

Dr. Marc S. Zimblner

Giving Life A Lift

In some ways, Dr. Marc S. Zimblner, a facial plastic surgeon, is living a double life. He spends much of his time assessing, advising and performing elective procedures on an elite clientele at his new, high-end Upper East Side office. For many plastic surgeons, that would be enough. After all, he's helping people boost their sense of self-esteem by making them feel better about their appearances.

But Dr. Zimblner believes there is another side to the coin. So, in addition to giving people what they want, he also gives them what they need. He spends the remainder of his professional time providing much-needed reconstructive care to cancer patients at Beth Israel Hospital, where he serves as Director of Facial Plastic and Reconstructive Surgery in the Department of Head and Neck Surgery. He performs painstaking procedures, restoring the appearances of cancer patients as well as instructing residents in the department. In addition, Dr. Zimblner is actively involved with the Face-to-Face program, a charitable foundation that helps battered women receive free reconstructive surgery, and the THANC Foundation, the charitable arm of the Head and Neck Cancer Society.

"My practice is growing strong and I love the direction I'm going in," says Dr. Zimblner. "However, as the cosmetic portion of my practice grows I still want to continue with the reconstructive surgery. Too many times, I see colleagues completely drop the reconstructive component of their practice for the more lucrative cosmetic component. I love both aspects of my work and gain satisfaction both professionally and spiritually from being a doctor as well as a plastic surgeon."

A Manhattan native, Dr. Zimblner earned his medical degree from the Mount Sinai School

of Medicine. He graduated Summa Cum Laude from New York University, where he majored in philosophy and minored in art history. In addition, he completed a highly competitive fellowship in medical ethics at Oxford University's Green College. "While in high school a very close friend's father was a renowned art dealer which was a big part of why I studied art history in college," Dr. Zimblner says. "Even though I was premed and knew I wanted to be a physician all along, it was this appreciation of art that was a driving force that eventually led me towards plastic surgery"

His diverse educational background is reflected in his work where he uses his knowledge to help create more beautiful, balanced faces. But it's also evident in his writings for medical journals and textbooks, where he often incorporates art history as well as aesthetic philosophy "Every plastic surgeon has an artist in him," he says.

Dr. Zimblner credits his great achievements to his high-level training. "I'm really lucky in that I trained at some of the finest institutions in the nation and was thus exposed to some of the greatest surgeons in America," he says. "I also was fortunate enough to be picked for one of the most prestigious facial plastic surgery fellowships in the nation."

However, Dr. Zimblner's commitment to his work does not get in the way of his tremendous dedication to his family. He makes sure to earmark a part of each day to spend time with his wife, Deborah, and three children,

Gabriel, 10, Marsha, 7, and Julius, 2.

Making time to see Deborah has gotten easier, because she plays an integral role in running his Fifth Avenue practice where she manages his office. She also worked extensively with architects and designers to create the look and feel of their posh, elegant facility.

The couple met through friends 20 years ago and married while Dr. Zimblner attended medical school. He says he feels lucky to have married a woman who is his compliment both at home and professionally "She's just got really great taste," says the doctor. When asked about the Zimblners' decision to spend their lives in Manhattan-where they both grew up-Dr. Zimblner says: "I couldn't imagine living anywhere else."

Dr. Zimblner's "Renaissance" approach of being a well-rounded physician and surgeon is reflected by the quality of treatment he offers all of his patients. "The most extraordinary service that I offer, other than meticulous surgery with long lasting and natural results, is attention to my patients. I am as committed to my patients' well being as I am to detail in my results," Zimblner states.

When the intensity of treating reconstructive patients weighs on him, Zimblner enjoys the "lighter" side of helping his cosmetic patients change their perceptions of their appearance through subtle, minimally invasive procedures, empowering them through the act of self improvement.

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"My facelift surgery gives patients a refreshed and non-surgical result that is natural, long lasting, with minimal scarring and rapid surgical recovery," says Zimble. His services include short scar facelift, eyelid plasty, rhinoplasty and revision rhinoplasty.

In terms of hot plastic surgery trends, Dr. Zimble notes that there has been a significant rise in rhinoplasty surgery. He attributes this trend to improved technology and skilled surgeons. "It used to be that people were very nervous during a consultation when discussing rhinoplasty," says Dr. Zimble. "People were worried that if they had a rhinoplasty that they'd end up looking like Michael Jackson or Miss Piggy." Those fears, Dr. Zimble says, were not unfounded. In the 1970s, rhinoplasty was practically a rite of passage for teenaged girls looking to improve their appearances. The technique employed by many surgeons left patients with turned up noses and a ski slope profile. Dr. Zimble's approach is in-

dividualized, with an emphasis on natural looking results. "A nose has to be harmonious with the rest of the face. It has to be proportionate. There are still people that don't quite understand how to properly reshape a nose." Dr. Zimble, works exclusively above the neck and says that roughly 50 percent of his practice is noses. "Because rhinoplasty is one of the most technically challenging operations, surgeons who don't have a lot of experience might not appreciate all of the subtleties required for a successful operation. People tend not to want to make dramatic changes," he says. "I work with the nose they have and just make refinements to keep them looking natural without taking away the character."

"Again, the thing that differentiates me is that I can do a facelift the same morning as a major reconstructive case," he says. "Each surgery compliments the other and the patient's needs are quite different and keep me interested and fulfilled every day I go to work."

Dr. Zimble intends to continue his charity work and duties at Beth Israel while steadily growing his private practice. In addition, he actively enjoys public speaking and serving as an "expert" in his field. He readily makes himself available to the press for any queries regarding plastic and reconstructive techniques and trends and continues to write for a variety of medical journals and textbooks. It is Dr. Zimble's diverse professional practices and talents that have established him as one of the most prominent facial plastic and reconstructive surgeons in New York City today.

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