

In her early days as a medical student, Fisher began “scrubbing in” on cases alongside a physician/mentor who was an ear, nose and throat specialist. Fisher was so confident that ENT would become her specialty that she had already conducted medical research and presented information at a national industry meeting.

Then came that fateful plastic surgery rotation at USC. “There was definitely some overlap between plastic surgery and ENT in terms of the anatomy. So when I got that rotation it was perfect, I thought.”

“Actually, what ended up happening was within three weeks I completely changed my mind (about the direction of her career path),” she explained. “I equate it to falling in love versus falling out of love. You can’t control it—it’s just something that happens.”

Fisher went on to complete plastic surgery rotations at several medical institutions, including Children’s Hospital of Los Angeles where she said she learned about “the diversity of people you can affect as a plastic surgeon.”

“You can affect kids from the time they’re babies, all the way to elderly people,” she said. “You can work on any body part, and you can just do aesthetic things where you’re improving somebody’s appearance. Or, you can completely reconstruct something to take abnormal and try to restore it to normal.”

Plastic surgery, she contends, “is a continuum. You have things that are, purely reconstructive surgery, for example where somebody is (involved) in a trauma, or somebody has a birth defect. And then you have the super-ultra cosmetic, where you’re taking really attractive people who are absolutely within the range of normal and they just want to be super-normal.”

While Fisher does service reconstructive surgery patients at her practice, most of her business consists of aesthetic cases. The “mommy makeover” procedure she offers has proven popular with women whose child bearing days are behind them.

“I always say you’re never too old for a mommy makeover,” quips Fisher, herself the mother



of a young child. The doctor says the procedure is among her favorite to perform.

The makeover usually entails a combination of surgeries to the breasts (possibly in the form of a lift, augmentation or reduction) and abdomen, including what’s commonly called a tummy tuck. Also, quite a bit of liposuction may be involved in the process.

Mommy makeover patients—and their reasons for requesting the procedure—run the gamut, Fisher explained. “Sometimes it’s the day they know they’re done having kids,” she says. “If they’re older, in their 40s or 50s, sometimes they will say, ‘OK, I have basically financed my last kid and I’m ready to do something for me now.’”

While “Mommy Makeover” results are often favorable, Fisher counsels patients to set realistic expectation levels for their body’s appearance after the surgery.

“There’s a saying that you have to rob Peter to pay Paul because you can’t get something for nothing.” With cosmetic surgery procedures, she says, “You’re trading in sagging skin and a poor shape for scars.

“For most people the tradeoff is well worth it because they hate their shape, the amount of sagging skin they have, the extra fat in certain places that they can’t get rid of their stretch marks. I have to try to shape the tissues and try to give them the best scar that I possibly can.”

