



Genie Phillips in a Maui Spa massage room

“Dr. Cabrera helped me look like I used to look. It’s a very natural appearance.”

—GENIE PHILLIPS,
retired educator



PATIENT

Genie Phillips

Dr. Rafael C. Cabrera,
M.D. F.A.C.S.

Plastic Surgery Specialists of Boca Raton

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GENIE PHILLIPS DIDN'T THINK THERE would ever come a time when she would consult a plastic surgeon about having a facelift. “I said ‘Never, I’m not that vain,’” she says. Then, just a few months ago, her perspective changed. “To me, when I looked in the mirror, I looked older than I should,” said Genie, 68. “I just looked old.” After deciding to investigate having a face and neck lift, Genie received recommendations

from several physicians, all of whom highly recommended Dr. Rafael Cabrera. After meeting with Dr. Cabrera and his staff, Genie decided to go ahead with the surgery, which was done in the fully accredited surgical suite at the doctor’s office. While it’s common for patients to receive general anesthesia during cosmetic surgery, Dr. Cabrera and his team have perfected a method where just local anesthesia is used in conjunction with an oral sedative. In Genie’s case, the medication was enough to make the surgery painless. “Whatever he gave me was wonderful,” she said. “I went in and the next thing I knew my husband was coming to take me home.” Rather than keep them at the center or in a hospital setting overnight, Dr. Cabrera’s patients go home the same day as surgery and are accompanied by a recovery nurse who stays with them overnight. “We bring the care to them in their most comfortable surroundings,” Dr. Cabrera says.

“There’s no real medical necessity for them staying overnight.” Dr. Cabrera insists on seeing all patients the day after the surgery and also requires extensive follow-up visits for the next several weeks. “We follow the patients very carefully,” Dr. Cabrera says. “Every facet of the patient’s care is important.” In Genie’s case, after completing her recovery she was back on the golf course where golfing buddies were unable to point a finger on what it was that she had done to look better. “My friends just told me that I looked like the old Genie again,” she said. The surgery, she said, also gave her a little more confidence when she went to her 50th high school reunion. “There’s a certain amount of self-esteem that comes with the work,” she said, adding that she is very pleased with the result. “Dr. Cabrera is the only person I would send my friends to – and I have.”