

## GDL Dr. Allan Fouloud

Welcome back to Good Day Live Today is May 3rd 2023 We have you in the studio with blood and our new friend my shirt the second time on the show Welcome back We're so happy I love that So last time you were here we talked about natural looking results with Botox and how to make sure you do your research when it comes to doctors because you want to look like yourself just maybe a heightened version of that And uh you do just that Thank you You're welcome Um And we got pictures Uh Thank you This is my job It's my job to speak Well um we've got some pictures today What are we looking at doctor What are we looking at Ok So I guess the theme today we're gonna talk about reducing the fullness under the chin You know if you have a double chin and you want to reduce some volume and you know the different techniques and approaches that we could do to achieve that natural result but yet get tremendous changes right at the same time And so this first photo as a liposuction patient where we did liposuction under the chin area And we also did a little buckle fat reduction at the cheek but we'll focus more on the neck area And so when someone comes into the office and that's great by the way I want to come over there and we'll do a segment All right Sorry photography courses as well Set up It's like flawless lighting lighting Ok Sorry sorry we're talking about his work back to back to you as well Um So she comes into the office and she has fullness under the chin area and she wants to reduce that So we could talk about things you know options are from minimally invasive to more invasive And the goal is try to pick the least invasive thing that's gonna give us a great result and it's gonna keep it natural and and hurt and you know so people will come in and they'll say what about cabella Cool sculpting true sculpting things like that These are the very minimally invasive Um You really are not doing anything too extensive in those cases but in a neck like this where you have that much fullness I don't think those are going to be sufficient enough And so in my office unless you just have a tiny little bit of fat under here the most minimally invasive thing that I recommend is liposuction and that's exactly what we did over here and she looks great and that's that's the transformation That's her a few months later Wow she looks great She looks so full of confidence in this second photo You can see it in her eyes that she's just beaming And why is it why is it that like I think Carry Anne um was telling me this that like you can actually get fat under the chin not due to being overweight and there's like an actual what what what is that correct So I mean you could have a hereditary

component in it too and you're just born with just a little bit more fat in that area And we're talk about these other things later with the next thing that I want to talk about which is the central neck lift But in addition to the fat you could have big glands that are sagging down the muscles and you could have a whole lot of other things going on that need to be treated In her case she was very fortunate in that most of that fat was just under the skin and that's the fat that liposuction could treat And so it's not that everyone that walks into the office looking similar to her will achieve a result like that We have to do an analysis and figure out is liposuction going to be a good fit for you Is it going to get you what you want Now for her we've had a dramatic impact It still looks natural it still kind of looks like herself Just like you said she looks more confident and that just kind of it slims the face too a little bit We did do a little buckle fat but it just overall improves the harmony of the face She looks beautiful and and full of confidence You can see it in her eyes and move on to the next picture What what are we talking about here What's this So here we've gone to a central neck lift and wow this is the next step of liposuction invasiveness in my office And this is a big game changer The neck lift you know some people will call it a limited incision neck lift different than than a full neck lift in older patients were needing to lift and pull up the residual skin in younger patients We just have a small incision under the chin It's a very small one about an inch and I do all of the work through there And what's different between this and liposuction is that I could go into the deeper structures of the neck and contour those So the deeper fat in the middle some muscles that I could reduce over here those are the digastric and then the submandibular glands These are glands that make saliva and some people they're drooping down And in her when I saw her in the office I palpated them and she had very big glands So we weren't going to get as much benefit as she desired with just the simple liposuction So we went and we did that central neck lift but still small incision It's just a small incision under the chin to achieve all of that It looks incredible So you know I'm I'm a big believer in like not talking about people's appearances like in a negative way like just because I like you know just that's just how I am But like on the left hand side she looks like a very very overweight unhealthy person Is she that No And you know the thing is um she's like one of my favorite patients She's lived uh like the things that she's dealing with in her life and her positive attitude is just so inspiring and amazing and it's just nice to be able to do this and just boost up that confidence and give her something Um But yeah no she's um she's done all the right things and she just has that

