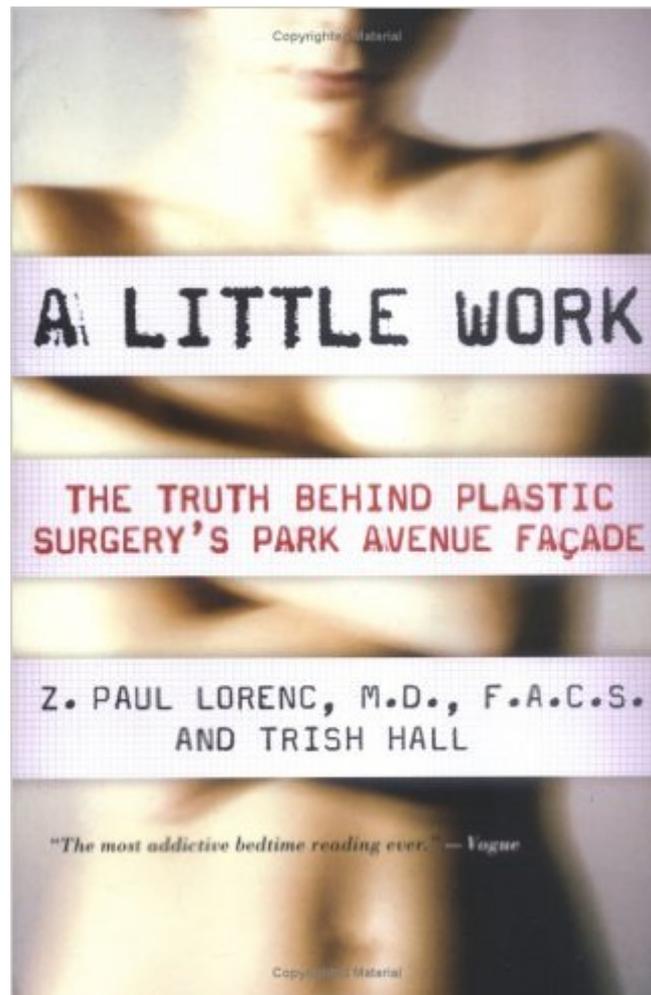


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# A Little Work: The Truth Behind Plastic Surgery's Park Avenue Façade



## Synopsis

Plastic surgery is a field we all think we know well from reality shows like Extreme Makeover and Dr. 90210. But do we really? Only this doctor can tell you what it's all about. His truths will shock you, his rules will inform you, and his revelations could save you. A well-established, dynamic plastic surgeon at the top of his game, Dr. Z. Paul Lorenc lets you into his private practice, where the stakes are rising every day, and answers the burning questions. What should you know about a doctor's training? Do you know the difference between a tummy tuck and liposuction, and who is more suited for which? Have you ever imagined what mistakes a doctor has made and whether they can be corrected? He reveals the lies patients tell him and the lengths to which celebrities go to maintain anonymity in the waiting room. He shatters the myths surrounding post-operative recovery. And much, much more. Dr. Lorenc not only supplies the answers but analyzes what increasingly drives people in our youth- and beauty-obsessed culture--women and men alike--to request his services. With nuance and knowledge, he scrutinizes every detail of this fascinating yet imperfect science. This is the book for anyone who is thinking--even just a little--about getting plastic surgery.

## Book Information

Paperback: 240 pages

Publisher: St. Martin's Griffin (November 1, 2005)

Language: English

ISBN-10: 0312315252

ISBN-13: 978-0312315252

Product Dimensions: 5.8 x 0.6 x 8.9 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,250,741 in Books (See Top 100 in Books) #235 in [Books > Medical Books > Medicine > Surgery > Plastic](#)

## Customer Reviews

This book was interesting, insightful, and slightly strange. Interesting and insightful in providing practical information on the myths of plastic surgery, descriptions of procedures, how important it is to follow the doctors advice, general overall information of what goes on behind the doors of a surgeons office and how clients are handled, Dr. Lorenc's strong work ethic, and his personal background which is excellent reading. This includes his medical training, and his turbulent early life history where he and his family escaped Poland, and started over. What I find strange about the book

is the promotion of Trish Hall, an editor at The New York Times. Now everybody knows the New York Times has a great reputation, and this should mean the editor is highly qualified to edit this book, but the book doesn't reflect great editing. Not at all. The author repeats himself far too much throughout the book and had there been better editing, it would have made for a more focused, easier and more enjoyable book to read. The first half of the book reads cool and detached, and it isn't until the second half of the book where Dr. Lorenc talks about his various patients and their procedures does the reader get a "feeling" for the man. He's very into self-promotion, but if I ever wanted plastic surgery, he'd be the first on my list to check out.

I just finished reading this book and despite its recent media attention, I have to say that I was quite dissatisfied. While entertaining, this book fails to offer practical information and the information the authors do share is not very sophisticated. For pure enjoyment, this book is OK. If it is practical information you are in search of, this book is not for you. No pictures are offered and the authors' recommendations are vague. I much preferred *Secrets of a Beverly Hills Cosmetic Surgeon* by Dr. Robert Kotler. I highly recommend his book for those interested in practical information on cosmetic surgery.

'A Day in the Life', or 'Taking the Plunge', to name a few, are chapters in the book, *A Little Work; Behind the doors of a Park Avenue Plastic Surgeon*. Both of these chapters, in particular, are useful for people who are considering plastic surgery, as well as pre-med students. The author, Paul Lorenc did a fine job at focusing on how plastic surgery and its industry work, along with how each surgical procedure is performed through his clear and concise writing. Lorenc handled the topics in his book very well, and discussed each issue completely. He has the capability and knowledge of accomplishing this through his education, experience, and expertise. For example, Lorenc took the reader through a day in his life. He started from when he woke up and walked to work, through dinner with his wife. He began his day with walking to the office and doing going through his patient's actual exams and visits. He also used several different examples of procedures, and explained how they work, along with what to expect when receiving them, from the initial visit through the recovery, in his chapter, 'Taking the Plunge.' Overall, the book is very thorough when it comes to the topic in general of becoming a plastic surgeon, having plastic surgery, and knowledge about specific plastic surgeries. It is very important for a doctor to be aware of these three main topics because they deal with these specific topics on a daily basis. Doctors need to have knowledge of plastic surgery in order to gain trust from their patients. Everyone wants to be able to

trust a doctor's opinions as well as what he is doing. If you are looking for a book to give you information on becoming a doctor, as well as, different surgical procedures and the technology advancements that come along with being one, then this is the book for you. It will give you a sufficient amount of information on what it takes to be a plastic surgeon or have plastic surgery.

I bought this book tonight and couldn't put it down. It has a very insightful view on the world of plastic surgery, along with its downfalls. I absolutely loved it from the start to finish. I would highly recommend this book to anyone who is interested in this subject.

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