



INTERNATIONAL *Beauty*

Alexander S. Donath, M.D., F.A.C.S.

Written by Shannon Shelton Miller • Photo by Jon Keeling

When the world's best plastic surgeons want to hear from one of the leading experts in their field, they turn to a Cincinnati native with one of the most recognized practices in the United States.

Dr. Alexander Donath of Cincinnati Facial Plastic Surgery will travel to Thailand, Spain and China this year to share his expertise about the latest trends in cosmetic surgery and facial rejuvenation. Dr. Donath, who has traveled extensively throughout his career to learn from some of the top practitioners in the world, has become a go-to source himself.

As part of the emerging trends technologies committee for the American Academy of Facial Plastic Surgery, he's among the first practitioners to discover and research innovations in the field and determine which would be beneficial to present to the full academy for discussion. Those that pass muster land in offices like his, and Dr. Donath remains on the cutting edge of introducing new techniques to improve cosmetic procedures.

"We tend to be very selective with any technology we bring in," Dr. Donath says. "We want to bring leading-edge techniques to our patients, but in a judicious manner to make sure patients get great value and really great results."

Dr. Donath, who has led Cincinnati Facial Plastic Surgery since 2007, notes that while the global vision of beauty is becoming more multiethnic, aesthetics remain consistent across nations – maintaining a healthy, youthful appearance is of prime importance.

Dr. Donath is excited about the use of platelet-rich plasma and longer-lasting fillers and injectables that have grown in popularity. Platelet-rich plasma (PRP), which involves drawing a patient's blood to concentrate the platelet-rich portion and then injecting it into the scalp or face, is used to stimulate follicles for hair regrowth and improve skin quality. This has been very popular for women and men who have seen their hair begin to thin, but are not yet ready for a hair transplant. Such injections have gained attention thanks to publicity from Kim Kardashian and other celebrities. PRP has also shown some promise in reducing downtime from laser resurfacing and fat transfer for volume rejuvenation.

Dr. Donath also offers Volbella, a lip filler that has a durability of up to a year as opposed to the 6-9 months of prior fillers and importantly seems to cause less swelling, which greatly decreases downtime; Kybella, a new non-surgical injectable treatment for neck fat used as an alternative to liposuction; and Voluma, a cheek filler with a two-year durability. All can be administered on an outpatient basis.

Cincinnati Facial Plastic Surgery offers an individualized, personalized plan for every patient. The practice has two locations – one in Cincinnati and one in Centerville, south of Dayton. ❖

Cincinnati Facial Plastic Surgery is located at 7763 Montgomery Road, Suite A, Cincinnati, OH 45236. For more information, call 513.891.LIFT (5438) or visit www.cincyfacialplastics.com.

The Centerville location is at 35 Marco Lane, Centerville, OH 45458. For more information, call 513.891.LIFT (5438) or visit www.cincyfacialplastics.com.