

# In the jeans

IF A DESIGNER DERRIERE IS ALL YOU DESIRE, THIS MONTH YOU CAN MAKE IT HAPPEN

Interview by Sophia Serin

In the 1990s it was nose jobs, in the early 2000s boob jobs – now it's all about the Brazilian butt lift. When most of us think about a butt lift, we think of Kim K and her sisters but if that's not what you're into (and having a perfect butt is), Dr. Constantino Mendieta is the man who can make it happen. Having dedicated his career to master the art of gluteal aesthetics, Dr. Mendieta's resume is the reason why he is renowned as the world's best butt surgeon. With training at Harvard Medical School and the Royal College of Surgeons in the UK to his name, he is also on the American Board of Plastic Surgery.

He has written books on the subject, lectured all across the world on his technique and has appeared on many US TV programmes. This month Dr. Mendieta is in Dubai and talks to EW about how women in the UAE can put their best bottom (and body) forward.

## WHAT DO WOMEN IN THE UAE WANT IN RESPECT OF THEIR BODIES?

Women in the United Arab Emirates want and desire a natural look which improves the silhouette. This means that they want body contouring for shape rather than volume as well as liposuction, tummy tucks

and thigh lifts in some cases to help achieve their desired outcome.

## YOU PRACTICE ACROSS THE GLOBE – DO ALL WOMEN (NO MATTER THEIR ORIGIN) HAVE THE SAME REQUESTS AND NEEDS?

Absolutely not. Every woman across the world is individual and wants a unique look, which is centred around her own body and [she has] aspirations for what she'd like it to look like. One of my mottos is that no two individuals are the same. I strive to give patients the best possible results based on their

expectations as well as their genetics and personal body composition. I aim for natural work that compliments the patient's body, always maintaining a sense of balance and harmony.

## YOU ARE MOST FAMOUS FOR YOUR WORK ON BUTTOCKS. WHAT IS THE KEY TO YOUR SUCCESS IN THIS FIELD?

I dedicated myself for eight years to studying the art of gluteal aesthetics, culminating my knowledge in a book that has become one of the go-to books in the world for my peers and patients alike. I also lecture all over the world about my technique and experience. I truly am passionate about innovating the art of gluteal sculpting.

## HOW MUCH OF YOUR JOB IS

## SCIENCE AND HOW MUCH IS TECHNIQUE?

I'm proud to say that 100% of my job is artistry. In fact, I've actually wrote a book about the Brazilian Butt Lift and am the leading educator on the procedure.

## WHAT IS THE DOWNTIME AFTER A PROCEDURE ON THE BUTTOCKS?

The initial healing period is seven to 10 days, after which the patient can return to work. I recommend about a month of staying off the derriere to further allow the body's natural healing process.

## WHAT IS YOUR OPINION ON KARDASHIAN-LIKE BUTTOCKS?

They are the most sought-after butts from all my patients.

## WHAT SORT OF STEPS DO YOU TAKE POTENTIAL CLIENTS THROUGH PRE-SURGERY?

I always do a thorough consultation with all my patients to understand what the desired result is and evaluate if they are the right candidate for the desired procedure. During this consultation, I also assess their health to ensure that they are well enough for the surgery. Above all else, I believe in honesty and integrity. I provide patients with the most honest and clear assessments.

## WHAT IS A USUAL DAY IN THE OFFICE FOR YOU?

A usual day in the office starts with my surgical team as they prep my operating room for three to five surgical cases. They have been with me for over a decade and know exactly how I like to work with my patients. Throughout the day I also have a number of consultations either in person or via Skype. Every day is full but amazingly gratifying.

## WHAT DO YOU LOVE MOST ABOUT YOUR JOB?

I love seeing the smiles of confidence from my patients after surgery. To be able to transform their self-esteem so that they are happy with their body when they wake up in the morning is the best part of my job.

## HOW HAS SOCIAL MEDIA AFFECTED YOUR INDUSTRY?

Social media allows patients from all over the world to see the work that I do. It has also enabled me to be able to further educate and inform the public about the best practices in plastic surgery.

## HAVE YOU EVER DONE PROCEDURES ON CELEBRITIES? IF SO, HOW MANY AND WHAT?

Yes, I have performed hundreds of procedures on celebrities from all over the world, including American movie stars and Middle Eastern stars as well as celebrities from across Europe and Asia. In terms of the procedures I've performed on them, as you can imagine, it's a real mix, from major cosmetic procedures like gluteal augmentations to facelifts and facial procedures.

One of my specialisms is body contouring and therefore I've been at the forefront of this treatment, using fat to augment and improve the body. My celebrity clients, I am proud to say, have seen me for bigger cosmetic procedures as well as for minor maintenance and ongoing beautifications.

To book a consultation with Dr Mendieta contact Nova Clinic by Aesthetics on [info@thenovaclinic.com](mailto:info@thenovaclinic.com) or call (04) 3845666 to secure your consultation time.

## Dr Mendieta in Dubai

Nova Clinic by Aesthetics is a unique concept for Dubai, providing a world-class experience with celebrity surgeons passionate about providing the highest quality care in relaxed and tranquil surroundings. Brought to the region by renowned surgeon Dr. Jaffer Khan, what makes it really unique is the team's wealth of experience, which has led to surgeons being hand-selected from around the globe. They are leaders in their respective fields, many of them pioneers of some of the most cutting-edge procedures used globally today and which they teach to other plastic surgeons worldwide. The first celebrity doctor to arrive at Nova is the world renowned Dr. Mendieta, who will be at Nova Clinic in August for consultations.