



DR. JOEL P. MAIER

LAKE OSWEGO, OR

PETROFF CENTER

AMERICAN BOARD OF
PLASTIC SURGERY



Certified by the American Board of Plastic Surgery and the American Board of Surgery, Dr. Joel P. Maier manages a **full-service practice**, with the perspective that there is no such thing as a quick fix. Instead, he maintains that proper nutrition habits go hand-in-hand with cosmetic enhancement, gaining patients' trust through an **honest, forthright candor** and deliverance of refined plastic surgery procedures.

PROCEDURES PERFORMED

- Abdominoplasty
- Breast Augmentation
- Body Contouring
- Liposuction
- Breast Lift
- Breast Reduction
- Sclerotherapy
- BOTOX® Cosmetic
- Injectable Fillers

12%

The percent increase in breast lifts from 2005 to 2006.
—American Society of Plastic Surgeons (ASPS)



WHAT THE EXPERT SAYS

There are many measures patients can take to help maintain youth. Wearing sunscreen year round, not smoking and using a moisturizer formulated for your skin type can help prevent and deter the signs of aging.

BODY BEAUTIFUL

Known for his warmth and approachability, Dr. Maier's experience in breast augmentation, breast lift/reduction and tummy tuck procedures complements his associate Dr. Mark Petroff's focus on faces. A proponent of patient education, Dr. Maier spends ample time during the consultation process, ensuring patients feel included and informed. "We look at before-and-after photos of past patients to help provide realistic expectations," he says. "I only proceed with treatment when I feel the patient and I are unified in our goal."

"It's paramount to listen to what patients want so we have a roadmap of where we want to go."

—Dr. Joel P. Maier

Highly vigilant regarding postoperative safety, Dr. Maier refers most of his patients to a nearby hospital recovery unit. Since many of his patients are busy moms seeking a return to their pre-pregnancy figures, Dr. Maier says his patients welcome the opportunity to rest and recover. "I like to keep a close eye on patients, even following minor procedures," Dr. Maier explains. "I visit them in recovery until they return home." Passionate about his profession, Dr. Maier says he gravitated toward plastic surgery while in medical school. "I was intrigued by the skill this specialty demands and loved the opportunity it offered to make a difference in someone's self esteem."

DETAILED TECHNIQUES

VERTICAL BREAST LIFT

Dr. Maier favors a vertical mastopexy technique to create a naturally youthful silhouette and correct ptosis, or sag.

TIGHTEN UP

A high lateral tension abdominoplasty is Dr. Maier's preferred tummy tuck technique for trimming and slimming less-than-toned midsections.



When it comes to breast enhancement, Dr. Maier aims for a natural look that complements a woman's body type and proportions. Since much of his practice caters to active moms and working professionals, he steers clear of obviously oversized implants. "I usually don't even discuss cup size with my patients," he says. "We simply focus on what looks good on the individual." For breast lifts, Dr. Maier utilizes the vertical lift technique, a procedure he says makes it easier to preserve breast tissue and reshape the breast mound to an uplifted, natural shape. When performing a tummy tuck, Dr. Maier favors a high lateral tension abdominoplasty procedure. "The approach allows me to drape and pull the skin in several directions to create a smooth, tightened look throughout the midsection."