

# HARMONY AND BALANCE

By  
**DR. SHWETAMBARA PARAKH**

PARAKH PLASTIC SURGERY  
ENGLEWOOD, NEW JERSEY  
NEW YORK, NEW YORK

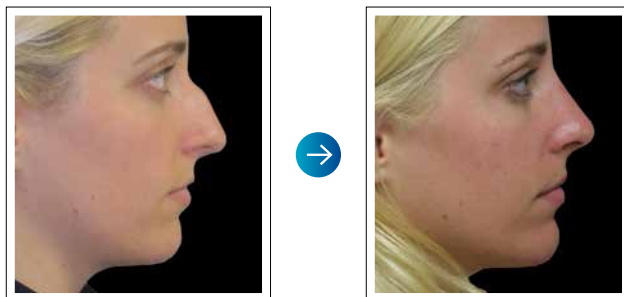
**E**ducated and guided at an early age by her doctor parents in India, double board-certified plastic surgeon Dr. Shwetambara Parakh learned by example. “My parents taught me that success is possible if you work hard and dedicate yourself,” she says. “Every satisfied patient was a standing example of their dedication.” Ivy-league trained and with extensive experience in procedures of the face and body, she places a great emphasis on creating an intimate and caring environment. “I listen attentively to my patients’ concerns and desires, and have often been told by my patient’s that this is the most comfortable they have felt with a plastic surgeon.” Highly regarded for her surgical expertise, Dr. Parakh’s repertoire of procedures includes facial rejuvenation and body-contouring surgeries including facelifts, rhinoplasties, tummy tucks, “scar-less” breast reductions, breast augmentations and Mommy Makeovers.

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*Natural is in and the operated-on look is out!*

## WHO I AM

- 1. WHAT IS YOUR APPROACH TO BREAST AUGMENTATION?**  
I believe in natural-looking breast augmentations. I recommend a size that is harmonious with your body that will also maintain the look for years to come. We offer Crisalix® 3D simulation to give you a glimpse of your possible results
- 2. HOW DO YOU MANAGE PATIENT EXPECTATIONS?**  
I listen patiently to their concerns and desires and make sure we are on the same page with what they are asking for and what I know I can safely deliver
- 3. WHY DO YOU PLACE A STRONG EMPHASIS ON BODY CONTOURING?**  
There are genetically determined stubborn areas of fat that no amount of dieting and exercise can change. Liposuction works great for these areas to alter the shape of the body and is truly rewarding to the patient
- 4. HOW ARE YOU HELPING TO ADVANCE THE FIELD AT LARGE?**  
Educating patients and other doctors on safe, effective and natural-looking plastic surgery
- 5. WHAT DO YOU LIKE MOST ABOUT YOUR PROFESSION?**  
The real opportunity to make a meaningful change and help patients reflect their beautiful inner selves to the outside
- 6. WHAT NEW SERVICE ARE YOU EXCITED TO OFFER?**  
Drainless abdominoplasty
- 7. WHAT ARE YOUR MOST REQUESTED PROCEDURES?**  
“Scar-less” breast reduction, facial rejuvenation and Mommy Makeovers



**A Smoother Profile**

Unhappy with the prominent dorsal hump on the bridge of her nose, this 26-year-old patient sought Dr. Parakh for a closed rhinoplasty that gave her the straight, smooth profile she desired.

PHOTOGRAPH BY: JONATHAN BECKERMAN

### MY DREAM INNOVATION

A way to improve skin healing to avoid scar formation

### MY MOTTO

Do the best you can, every single day!

### THREE WORDS THAT BEST DESCRIBE ME

Honest, patient, perfectionist

### ABOUT DR. PARAKH

Dr. Parakh enjoys spending time outdoors with her daughter, biking in the summer and skiing in the winter. She also devotes free time to supporting and volunteering for local and international charities.



### MY CREDENTIALS

**Medical Degree**  
MS Ramaiah Medical College, India

### Plastic Surgery Training

New York-Presbyterian Hospital / Cornell and Columbia Universities

### Board Certification

American Board of Plastic Surgery

American Board of Surgery

### CONNECT

Visit the doctor’s gallery of **before-and-after** photos at: [newbeauty.com/parakh](http://newbeauty.com/parakh)

### Locations

Englewood, New Jersey  
New York, New York

### Phone

201.567.1919

[parakhplasticsurgery.com](http://parakhplasticsurgery.com)



### A FEW OF MY SPECIALTIES...

Abdominoplasty  
Blepharoplasty  
Browlift  
Botox® Cosmetic / Fillers  
Body Contouring  
Bodylift  
Breast Augmentation  
Breast Reduction / Lift  
Facelift  
Mid-Facelift  
Buttocks Augmentation  
Gynecomastia (Male Breast Surgery)  
Liposuction  
Fat Transfer  
Mommy Makeover  
Necklift  
Rhinoplasty