

# The Best of Both Worlds

By combining plastic surgery and dermatology with top-of-the-line technology and first-rate patient care, the Levines offer a unique blend to medical aesthetics



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**T**o the savvy New Yorker, time is money and efficiency is key. When considering a facelift versus a skin-tightening treatment—a visit to the plastic surgeon or dermatologist—the answer is not always as simple as one or the other. Husband-and-wife team, Dr. Elie Levine and Dr. Jody Levine, champion a plastic-to-derm practice on the Upper East Side that offers patients of all ages a customized, comprehensive approach to treatment. The Yale-educated duo provide patients with the “full-spectrum” in terms of medical and aesthetic needs; they offer the best in surgical and non-surgical procedures as well as skincare treatments. “If you go to a single practitioner you are going to be persuaded to have what they can do, whereas we can do everything and we complete it,” notes Dr. Jody Levine, “but we really take patients from start-to-finish with invasive and non-invasive procedures as well as skincare.”

Jody Levine specializes in medical and surgical dermatology for both children and adults, however, beyond her

training as a skin-doctor, she is a certified pediatrician and mother of four. With surgical privileges at New York Eye and Ear hospital, she performs excisions and laser surgery on children. “We do it in a way that is very child friendly and very mindful of the needs of children,” she explains. But the Levines treat patients of all ages and pride themselves on being a practice that a whole family can go to—children, parents and grandparents. She administers injectables like Botox and fillers, and utilizes lasers, peels and other light treatments in her individualized approach for each patient. The health of her patients is always Levine’s first priority, as she points out, “I always offer a full body skin-check.” “I may be very talented in cosmetics and people may come to me because that is what they want but I’m not simply going to do just that,” she continues, “I’m going to make sure to offer them a full skin check and make sure there are no skin cancers or anything medically concerning.”

Similar to his counterpart, Dr. Elie Levine isn’t your typical board-certified plastic surgeon; he was also chosen to do a cosmetic fellowship and is therefore exceptionally cosmetically trained. “I really think that there’s something unique about someone who’s not just a plastic surgeon doing cosmetic surgery but a cosmetically trained plastic surgeon,” he explains, “it’s an understanding of anatomy, a recognition of nuances and a knowledge of what people are looking for.”

The young couple embraces cutting-edge technology to bring patients from “start-to-finish”, while keeping them healthy and in tip-top shape. The couple’s practice utilizes fifteen different lasers and three dimensional imaging to ensure not only better patient care, but also a more thorough analysis and understanding of patient anatomy. “You ultimately need to rely on yourself and your understanding of aesthetics,” Elie Levine adds, “that being said, I think that you’re doing your patients a disservice if you’re not fully harnessing all of the technological advancements such as three dimensional imaging to visualize expected surgical results.” The new technology includes laser cellulite treatment, which is new in the last year and revolutionized an area that was completely under-addressed until now, as Dr. Levine says, “before we could improve cellulite, but now we have the proper tools to fix it.”

While taking advantage of the latest and greatest in technological advancements, as well as their impeccable training and skills, the couple focuses on the importance of choosing the correct and proper treatments or combinations of treatments—ensuring the best of both aesthetic worlds. “When Jody and I look at a patient, we consider what we would recommend for our own relative,” Dr. Elie Levine concludes, “if my mom or dad was sitting in front of me—what I would do for each them is what I would do for my patient. We feel that by taking this approach, it allows us to strive for perfection and to do so in the most natural and safe manner.”