVORITE BEAUTY TIP?

A warm smile can instantly enhance your appearance and bring out your natural beauty.

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**MEDICAL DEGREE**  
 University of California,  
 San Diego, School of Medicine

**LOCATIONS**  
 Newport Beach, California  
 Beverly Hills, California

**CONTACTS**  
 949.759.9551  
 310.276.4526



To learn more about the practice visit  
[drgrover.com](http://drgrover.com) | [facebook.com/drsanjaygrover](https://www.facebook.com/drsanjaygrover)

## DR. SANJAY GROVER

### THE CENTER FOR AESTHETIC PLASTIC SURGERY AND MEDSPA

NEWPORT BEACH, CALIFORNIA  
 BEVERLY HILLS, CALIFORNIA

Diplomate, American Board of Plastic Surgery

#### WHAT PERCENTAGE OF YOUR BREAST AUGMENTATION PATIENTS SELECT SILICONE GEL IMPLANTS OVER SALINE IMPLANTS?

Over 95 percent of my breast augmentation patients select silicone gel implants over saline implants. The FDA approved the return of silicone gel breast implants, clearing them for augmentation and reconstruction procedures six years ago. Most patients select silicone gel implants because they offer a more natural feel. Some patients prefer the newly FDA-approved cohesive silicone gel “Gummy Bear” implants for a more natural look.

#### IS IT TRUE THAT ALL WOMEN CAN ACHIEVE A FLAT TUMMY FOLLOWING PREGNANCY IF THEY JUST EXERCISE?

No. This is a common misconception among husbands and trainers. There are certain physical changes following pregnancy that a woman may not be able to correct on her own, without surgery. An abdominoplasty may benefit many women following pregnancy if they suffer from excess fatty tissue, loose abdominal skin, stretch marks and a loose abdominal wall.

#### WHICH ACCOLADES MEAN THE MOST TO YOU?

I am honored to have been included in the “Top Doc” section of *US News & World Report*, *Castle Connolly* and *Orange Coast Magazine*, as well as the “SuperDoctors” section of *Los Angeles Magazine*. I have also been selected as one of the “Best of OC” in the *Orange County Register* newspaper.

## NONSURGICAL REJUVENATION OPTIONS

The MedSpa utilizes nonsurgical devices for body contouring and cellulite reduction, including CoolSculpting and VelaShape II™, that offer dramatic results with minimal or no downtime. Devices for facial skin lifting/tightening include Ultherapy, Exilis and ReFirme®. Ultherapy's ultrasound treatments can gradually lift the face over the course of three to six months. “Liquid” facelifts are performed with a variety of injectables including neuromodulators (Botox®/Dysport®), fillers (Juvéderm® XC/Restylane®/Perlane®/Radiesse®) and biostimulants such as Sculptra®. A blunt tip microcannula is used to inject fillers in order to minimize any discomfort or bruising.