

## NAYAK PLASTIC SURGERY & SKIN ENHANCEMENT CENTER

Board-certified and fellowship-trained in facial plastic and reconstructive surgery, Dr. L. Mike Nayak has an impressive list of credentials. He graduated from Yale with a degree in molecular biochemistry and biophysics, was the head of his class at Washington University School of Medicine and performed his residency at Harvard Medical School. In 2006, he opened Nayak Plastic Surgery & Skin Enhancement Center, where he specializes in facial surgery; 85 percent of his work is cosmetic, 15 percent is reconstructive for skin cancer patients.

Having the only accredited office operating room in St. Louis, Nayak performs the majority of his cosmetic procedures in-office without general anesthesia, giving him a level of control hard to match at surgery centers. This defining aspect of his practice allows him to work with the same nurses and maintain scheduling flexibility and quality control, since he can oversee every aspect. And even when he works on patients with pre-existing conditions in other operating rooms, 90 percent to 95 percent of his surgeries are performed without general anesthesia, a big plus for most patients.

Patients also appreciate special techniques used by Nayak that allow him to forgo the usual tight, bulky face-lift dressings, one of the most dreaded aspects of the procedure. Within the last several months, he's added the use of fibrin glue, which completely eliminates the need for drains and dressings after a face-lift, and Nayak says the comfort level for patients is dramatically improved.

While Nayak stresses that his practice is not considered a medical spa, he does offer services like hair removal and skin treatments for sun damage, age spots, wrinkles, acne and unsightly veins. He says that he is almost always in the office at the time of such treatments, ready to answer any questions patients may have before or during a treatment. And by specializing in faces only, the practice, Nayak says, is able to offer a wide breadth of techniques. He emphasizes that the key to natural results is to address each problem with its own solution. To transform an aging face, for example, skin rejuvenation, volume rejuvenation and sagging all need to be addressed. His office has seven different lasers and he handles volume issues with everything from implants to fat transfers and injections. He also performs traditional lifting procedures and facial liposuction.

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L. MIKE NAYAK, M.D.

### CLINICAL PROFESSOR OF THE YEAR

Dr. L. Mike Nayak teaches facial rejuvenation surgery regularly at Saint Louis University School of Medicine and to other practicing cosmetic surgeons. He also lectures on this topic across the country, including at Cedars Sinai in L.A. and for the American Academy of Cosmetic Surgery. He was recently named Clinical Professor of the Year by residents at Saint Louis University School of Medicine.