

**Dr. Rhoda S. Narins**  
Dermatology Surgery and Laser Center  
New York, New York  
White Plains, New York

#### ASK DR. NARINS

##### WHAT STEPS DO YOU TAKE TO STAY UP-TO-DATE ON NEW ADVANCES?

Researching new treatment methods and staying current is vital to my philosophy and practice. I am also involved in many clinical trials.

##### HOW DO YOU PAIR PATIENTS WITH THE RIGHT TREATMENTS?

With so many different rejuvenation options—like liposuction body-contouring, injectable facial sculpting, and laser and light sources—we can properly ensure patients are receiving the right treatments.

##### HOW DOES YOUR STAFF ENHANCE THE CARE YOU PROVIDE?

Most of my staff has been with me for more than 20 years, so when patients compliment us on being like family, we truly take it to heart.

##### WHAT CONCIERGE SERVICES YOU OFFER?

We provide patients with a private-duty nurse who can go home with them after a treatment, if desired, as well as a concierge coordinator who arranges hotel and transportation for out-of-town guests.

#### Skilled sculpting

Dr. Narins has honed a reputation for liposuction procedures over the course of many years. "My patients benefit from decades of experience and the fact that I've done over 8,000 liposuction procedures; experience counts," says Dr. Narins, a skilled practitioner who has authored four books on cosmetic dermatology, body-contouring, liposuction and anti-aging, respectively, and contributed to more than 50 articles in dermatologic literature throughout her career. "Liposuction has a place in dermatology—enabling us to contour the neck and body, using local anesthesia in the privacy of my office. In the case of neck rejuvenation, a patient with a sagging neck can benefit from liposuction and Thermage™ radiofrequency treatments, smoothing, tightening and sculpting the skin." In terms of liposuction options, Dr. Narins offers power, laser and tumescent procedures, depending on patient preference.



LIPOSUCTION

#### HOW CAN I GET RID OF A TURKEY NECK?

As we get older, the skin becomes less elastic and starts to droop, resulting in a dreaded "turkey neck" for many patients. To remove a double chin, I can perform tumescent liposuction to ensure targeted fat removal and seamless sculpting. The procedure only requires local anesthesia and recovery time is rapid. Patients can return to work in one to three days.

**"I have always enjoyed making people look better"**

"DERMATOLOGY IS A FIELD WHERE HEALTH, AESTHETICS, SCIENCE AND DERMATOLOGIC SURGERY ARE ALL INTER-RELATED. THIS MAKES ME VERY EXCITED, AS IT AFFORDS ME THE OPPORTUNITY TO OFFER PATIENTS CARE THAT IS TRULY CUTTING-EDGE," SAYS DR. RHODA S. NARINS, A CLINICAL PROFESSOR AT NYU WHO HAS LECTURED ALL OVER THE WORLD.

#### MEET THE EXPERT

### Dr. Rhoda S. Narins

American Board of Dermatology

#### PROCEDURES PERFORMED

Tumescent Liposuction  
Botox® and Dysport™  
Fillers and Fat Transfer  
Laser Skin Treatments  
and Chemical Peels  
Sclerotherapy, Laser and  
Varicose Vein Treatment

#### ABOUT DR. NARINS

##### WHAT IS THE BEST ADVICE YOU'VE RECEIVED?

While in my third year at Barnard College, the school president said that I'd make a great doctor. The rest is history.

##### WHAT IS THE NAME OF YOUR SKIN-CARE LINE?

It's called Script-a-Derm and helps to enhance the services I provide.

##### HOW DO YOU PROMOTE PATIENT CONVENIENCE?

I practice out of two office locations, operating out of my fully accredited in-house OR suite to accommodate patients and enhance privacy.


##### WHAT DOES BEING A DOCTOR MEAN TO YOU?

To me, dermatology encompasses more than just sculpting and rejuvenating. It's about patient care.

**MEDICAL DEGREE**  
New York University  
School of Medicine

**LOCATIONS**  
New York, New York  
White Plains, New York

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 To learn more about the practice visit [narins.com](http://narins.com)