

Dr. Christine Blaine:

Creating a More Confident You

By Kelly Rose Bellucci

For millions of men and women, plastic surgery is seen as one of the world's most powerful forms of self improvement. With a number of cosmetic and reconstructive procedures available today, it is no wonder the trend continues to grow at such a rapid pace. Whether it is a surgical or non-surgical procedure, the goal of every patient is to look and feel their absolute best.

Board certified plastic surgeon Dr. Christine Blaine strives for nothing less. An expert in her field, Dr. Blaine's mission is to provide top-notch service while creating a personalized plan and comfortable environment for each and every patient.

The young doctor has always possessed a passion for medicine. When attending medical school at Albany Medical College, she received the illustrious Brandon Macomber Award—an honor presented to the person who best demonstrates the potential to succeed in the field of plastic surgery. From there, Dr. Blaine went on to complete her residency at Lehigh Valley Hospital, the oldest combined plastics and general surgery residency program in the country. She now runs a private practice of her own. She is a published author in the *Annals of Plastic Surgery*, and plays an active role within the American Society of Plastic Surgeons (ASPS), as well as the American Society of Aesthetic Plastic Surgeons (ASAPS).

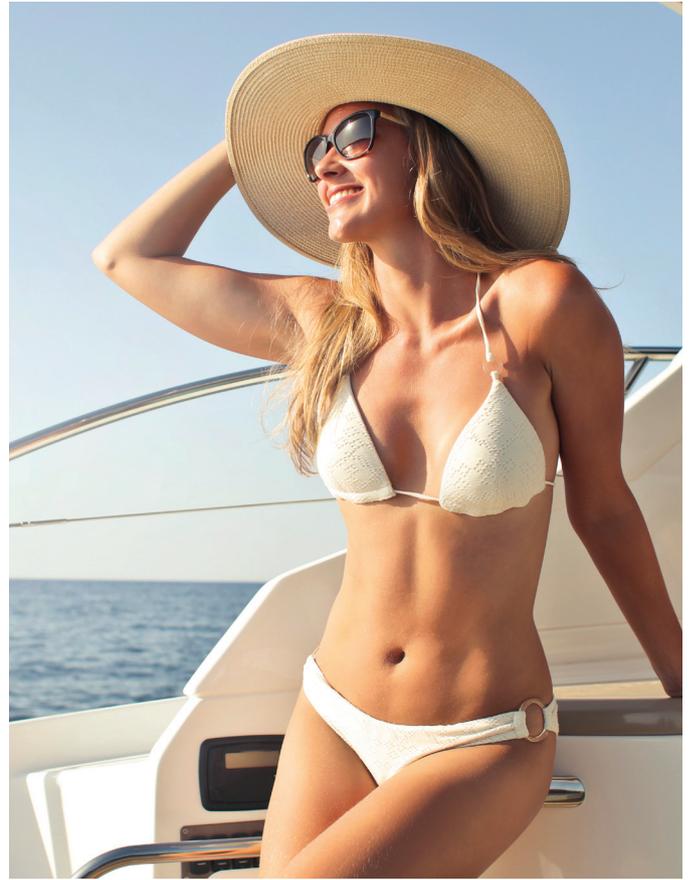
BELLA connected with Dr. Blaine to further discuss her practice, and learn more about the plastic surgery procedures she performs.

What is your favorite procedure to perform, and why?

It would have to be a breast augmentation because I think it really changes the way a woman feels about herself. It's a relatively quick procedure with little downtime and a very big reward. It not only gives her the shape she's always wanted, it also allows her to feel more confident wearing certain clothing as well.

What is a CoolSculpting session like? How many treatments should one receive?

Each CoolSculpting session begins with a consultation, where we will establish the part of the body that will be receiving treatment. On the day of the procedure, you are escorted into a private room and connected to the CoolSculpting machine to begin the first cycle. Each cycle is approximately 35 minutes. We provide a number of niceties while you wait, including Netflix, free WiFi, and even lunch if you're here for the day. It's really a great way to kick back and relax while enhancing a part of your body as well. As far as the number of sessions, it all depends on the patient and what he or she is looking for.



Are there any special amenities offered at your practice that cannot be found elsewhere?

I think part of what makes my practice so unique is that we are an all-female staff. Patients have reported feeling more comfortable when coming into the office, and can relate with our staff members when discussing certain procedures.

Additionally, I do offer some minimally-invasive technologies that not many practices have yet; these include BodyTite and FaceTite. We also have a fully accredited operating suite right in the office to provide each patient with privacy.

What is the most rewarding part about being a plastic surgeon?

It's being able to enhance people's confidence levels. To see my patients, who come in feeling self-conscious about something, transform into a more confident version of themselves is truly amazing. They stand up straight and carry themselves differently because they feel so good with the way they look. That means the world to me.

How do you define beauty?

Something that is deeply rooted within my practice is that beauty has to come from within. When it comes to plastic surgery, it is my job to enhance the way patients look and feel about themselves, not change them completely.

Beauty comes from the way we feel about ourselves, and I want each procedure I perform to make every patient shine. Once they are confident with who they are, their inner beauty will unleash itself.



Visit Dr. Blaine at either one of her office locations:

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