

# Meet the Board of Directors

KAREN HORTON, MD

*Continuing our introduction to members of Pan Med's Board of Directors, we're thrilled to feature Dr. Karen Horton, founder of San Francisco Plastic Surgery in Suite 520. We asked Dr. Horton to tell us about the path that led her to where she is today.*

## **What inspired you to choose your specialty?**

I was inspired early on in my Medical School career by a Craniofacial Plastic Surgeon who opened my eyes to how amazing the field of Plastic Surgery is! Plastic Surgery is much, much more than "boob jobs and Botox." It involves both reconstruction and aesthetic surgery of all areas and tissues of the body, with patients of all ages, challenging cases resulting from trauma, tumor resection, congenital deformities, burns and other insults to the body that necessitate a skilled hand in the operating room, calm demeanor, artistic eye, creative problem-solver and innovative surgeon who can envision a surgical outcome and draw from their experience and vision to make it happen.



Dr. Karen Horton being photographed for her [drkarenhorton.com](http://drkarenhorton.com) website by Amelia Plumb Photography

## **Can you briefly describe your practice and the patients you typically see?**

My practice focuses on Aesthetic Plastic Surgery of the breasts, body and face and complex breast revision surgeries at this point in my career. I previously performed a large volume of single-stage implant-based immediate breast reconstruction and microvascular reconstructions such as the DIEP flap and TUG flap. I am no longer a Participating Provider for insurance, so I now serve breast cancer survivors who have completed their reconstruction and are looking for improved aesthetics and symmetry.

My practice also offers non-surgical aesthetic treatments including Botox and fillers, laser treatments, microneedling and medical-grade skin care, with two expert Aesthetic Nurse Practitioners, Emily and Agnes. This allows me to focus on surgery while offering the highest-level expertise and care in the non-surgical realm. Check out our social media channels - links on my [website](#)!

## **What do you find most rewarding about your work?**

I get to help patients every single day, using my brains, my hands, my artistic talent and creativity, problem-solving skills, and empathetic, warm bedside manner. It's a true honor and privilege to do what I do - and it's so fun! I can't imagine doing anything else.

## **Is there a recent advancement, technique, or trend in your field that excites you?**

There has been a trend toward more natural looking results recently, which aligns with my personal aesthetic and brand. Patients seek me out because of my reputation for creating proportional, natural outcomes and my hundreds of [before & afters](#) - and being voted "Best of the Bay" in both the Plastic Surgery and Med-Spa categories doesn't hurt!

### **What do you enjoy most about practicing at 2100 Webster?**

I started my private practice July 1, 2006 (nearly 20 years ago!) in Suite 506 at 2100 Webster Street. I joined an all-woman Plastic Surgery practice that I eventually took over and expanded to our current beautiful, modern space in Suite 520 - which includes a Quad A-certified brand new outpatient operating facility. I love SO MUCH about the Pacific Professional Building! It is well-constructed, earthquake-sound, bright, clean, safe, in the most prestigious neighborhood in San Francisco, with ample underground parking, complimentary valet services, EV charging stations, 24-hour security, reliable, friendly and forward-thinking building management, a newly reopened cafe that serves fresh made-to-order coffees and healthy food, an unspoken but well-understood camaraderie among "Pan-Med" Physicians, in-house laboratory services, a Walgreens pharmacy and the ability to refer my patients to all other specialities in our building.

### **What's something on your desk or in your office that has a story behind it?**

I have a photo of my father, Dr. Ulo Ambus, performing my hooding ceremony at my Medical School graduation from the University of Toronto. He is a retired Breast Oncologist and General Surgeon who was a quiet inspiration to me. Although I claimed "I don't want to be a Doctor, and certainly not a Surgeon", I followed my own path - which brought me to Plastic Surgery. It was an honor to both of us for him to participate in this special honor during my training.

### **Outside of medicine, what's something you enjoy doing in your free time?**

Fitness, friends, fun, preparing healthy, satisfying food and family! I've been married for 30 years this July, and am a proud Mom to fraternal twin girls who competitively ski race in Tahoe every weekend and are Cheerleaders at Marin Catholic High School.



Dr. Horton completely rebuilt Suite 520 to include beautiful natural light and a Quad A-certified outpatient operating room.



The entire San Francisco Plastic Surgery team being photographed on the 2100 Webster Street rooftop - check out those views!