

Forever Young

Dr. David Rahimi, MD, FAAD, FAACS:

Leading the way for safer, more effective and less invasive procedures, anti-aging treatments and long term skin care maintenance.

BY SUZANNE TAKOWSKY

There is little doubt that people—especially here in Los Angeles want to stay looking young forever. And luckily we are discovering that we don't necessarily have to go under the knife to achieve and maintain a youthful appearance. The word on the street centers around 'non-invasive' or 'minimally invasive' as skin experts discover miraculous new ways to shave off years of wrinkles, loose skin, sun damage, age spots, skin discoloration, blemish marks and the telltale signs of aging.

"I have spent the majority of my cosmetic and dermatology practice advocating that less invasive is better," says Dr. David Rahimi, one of a handful of

doctors in the country who has earned a reputation for being the best when it comes to laser rejuvenation.

To date, Rahimi has performed more than 25,000 laser facial rejuvenation and restoration procedures. He says these days, with the high quality and state of the art equipment available—lase has moved ahead to become the first defense in fighting the aging process.

And using seven different lasers and light sources that he combines together, Rahimi achieves incredible results without aggressive, invasive surgery.

His team offers the most up-to-date, cutting edge skin rejuvenation treat-

ments any where. And what the doctor likes just as much as the incredible results he gets...is the fact that he can use local anesthesia and, therefore, eliminate potential harm that might come to patients using general anesthesia.

"Local anesthesia and mild sedation are all that is needed for 90% of the procedures done. Avoiding the use of general anesthesia eliminates potential problems for my patients. Non-surgical procedures provide the more youthful appearance that people are looking for, but more important—they still look like themselves—not like someone else,"

Rahimi says. "Most patients will choose local anesthesia if surgeons take the time to explain why it is better, safer, and more cost effective. I believe all types of cosmetic surgery can and should be performed under local anesthesia."

In his dermatology fellowship he trained as a Cosmetic surgeon with an emphasis on minimally invasive surgery. Rahimi is a Diplomat of the American Board of Dermatology and American Board of Cosmetic Surgery. Recently he became Co-director of the Beverly Hills Cosmetic surgery Fellowship program.

His cutting-edge Tuliplift™ Facelift is a patented procedure, safer and even more effective than a traditional facelift. It includes tightening the neck, liposuction of the jowls, tightening the muscle, removal of excess skin, scars inside the ear so that they



BEFORE

AFTER



BEFORE

AFTER

"Minimally invasive can mean maximum results; local anesthesia and mild sedation is all that is ever needed. Patients should look like their best self—not like someone else."



CUTTING EDGE TECHNOLOGY

Newest fat freezing device: Coolsculpting by Zeltiq.
Laser Liposuction by Coolipo and Micro-fractional co2 resurfacing by Mixto.
It is all about prevention and maintenance.

are invisible, and followed by laser to erase the scar all together and tighten the skin.

“My patients do not want weeks or months of down time. They do not want scars. They do not want general anesthesia. And as we look around—a good many of the surgery results we see, especially with facelifts are not natural looking. I rely on non-surgical procedures to give patients an exceptional, natural looking outcome. I use a combination of different lasers to get rid of fat deposits in the face, and skin gets tightened from the inside out. I use procedures and treatments that work together to achieve terrific results without any need for surgery. Facelifts, eyelifts and lipo—all done with laser and all done under local anesthesia and mild sedation. The new wave of anti-aging procedure is less invasive, safer, a quicker recovery, and it is more cost effective for patients. All I ask is that my patients allow a good week to 10 days without any special obligations to attend so they can relax and heal.”

Rahimi received his medical degree with distinction from the esteemed George Washington University School of Medicine. He is a detail-oriented and innovative surgeon who has pioneered many procedures now used by plastic surgeons, cosmetic surgeons and dermatologists around the country.

Forget about a cookie-cutter office where streams of patients pass in and out like an assembly line. Rahimi is a firm believer of getting to know his patients, listening to their wants, carefully examining their potential for treatment, explaining their options and delivering the best outcome possible using precise procedures specific to their individual needs.

“I think of facial surgery as recon-

structive surgery. I tell my patients to bring me a photo of themselves 10 or 15 years ago; I will put things back the way they were—not make them look like a different person. The majority of people who want facial rejuvenation procedures do not want to look drastically different. They just want to look younger.”

Rahimi’s ‘Forever Young’ office team centers around providing patients with discrete, personalized care. He has built his practice on the philosophy of optimal procedure and holistic patient care, rather than fad-of-the-moment procedures that do not deliver what they promise, or the outcome offers less than desirable results, or proves a disaster for the patient.

Rahimi has worked with medical pioneers such as Dr. Theodore Sutnick, creator of the Manual Epidermal Dermabrasion, a gentle alternative to chemical peels and lasers, and Rahimi has presented several innovative surgical techniques via published articles and at medical conferences. He has been recognized for his work with various awards for procedural skill, including the prestigious Walter F. Rosenberg award in Dermatology and the William Newman award in Pathology. His book: *Please Don't Die Trying To Become Beautiful; A Surgeon's Plea* exposes the risks of general anesthesia during Cosmetic and Plastic Surgery, and details how local anesthesia is all that's needed for almost all plastic and cosmetic procedures.

Rahimi’s medical office is a one-stop rejuvenation center. He prides himself on providing the latest technology such as the anti-aging laser approved days ago by the FDA: Cool Sculpting by Deltiq developed by two Harvard dermatologists; it’s a \$100,000 miracle machine, non-invasive lipolysis that breaks down fat with no damage to other tissues. It uses a cooling effect applied through the skin for a precise time period, plus there is zero pain and fat reduction continues for months.

Many fat reduction procedures done in Rahimi’s office start at \$750 per area. Rahimi’s approach is two fold: Offer workable solutions and personalize treatments. His staff includes nurses, consultants, pre/post treatment specialists and aftercare technicians who care for patients during the entire



Neda & David



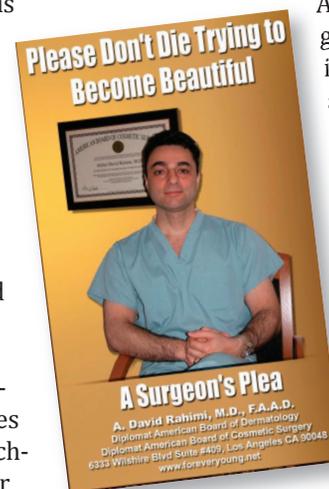
David with Madelyn, Lauryn and baby Aaron

process. Those seeking answers to their anti-aging quest can receive one complimentary consultation.

“What separates a good doctor from a great doctor is knowledge and level of experience. Anyone can hold a laser in their hand, but a great doctor is an artist, knows what he or she is doing and knows what to do in any given situation before, during and after a procedure. I spend time with my patients to find out what they want; then I find a way to get the results they are looking for. But their treatment doesn’t stop when the procedure is finished. We establish a skin care maintenance program that keeps their skin looking fantastic for years.”

Rahimi has been in private practice for more than 12 years. Fluent in three languages, he spent most of his adult life in Germany, before moving to the United States more than 26 years ago. His wife,

Neda, is a pharmacist here in Los Angeles and was born in the United States. But it’s not all work—the couple have three children; Madelyn, Lauryn and a newborn baby named Aaron. With all the responsibility he carries at his office, Rahimi’s says his favorite time after work is relaxing with his family at home and with their newest ‘baby’ addition. ●



**Center for Cosmetic & Dermatology
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