

# Evolution

TECH AND MORE





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# DR. AFSHIN RAHIMI

Dr. Afshin Rahimi does not consider himself particularly bright or intelligent. In fact, when he came to the United States he took a class in English as a Second Language (ESL) and failed. He is however very driven, perhaps the secret to his success as a dermatologist and cosmetic surgeon. Dr. Rahimi is originally from Iran. He and their family moved to Europe in the 70s where they stayed for over a decade. He then moved to the United States in 1985. He graduated with a Bachelor of Science degree in Microbiology from the University

of California, Los Angeles (UCLA) in 1990. He also pursued a medical degree at the George Washington University School of Medicine and graduated in 1994.

Looking at his success today, it is hard to imagine he once delivered pizza and sold shoes in downtown Los Angeles. He calls his story a typical immigrant story, but perhaps he is just being moderate. There are not many people who have achieved what he has. His personality demands him to constantly improve himself which

has contributed immensely to his increasing popularity and success as a dermatologist and cosmetic surgeon in the U.S.

Dr. Rahimi understands sacrifice. What he has become is a direct result of unending commitment and sacrifice. He spent 15 years in college, medical school, fellowship and internship. He had to give up certain things to pursue his passion. He however would not change anything if he was to do it all over again: his hard work has paid off. Today, Dr. Afshin Rahimi

is the co-director of the Beverly Hills Cosmetic Surgery Fellowship Program. He is the author of *Please Don't Die Trying to Become Beautiful*, a book that exposes the risks involved in the use of general anesthesia in plastic and cosmetic surgeries. He is the founder of Forever Young, a company he says works to make people look and feel beautiful inside and out.

"Whenever you hear horror stories in the news about cosmetic surgery, almost always it's about (general) anesthesia," the surgeon says, "When people don't wake up (after surgery), they don't wake up." He is a strong advocate for local anesthesia and mild sedation. According to Dr. Rahimi, even in the best most capable hands, there is a small but real risk of a patient having an allergic reaction to anesthetics.

In his practice, he uses local anesthesia. He numbs the area he is doing the procedure, keeps the patient comfortable and talks to them through the procedure in what he refers to as talkesthesia. He has created YouTube videos to show how he does his procedures without using general anesthesia.

Afshin Rahimi is also popular for his acne scarring treatment, especially for darker skinned people. More than half of Los Angeles residents have a darker skin color. He has concentrated on providing solutions for this demographic. Typically, some of his patients would have tried other acne solutions without the right results.

Most doctors use chemical peels to deal with acne. Dr. Rahimi says, "Chemical peels don't work well for acne scarring because a chemical peel just removes a layer of skin evenly everywhere. So, the skin looks more refreshed, the color is better and the pores are tighter but the scars are still there. CO2 laser is the gold standard for treatment of acne scarring."

People with darker skins are more delicate and get scars a little easier than the lighter skinned. Dr. Rahimi uses micro-fractional CO2 laser. When he gets a patient with acne scarring, he puts a program together to be followed to improve acne scarring even for dark skinned people. These procedures usually

take around one and a half hours. He keeps his surgeries between one and two hours because longer surgeries are more prone to something going wrong.

In his practice, cutting surgeries are avoided as much as possible. Instead, surgeons at Forever Young do combinations of three or four modalities to tighten up the face during facelifts in what Dr. Rahimi calls 'Quadrafacta'. Quadrafacta involves borrowing the best of four different surgical modalities in an effort to get better results than what would be achieved using a single modality. Every patient's treatment is tailored to their requirements.





Some of the people that have inspired Dr. Rahimi include Dr. Mark Lebowhl, Dr. Niels Krejci, Dr. James Fulton, Dr. Norman Shealy and the late Dr. Richard Aronsohn, who founded the American Board of cosmetic surgery. Going into the future, Dr. Rahimi sees cutting surgery becoming a thing of the past.

He also says more men are going for cosmetic surgeries and the trend will definitely continue. He expects more discoveries in future that would show doctors how to direct the body to 'heal itself'. He hopes to continue offering his patients cutting edge, safe and effective state of the art cosmetic and dermatology services.

He tells young people to only pursue medicine if they are passionate about it. He notes the journey takes long and requires consistent sacrifice. Someone with no passion for medicine would be worn out before they are through with the process. With passion, the process of becoming is just as enjoyable as the end result.

His wife is a pharmacist and has always been supportive of his endeavors. They have three children. While it is challenging to keep up with all he has to do and his family, he does his best to find time to spend with his wife and kids. He is enjoying the American dream and gets emotional talking about

it. "(The) U.S. is the most amazing place on earth... because if you work hard, you can do anything you want," he says.

