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Q: How does Cosmetic / Restorative foot surgery differ from traditional foot surgery?

A: While most Americans are familiar with cosmetic surgery (ABC Television's Extreme Makeover), many are just beginning to hear about the latest trend...Cosmetic Foot Surgery. Yes, we've heard about the woman in New York who wants to fit her size #10 foot into a size #7 Jimmy Choo shoe, but that's not what most Americans are interested in. What the majority of women are concerned with is how their feet look and feel without the shoe. They want to go the pool, the beach or wear pretty sandals without those unsightly painful, red spots, calluses or bumps.

Let's admit it. We like our teeth whiter and brighter...our skin, smooth and tan...our body trim and fit. We are a society that places value on the way we look feel. For the most part, the only area our culture has neglected, until recently, is the feet.

For almost 10 years, I had the pleasure of working and sharing offices with a renowned facial plastic surgeon experiencing the fascinating world of plastic surgery in Newport Beach, California. Our motto became "A Makeover from Head to Toe." Many of our patients thought that it seemed trivial to admit it, but when asked, we discovered that they were concerned about how their feet looked. A significant portion of our patients had experienced some kind of foot condition that could be treated with surgery, but many were hesitant to proceed with the surgery due to the visibility of the scar and the lengthy disability. After much research and development my answer to this was the Restorative Cosmetic Foot Surgery technique.

You should know that there are two genres of foot surgery: traditional foot surgery and Restorative Cosmetic Foot Surgery. Traditional foot surgery has 3 main goals that are addressed: reduction of the deformity, pain reduction and correction of mechanical deficiencies. These goals have been universally accepted by the medical community for decades without significant innovation. This technique uses large, noticeable incisions which are closed with external stitches that can be painful to remove. As well, many of the traditional surgical methods require extensive recovery periods.

Restorative Cosmetic Foot Surgery "raises the bar" by adding visual appeal and rapid recovery to the 3 main goals of traditional foot surgery. Its uses concealed incisions enabling safe access to correct the foot structure while incorporating dissolvable internal sutures to heal it. No painful suture removal and no unsightly incisions. And due to technological innovations, a rapid recovery and subsequent return to work is achieved. The Restorative Cosmetic Foot Surgery technique is not a fad or a gimmick. It's actually just common sense combined with surgical innovation.

The desire to have beautiful feet isn't new. What's new is the ability to address this desire. Restorative Cosmetic Foot Surgery combines the worlds of foot surgery with plastic surgery into one unique concept.

Ladies...Are you ready? Get set. Go wear those fancy sandals!

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