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INTERVIEW FE
DR. JENNIFER
WALDEN



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Austin's own Jennifer Walden, MD, FACS, is a board-certified female plastic surgeon, fellowship trained in cosmetic surgery at the renowned Manhattan Eye, Ear & Throat Hospital in NYC. Dr. Walden demonstrates commitment to the highest quality patient care, safety, and satisfaction. Her personalized approach combines first-class technique, precision, and sophisticated artistry well suited for the cosmetic needs of women and men.

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Featured Cover Story

Dr. Jennifer Walden

In 2018, It's all about that bass. "The fuller body look is coming back," and it's better than ever according to one of the nation's top plastic surgeons, Jennifer Walden. After moving from the glamour of the Big Apple back to her hometown in go-green Austin, Texas, Dr. Walden has managed to find the best of both worlds by enlisting fashion and health on her path to prove that there is no shame in achieving outer-confidence in order to look and feel your best.

Top surgeon and businesswoman Jennifer Walden currently serves on the Board of Directors for the American Society for Aesthetic Plastic Surgery, where she also serves as the media spokesperson and Commissioner of Communications. She is a member of the American Society of Plastic Surgeons and a fellow of the American College of Surgeons.

Since 2014, Walden has been recognized as one of Texas Super Doctors and one of Castle Connelly's Top Doctors. She holds a voluntary academic appointment with The University of Texas Southwestern as Clinical Assistant Professor in Plastic

Surgery. Walden owns her own business, Walden Cosmetic Surgery & Laser Center as well as The MedSpa at NW Hills. Among her many accomplishments, Walden is a strong advocate for women's health and empowerment.

We sat down with Dr. Walden the morning of the 2018 Women's March to discuss everything plastic, from celebrity trends to women's health and empowerment.

Like chokers and jumpsuits, curves are making a comeback. "In a broader sense, we as a culture go through trends as to what we find desirable in the shape of the body. There is beauty in cultural norms and trends. For example, if you look at the 17th century, Flemish painter Peter Paul Ruben would paint women with very large hips. He drew figures of women that were plump and voluptuous," Walden says.

In 2018, it appears society is embracing the Ruben ideal. It's called fashion recycling at its finest. "Fuller breasts. Fuller buttocks. People like Kate Upton, who has larger breasts, or Ashley Graham,





“I have a set of hands that can work and perform this skill”

who was on the cover of Sports Illustrated in 2017. She is a very Rubenesque woman. It changes the perception of what is beautiful. If we look back at 70s models, skin and bones, were considered beautiful. So it's a good thing that our idea of a beautiful body has shifted," Walden said.

“It's more embraced by our culture, and plastic surgery has a hand in it, in that we have the technology and techniques to transfer tissue. We can liposuction unwanted fat in the body and place it in other areas of the body where the patient wants or needs it. Harvesting your body's own fat and reinjecting it in the breasts and the buttocks has become more doable because of technology and the fact that our surgeons are more knowledgeable and techniques have improved. Fuller, natural-looking breasts, and for some, not the implanted look,” Walden remarks.

Keeping up with the Kardashians is more than an American television series for Dr. Walden as she reveals celebrity trends in plastic surgery. “I would say, some of the most often requested features are J. Lo's buttocks and nose, Blake Lively's nose, Jennifer Aniston's nose and breasts, Angelina Jolie, of course, with her lips and cheekbones, Natalie Portman's nose, and Kim Kardashian's buttocks,” She pauses, thoughtfully adding, “Her look has influenced women to embrace that full body look in tight clothing look as well. Men sometimes ask for chiseled looks like nose and jaw like Brad Pitt.”

As an aesthetic plastic surgeon of the face, breast, and body, much of Walden's work focuses on breast enlargement or restoration and vaginal rejuvenation. It is Walden's belief that society has told women to sacrifice many

aspects of their lives in order to raise a family, including their bodies. “There are procedures that we do every day that can boost a person's self confidence because their appearance has changed over time or after childbearing,” Walden tells us.

Walden tells us candidly that some practitioners call themselves cosmetic surgeons, and often perform plastic surgeries outside of the scope of their practice without the proper training. This results sometimes in untoward events in the patients care, and in the “fake,” overdone look or even disfigurement that is ridiculed or highlighted by the media. Walden argues that if done properly by a trained plastic surgeon board-certified by The American Board of Plastic Surgery or the American Board of Facial Plastic Surgery, “Elegant work can be done, for example, that just takes a person back ten years, or that enables a person to breathe better by reconstructing their nose.”

Moving forward, Walden is excited to be opening her second medspa in Texas in Austin's Northwest Hills, a location that is more convenient for many of her patients and located down the street from where she grew up. For Dr. Walden, it's all about her patients. Giving to people is what she says she loves most about being a plastic surgeon.

“I have a set of hands that can work and perform this skill,” Walden says, “It's rewarding to change a person's life with a surgical procedure that can give such an immediate and long lasting change for them for the better.”



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