

# beauty with heart

"As a woman, I know firsthand how the smallest detail can impact the female form," says Dr. Linda Lu Swanson of her conservative, detail-oriented approach to patient care. "Through the years, one of the most important things that I have learned is to listen to what the patient wants. Open, honest communication provides for more patient-centric results, with outcomes that directly reflect the patients' visions. I enjoy listening to patients and then presenting them with options based on their likes, dislikes, medical needs and cosmetic ideals." Such has been the case for the last 21 years.



#### BOARD CERTIFICATION

American Board of Plastic Surgery  
American Board of Surgery

#### MEDICAL DEGREE

Stanford University

#### GENERAL SURGERY INTERNSHIP

University of Virginia

#### GENERAL SURGERY RESIDENCY

University of Virginia

#### PLASTIC SURGERY RESIDENCY

New York University

#### AFFILIATIONS

American Society of Plastic Surgeons  
American Society for Aesthetic Plastic Surgery  
Fellow, American College of Surgeons

#### PROCEDURES PERFORMED

Abdominoplasty  
Breast Augmentation  
Body Contouring  
Smartlipo MPX  
Breast Lift and Reduction

Her passion for perfection and meticulous attention to detail originally fueled her love for competitive equestrian riding, which she continues to this day. "There are no shortcuts in the horse-ring or in the surgery suite," says Dr. Swanson. "Over the last two decades of my practice, I've learned how important it is to focus on the nuances of each individual case to yield the most beautiful results. Hard work truly does pay off."

This appreciation for and dedication to hard work is perhaps what drew Dr. Swanson to body-contouring procedures designed to reshape and smooth the body after a person has lost a significant amount of weight. "I find great joy in working with patients who have lost tremendous amounts of weight. They have worked very hard, and these procedures streamline their results to create the silhouettes they have been seeking. Being able to help these patients achieve a healthier body and self image is a wonderful pleasure."

#### LOCATIONS

Torrance, California

Los Alamitos, California  
310.517.0931

#### WEB SITE

[www.plasticsurgeryforme.com](http://www.plasticsurgeryforme.com)

## DR. LINDA L. SWANSON

**OPERATING ROOM STYLE** Efficient and intent **WHY DID YOU BECOME A PLASTIC SURGEON** I was moved by reconstructive procedures that help restore normalcy to children with cleft palettes. My appreciation for reconstructive surgeries later evolved into an appreciation for the field as a whole **FAVORITE PART OF YOUR JOB** Seeing patients' joyous reactions when they come in for their postoperative consultations **BEST ADVICE YOU'VE RECEIVED** Pay attention to details and don't take shortcuts



## LASER BODY SCULPTING

Dr. Swanson relies on the advanced technology of the **SMARTLIPO MPX™**, a precise and sophisticated **LASER** used to safely sculpt the body. In addition to reducing those stubborn areas of unwanted fat, Smartlipo MPX treatments are ideal for patients looking to **IMPROVE AREAS OF SKIN LAXITY** like the abdomen and neck. Since Smartlipo MPX treatments are minimally invasive and require only local anesthesia, bruising and downtime are minimal. Patients are usually feeling back to normal and ready to return to work within one to two days.