



## Compassion and Laser-Sharp Skill

Dr. Tehrani brings his passion to the HD

### HIGH DESERT PLASTIC SURGERY

Dr. Tehrani

[www.highdesertplasticsurgery.com](http://www.highdesertplasticsurgery.com)

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**D**r. Ali Tehrani's life's passion is his work. He doesn't see plastic surgery as a job but more of a calling. His compassion comes from the first-hand knowledge of the devastation that breast cancer causes. He has had close friends and family members who have gone through the process of diagnosis and treatment, and he knows the sadness that accompanies the disease. He wants to contribute to the fight against breast cancer, and more importantly, he wants to help people who are diagnosed see the possibility of normalcy.

He sees his work as a plastic surgeon, who does reconstructive surgery on mastectomy (removal of the breast) patients, as a way to contribute to a patient's recovery and self-concept often the most important aspect of the psychological recovery.

Dr. Tehrani has recently moved to the H.D. because there was no one available here who could do reconstructive surgery at the time of the

mastectomy, the most optimal time for most breast cancer patients. Previously patients would have to go down the hill to Loma Linda or UCLA to begin the reconstruction process. Often that could be weeks, months, and sometimes as long as a year before reconstruction could begin. In the meantime, a patient would be left with only one breast and a scar to remind her of the cancer's toll.

"When the mastectomy is followed by reconstructive surgery, it is less devastating for the patient, and the cosmetic result is better than waiting months later," says Dr. Tehrani.

"Why break up the care? It's not the right thing to do. Because it is common practice doesn't mean it is standard of care. The mastectomy and reconstruction should be done at the same time. There is a real need here."

One of the pluses of doing both procedures at the same time is that the patient wakes up feeling a bit more normal than if the reconstruction was delayed. The physical consequences are critical, but for the most complete recovery, the psychological factors can't be overlooked.

Dr. Tehrani also does reconstruction of the hands and face after accidents, including reattaching fingers, which can allow patients to recover their lives more completely following traumatic events.

The doctor offers cosmetic procedures such as face lifts and body contouring. He uses the SlimLipo laser when performing a liposuction; this helps reduce bruising and tightens loose skin, which can follow traditional liposuction. Unlike other lasers, the SlimLipo technology melts the excess fat allowing it to be suctioned through much smaller incisions leading to less down time and faster recovery. Because this technology uses dual wavelengths of light, the amount of skin retraction is truly remarkable. Most procedures can be done in about an hour or so.

Dr. Tehrani uses a tumescent technique, injecting epinephrine and lidocaine into the tissues as a local anesthesia when performing liposuction. This technique eliminates the need for general anesthesia, and twilight sleep can be used to relax the patient. — *Tere Kidd*