



## DR. ELIZABETH FOX, M.D., P.A.

Plastic and Reconstructive Surgery  
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Elizabeth Fox, M.D., is a fully trained plastic and reconstructive surgeon with a background in general surgery. She received her undergraduate degree in biochemistry from the University of South Florida. She earned her M.D. at the University of Miami Medical School and went on to study general surgery for five years at the same facility where she earned advanced honors in neurophysiology and biophysics. Her mentor was the pioneer of endoscopic minimal scar cosmetic surgery with whom she studied for two years at the University of Alabama's department of

Plastic Surgery. She is a Board Certified Plastic Surgeon and a published author in breast surgery textbook.

Her musical education is equally impressive. She was a solo pianist and first chair at the Westchester School of Music, studied violin at the Manhattan School of Music, where she was the youngest member at twelve years of age, and was awarded honors in piano performance at New College. She has been awarded the Cohen Award for musical prowess and the Harry Fagan Award for her first place performance with the Southwest Florida Symphony. Dr. Fox's artistic sensibility and surgical ability uniquely combine to aesthetically preserve and enhance each patient's individuality.

Dr. Fox's manual dexterity has been further enhanced by her violin and piano performances. Her design and form concepts have been honed by her study of great works of art since her childhood. Facelifts are artistic procedures that require three-dimensional awareness to produce elegance in form and design. When one implements these concepts, the results are fresh and natural.

Dr. Elizabeth Fox views plastic surgery as "a wonderful way to enrich a person's life, happiness and self-esteem." She is a surgeon who is willing to spend time with her patients and carefully listens to their wishes and concerns. Her objective is, "to be the best, to be caring, supportive and nurturing. I want to give them the power of education, knowledge, and assure them that the safest, most modern techniques will be used. These delicate procedures will give them a smoother, shorter recovery with minimal bruising and fantastic results. The look is rested and youthful. It is truly a joyful experience to help people feel great about themselves."

"We don't use the word 'vanity.' We just believe in taking care of oneself and making the most out of life. Often a patient will feel guilty about doing something just for themselves. Women tend to spend their lives as caregivers and it can be difficult for them to speak up and say, 'This is what I want. This is what I am going to do for me.' Usually we find that family and friends are very supportive after the procedure and even come in for their own consult."

For the last five years, Dr. Elizabeth Fox has specialized in modern male and female facelift surgery with elevation of the deeper tissues of the face, instead of only the skin, which allows more longevity and a more normal appearance after surgery. The pioneer of this type of surgery was Dr. Fox's mentor. Dr. Fox also performs endoscopic browlifts, neck lifts and eyelid surgery, as well as breast and body surgery. "Plastic



surgery allows for a delicate touch, and we are always finding new and better ways to perform surgery.”

“We also have new methods of lip augmentation and filler for the nasolabial fold (lines around the mouth) that have been reported to last from two to seven years. This substance has been around for 23 years and is currently doing quite well as a cosmetic tissue augmentation. Studies are now utilizing this for chin augmentation as well lip and cheek augmentation. Our results have been stellar. As a result, most of our regular collagen patients are changing to the longer lasting lip and line filler.”

Facial surgery can most certainly change one’s life. The rest of the body is no less important to one’s self-esteem. Dr. Fox offers many techniques for body rejuvenation such as the medial thigh lift, which is a wonderful way to decrease cellulite and irregularities. She also offers arm lift with minimal scarring, ultrasonic liposuction, chin and jaw implants, laser treatments and medical skin care. Liposuction can even improve knee, ankle, calf and thigh shape. Brazilian abdominoplasty is a wonderful version of abdominal tightening where an internal corset-like tightening is performed that decreases waist size.

Dr. Fox’s breast lift surgery is also unique. She implements the minimal scar breast lift, decreasing the appearance of scars and improving breast form. She also performs breast augmentation and breast reduction for both male and female patients.

### *The body natural*

### **Enter the Fox Plastic Surgery Center and the Blue Door Spa**

...and explore the possibilities of improving upon what Mother Nature has bestowed you. Welcome to a place where one can enjoy a philosophy and aesthetics that makes such an exploration comfortable. From your first step into the elegant waiting room, you will see that the Blue Door Spa has been thoughtfully designed to inspire confidence and permit privacy. The space is inviting, sophisticated, spacious and calming with soft music and a view of a lily pond. Carefully arranged seating grants each client personal space and a private reception area has its own entrance. Waiting husbands frequent the lanai area where the *Wall Street*

### **Fox Plastic Surgery Center**



*Journal* is ever-ready. A second waiting room is reserved for post-operative patients comfort.

### **The next step**

There is no sense of urgency, no quick series of questions, but a thoughtful discussion that takes place between you and Dr. Fox. She wants to learn about your lifestyle, your nutrition, your stress levels, exercise habits and sun exposure.

She wants to learn about your concerns and expectations. She will discuss with you your options. Options other than surgery are sometimes appropriate, particularly with facial improvement. Dr. Fox believes that “an educated patient is a less stressed patient. That, in itself, promotes healing.”

As Dr. Fox notes, “good health is very important to us. Looking good is often accompanied by feeling good. We stress the proper vitamins, nutrition and exercise before and after treatment. We also encourage multiple supportive measures pre-operatively and post-operatively. This includes skin care, Botox, light peels and light laser treatments. These treatments help to prepare the skin, promote rapid post-op healing and improve surgical and aesthetic success.”

### **Pamper me please**

At the Blue Door Spa, soothing, quiet treatment rooms put your spirit at ease. Elegant rich wood furnishings hold treatment products, soft lighting and relaxing décor encourage comfort. Special touches are everywhere—even in the sparkling blue goblets for your water. Come to be pampered. You deserve the best. ■■■