little bit of extra fat and you could see it's mainly just that stuff under the neck When you remove that She looks you know fit and she looks gorgeous First of all she looks gorge on both sides but like on the right side she looks like she just looks like she stepped into her own Um And and the left side this is could be hereditary you said yes So there will be there's a little component of it you know it doesn't matter how much she diets or how much she got you know exercises There was always that fullness and you could see if you were to just cover the neck and below everything looks identical but nothing really changed up But when you just remove that little bit of fat that was bothering her it's a big game changer It seems like it also brought some weight off of her face like her cheeks that haven't been changed are not pulling down as much some lift to her face And so what we did there also we did a little bit of a buck of fat reduction on just this area of the cheek right here to get a little bit of slimming here But everything upper is that's just it's everything is relative So when you do work in one area somewhere else is affected just because it's relative And so you just show wow Wow Wow Wow you are awesome at your job Let's move on to the next photo shall we Wow look at that And those are my favorite views I love that oblique view It really shows you everything and it's a nice view She looks gorgeous I mean again you see it in the eyes and like it must be such a rewarding experience for you as a doctor to be like wow look at the eyes like the eyes are showing like you can see what's going on in the eyes and that we're uh the chats going off about this So we're really happy with the results that you're showing Um Let me see if I can read that Uh Wow look at those results That has to be the that has to be hard work I wonder uh how long it took um the doctor to perfect his methods and approach Um I have 100 what is it what is it 2020 but like higher than 2020 vision you're also closer Well we're never we're never slow for quick comments here How long did it take you to to uh manage that process So that's a great question This has been an evolution over the past five years um of starting off I'll tell you you know I I alluded to you know reducing glands and things like that These are things that most surgeons don't do Um the standard central neck lift Usually we make an incision we go and maybe remove a little bit of fat and just tighten the muscle Um but it became apparent to me very quickly is if we want to reduce this sufficient enough where you don't have bulges here we actually have to treat those lateral structures those structures that are on the outside of the neck And so just kind of building my approach and my technique I think over the past few years it's it's really transformed and to be able to get results like this where

you get that contour that goes all the way back and really treating each one of those individual components to get a result like this It's a it's a tough thing to do Wow Wow Wow And we're happy to have you on the show to talk about this I have another photo Um This is a soft that she sent us Oh she looks so happy Look at her I mean just look at the eyes look at how much confidence is in those eyes Like I mean that's again you just must feel So I don't overjoyed I get so happy when people have a great experience on this show because you know I co created the show and and produced it and it brings me so much joy when it when people come on and have a great time So I'm sure it's the same feeling when somebody has this amazing after experience and they're walking away and able to put more good into the world and feel better about themselves It exactly I mean and we're blessed we've had such wonderful patience and you know and and in order to you know just giving that to them and just exactly what you said you see it in their eyes I love how you pick that up Just gives them more confidence and they're just able to move on with their lives like just more confident I love it And it's a very gratifying thing Yeah You know I I I'm with you It's so interesting because there are so many people that are like oh I don't know plastic surgery or this or that But like ultimately when it's done right by the right people like you can change lives and and and self esteem like people are and then that are nicer and they could do great things and you know live the life that they were meant to I mean her eyes alone I just like I I'm just taken aback at how happy she looks And ultimately that's what it's all about is you know her happiness so natural she doesn't even look worked on I think that's the ultimate uh skill there We talked about that the last time about like you are good at what you do as a good doctor You said when you walk around you can see the bad work but you don't know when somebody's had good work So now has your reputation gotten out there Now people come in and they're like you tell me instead of begging for the most work And yes and that's nice It's when they come in and they say you know I trust you you tell me what I need as opposed to before I research this on real self And I want to do this This is basically uh taking over right So that's been nice That's over the past few years It's been a nice change where with our work out there People come in they're like listen you know what you're doing and just do you tell me what I should do and I'm in for it Um that's big especially in L A Everyone has their own mindset and their own way of doing things So that's great Congratulations Yeah that's so awesome Um These are your cameras over here I want people to let you know how to like

get in touch with you connect with you Um and and all that great stuff Yes  
So you could reach me on our Instagram at Dr Alan Foad and our website is  
foo MD dot com Thank you for having me Listen if you're looking for a  
great natural results this is a doctor to check out what what again how do I  
how do they reach out to you doctor A foul on Instagram on Instagram Dr  
Alan on Instagram Trust me it will be so worth it Um Have a great rest of  
your day Make sure you find the good it spread it to whomever you may and  
we'll see you guys tomorrow on Thursday Have a great one See you later