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PLASTIC SURGEON
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DR. SHERRELL J. ASTON, M.D.

RECIPIENT OF THE PRESTIGIOUS CAREER IN AESTHETIC PLASTIC SURGERY

By Adam Kluger

Dr. Sherrell J. Aston, M.D. If you wanted to create a Mount Rushmore of plastic surgeons, Dr. Aston's name would surely be at the top of the list. A senior surgeon whose practice logo says "Experience make a Difference", Dr. Aston, a world-renowned Manhattan-based plastic surgeon, has long been recognized as one of America's (and in fact the World's) top plastic surgeons and is still as busy as ever.

"I usually get up between 5:15 and 5:30 a.m. I'm having fun and enjoying what I'm doing. I know what's going on in all aspects of aesthetic surgery. I don't get influenced by trends and fads. I see the anatomy and I see what needs to be changed. Moreover, I know how to perform the techniques needed to make the change."

Dr. Aston is a Professor of Plastic Surgery at New York University, past President of the American Society for Aesthetic Plastic Surgery, Fellow of the American College of Surgeons, and for twenty-two years Chairman of the

Plastic Surgery Department at Manhattan Eye Ear & Throat Hospital. Dr. Aston is a surgeon, educator, and author of scientific papers, textbooks, and teaching videos for plastic surgeons. New York City plastic surgeon Dr. Aston is sought after to lecture and operate in numerous countries to teach his advanced surgical techniques. He has done so in China, Canada, England, Italy, France, Spain, Brazil, Columbia, New Zealand, Iran, India, and Mexico. A pioneering plastic surgeon since the 1970s, Dr. Aston has often been called the "king of the facelifts", having performed thousands of facelifts from Manhattan to Hollywood to Washington DC and all points of the globe.

His patients include Senators, First Ladies, fashion designers, media moguls, Royalty from around the world, Rock Stars, and their wives and of course the social jet set. When asked for a list of his more famous patients, Dr. Aston is notoriously tight lipped.



Not one for hyperbole, Dr. Aston has influenced generations of other top plastic surgeons. Responding to requests over the past few weeks, Dr. Aston has most recently lectured to plastic surgeons in India and Taiwan and he will be traveling to Brazil in August 2022 and in Turkey September 2022 to lecture. That said, when teaching a surgical technique one can teach the procedures, but the mastery of aesthetics is unique to the surgeon's aesthetic judgment ability and to perform the artistry required.

"Plastic surgery has gotten better over the years because you have more people who are better trained, I feel I have the responsibility to share my knowledge and experience. It is good for patients and our great specialty of Aesthetic Surgery.

Dr. Aston is considered one of the preeminent authorities in the world on the subject of facial rejuvenation. A facelift is defined as correcting the aging process from the corner of the eyes down to the collarbone. That includes the mid-face, cheeks, jawline, and neck. The forehead lift is separate. Dr. Aston's facelift procedures are designed to give the individual a natural, unoperated look with the shortest recovery time possible, and a gorgeous result that is long-lasting. New York City facelift surgeon, Dr. Aston, has performed many thousands of facelifts and is regarded by his peers as one of the surgeons who developed a variety of modern facelift techniques. Dr. Aston's facelift procedures are highly individualized and designed for each patient according to his or her anatomy. There are several techniques to reposition and restore the underlying foundation, including the fat and fascia in the face and the muscles in the cheek, jawline, and neck. When he is not in the operating room, Dr. Aston is surrounded by his beautiful family, wife Muffie, and his twin daughters, Ashleigh and Bracie.

Dr. Aston is an early riser who hits the gym devotedly.

"The first thing I did today when I got up was to go to the gym. I do think a healthy diet and a healthy lifestyle are extremely important. Oftentimes I am in surgery for 8-9 hours and yet I don't get tired or have aches and pains. I think it is because I workout most days. That's extremely important for a surgeon. A healthy lifestyle and being physically fit has been instrumental to my long term career. Surgery requires intense mental concentration and a fit body."

Aside from his ground-breaking work in facelift procedures, Dr. Aston provides a full array of other plastic surgery solutions. As will be noted by Newsweek Magazine July 8, 2022 Dr. Aston is an expert in cosmetic eyelid surgery (Newsweek ranked him number one in America and named him the highest ranked facelift surgeon in New York as well) and browlifting techniques, choosing the technique that is most appropriate to rejuvenate one's appearance without changing the shape, size, or expression of the eyes. He is renowned for his ability to retain the natural look and shape of patients eyes while rejuvenating them. His patients eyes never have the "spooked" look that of often associated with eyelid surgery. Dr. Aston is an expert in the Closed Rhinoplasty technique, which avoids incisions and scars on the outside of the nose. He has used the closed technique for thousands of noses, both in primary and secondary procedures. He has lectured to plastic surgeons around the world and has written textbook chapters on Closed Rhinoplasty. Patient outcomes by Dr. Aston's skilled hand can be seen in his online photo gallery. Dr. Aston has a tremendous amount of experience with and is equally skilled in other cosmetic procedures including breast augmentation, and other body contouring procedures. Dr. Aston also performs nonsurgical facial rejuvenation treatments such as fillers, BOTOX®, lasers, and peels for those patients who are not candidates or do not wish to

have a surgical facelift. He is also at the forefront with the latest technology including using Advanced Radiofrequency Technology (FaceTite, AccuTite, Morpheus8) as stand alone procedures or in combination with surgical procedures to enhance the aesthetic results. Patients can always consult with Dr. Aston to determine the best procedure for their desired outcome.

These days, the hard-working surgeon makes time to enjoy special moments with his family.

"My wife and I have twin daughters who are 17 years old. We just spent a week in Vail skiing and now we are in the Bahamas for a week. But I also have to admit I work a great deal because I enjoy it so much. I have a lot of projects related to my surgical practice. To me, accomplishing things is relaxing; Getting things done brings great satisfaction."

In a life full of accomplishments, at the time of this interview, the good doctor was still jazzed about receiving The Career Achievement Award given by the Aesthetic Society Education Research Foundation at the annual meeting of the Aesthetic Society in San Diego in April 2022. Some colleagues relate this award to receiving the Nobel Prize of Plastic Surgery. His life has been devoted to making his patients happy through hard work, passion, artistry genius, and a complete mastery of his craft.

"I have no intention of retiring. I'm working as hard as I did 25 years ago. I like what I'm doing. I enjoy being in the operating room and I enjoy trying to make people happier with themselves. My goal is that I want to make a person look natural and more like they did at a younger age. I can often make their jawlines better than when they were 30 years old. Or I can change the nose of a teenager and give them self-confidence to face the world. My goal is to make patients happy, and that's what I always ask them after surgery. Are you happy, have I made you happy? Happy patient ...happy surgeon."

Newsweek Magazine just listed and ranked America's Top Plastic Surgeon. Dr. Aston number one in Blepharoplasty (eyelids), and is the highest ranked Facelift Surgeon in New York.

Website: draston.com

