Dr. Karen Horton, internationally Board-Certified Plastic Surgeon, offers her patients meticulous attention to detail, extensive surgical experience, and perfectionistic expertise in cosmetic surgery of the breasts, body and face for women and men.

Dr. Horton’s Pacific Heights San Francisco office provides a boutique atmosphere where patients delight in our calming, spa-like professional setting. She treats her patients with the highest level of attention and care, as if she were caring for family.

“Our practice philosophy is to educate, inform, and empower all of our patients to make the best possible decisions for cosmetic enhancement.”

**Cosmetic Procedures**

**Breast Augmentation**
Breast augmentation enhances a woman’s natural breast volume and can restore fullness lost after breast feeding or significant weight loss. Specific implants are individually recommended to create the most natural outcome with the least downtime, and a long-lasting result that remains proportional to a woman’s frame.

**Breast Lift**
A mastopexy lifts the breasts, raises the nipples, removes and redrapes excess skin, reduces areola size and creates a perkier and more youthful breast shape. Breast implants can be added for enhanced volume and to contour the upper pole of the breast.

**Mastopexy & Augmentation**
A breast lift with addition of an implant gives the benefits of both procedures: perkier breasts, lifted nipples and enhanced breast volume for the most youthful breast appearance.

**Tubular Breast Correction**
Tubular or tuberous breasts are small, narrow, unusually shaped breasts that appear droopy, with a high breast fold and puffy areola. Correction involves placement of an implant and reduction of areola size, creating a more natural breast with enhanced volume and less prominent nipple.

**Breast Reduction**
A breast reduction reduces the size, weight and heaviness of pendulous, oversized breasts and creates a lifted, more proportional breast size with improved shape. Adding liposuction of the bra roll defines the sides of breasts, reduces upper back fat and creates the best cosmetic results.

**Revision Breast Surgery**
Reshaping the breasts can include replacement of implants, removal of scar tissue or conversion of high-riding submuscular implants to a more natural location on top of the muscle. Breast revision produces more natural results, corrects deformity, removes unsightly scars and improves symmetry and aesthetics of the breasts.

**Nipple Surgery**
Office-based, minor outpatient surgery of the nipples includes correction of inverted nipples, reduction of enlarged nipples or nipple-areola reconstruction after breast cancer. Procedures are performed under local anesthesia, with minimal recovery time.
ABDOMINOPLASTY (TUMMY TUCK)
A tummy tuck trims extra skin and fat from the lower belly; corrects separated and stretched-out abdominal muscles; and creates a flatter and smoother abdominal contour.

LIPOSUCTION
Liposuction is a simple outpatient procedure that PERMANENTLY removes excess fat deposits using tiny incisions and suction to improve contour and create better proportions.

LABIAPLASTY
Labiaplasty is an intensely personal procedure that trims hanging or redundant labia minora (inner lips of the vulva) to keep them tucked up neatly within the labia majora (outer lips). This outpatient surgery is performed using microsurgical techniques under general anesthesia, for total patient comfort and safety. Before & after images are available at www.drkarenhorton.com.

POST-WEIGHT LOSS PROCEDURES
Body contouring after significant weight loss can include the following procedures:

- Breast or chest surgery
- Vertical abdominoplasty
- Lower body lift
- Medial (inner) thigh lift
- Arm lift (Brachioplasty)
- CoolSculpting

A “MOMMY MAKEOVER” is a spectrum of procedures designed to enhance or lift the breasts, smooth and flatten the tummy, repair abdominal muscles permanently separated after pregnancies; and to contour the hips, thighs and buttocks. Complimentary procedures to a Mommy Makeover include labiaplasty, CoolSculpting or non-surgical office procedures (Botox, fillers, IPL, peels, skin care) at Horton SPA.

A mother of twins herself, Dr. Horton understands firsthand the changes that pregnancy can cause to a woman’s body and her desire to regain her pre-pregnancy form.

MANY MOMS feel guilt in their desire to get their pre-pregnancy bodies back with all the responsibilities of motherhood, working, and being a parent and a wife! I thoroughly educate mothers about their options, and reassure them that it is NOT selfish or vain to take care of themselves and want to look their best!

A Mommy Makeover is individually tailored to a woman’s body according to her anatomy, her personal goals for surgery and realistic available downtime:

- Breast augmentation
- Breast lift or reduction
- Tummy tuck (abdominoplasty) with repair of “rectus diastasis”
- Liposuction
- Labiaplasty
- CoolSculpting®
- Procedures at Horton SPA (medical-grade skin care, Botox, fillers, IPL, peels)

Combining multiple complimentary breast and body procedures in a single surgery reduces the total time under anesthesia, affords a single surgery with one recovery period, and allows a mother to return to her life in approximately 6 weeks.

BLEPHAROPLASTY
An eyelid lift (“blepharoplasty”) creates a refreshed and rested look to the eye region. Dr. Horton’s conservative approach carefully excises excess skin to brighten the upper or lower eyelid region.

FACE LIFT
A facelift smooths wrinkles and lifts the cheeks, removes jowls and contours the neck and jaw line. Short scar procedures with repositioning of the SMAS produces three-dimensional rejuvenation with a natural result and avoids an “over-done” appearance.

BEFORE
AFTER

NECK AND CHIN LIPOSUCTION
Liposuction of the neck and chin is an in-office procedure under local anesthesia with minor sedation, creating a more defined and slimmer contour to the jaw line, with permanent fat removal and natural skin contraction, just like after weight loss.

BEFORE
AFTER

NECK (MACS) LIFT
The latest advance in facial rejuvenation, the MACS Lift is a state-of-the-art, short scar procedure that lifts and tightens the neck, reduces jowls, redrapes loose neck skin and rejuvenates the lower face and neck, with minimal scars and a quick recovery.

BEFORE
AFTER

BROW LIFT
A brow lift softens deep forehead lines and lifts sagging eyebrows to a more youthful position, relaxing and brightening the upper face. Brow lift is achieved by Botox and/or surgery, with a natural, refreshed result.

BEFORE
AFTER

EAR CORRECTION
Repair of torn earlobes, stretched-out ear piercings and earlobe rejuvenation are in-office procedures performed under local anesthesia with minimal downtime. Adding dermal fillers provides additional support when wearing earrings.

BEFORE
AFTER

NON-SURGICAL FACIAL REJUVENATION
Changes in skin color and texture from aging and sun damage are corrected using a personalized combination of medical-grade skin care, IPL laser, medical-grade peels, Botox/Dysport and dermal fillers. Ongoing skincare maintenance and sun protection promotes a healthy, youthful appearance and prevents future damage.

Let Horton SPA help you “put your best face forward”!

Dr. Horton and her staff