

## DR. ROY A. SEMLACHER

### WHY DID YOU BECOME A PLASTIC SURGEON

I was always interested in medicine and as I went through my training I found that my talents and artistic sensibilities were best utilized in the field of plastic surgery

### HOW MANY HOURS A WEEK DO YOU WORK

60-70

### FAVORITE PART OF YOUR JOB

When the surgical result surpasses the patient's expectations, that's great

### WHAT ONE LIFESTYLE CHANGE COULD MOST BENEFIT OUR HEALTH

A healthy diet and regular exercise

### ALTERNATIVE OCCUPATION

Hockey player or professional song writer/musician

### HOBBIES

Spending time with family, working out

### FRAMED PHOTOS ON YOUR DESK

Family pictures



## UNDER THE MUSCLE

Dr. Semlacher's background in cardiac surgery has allowed him to apply minimal blood loss surgical techniques to cosmetic surgery, hastening recovery time and minimizing bruising. For breast augmentation, the doctor uses a **DUAL-PLANE TECHNIQUE**. Many surgeons place the implant totally under the muscle, which has been proven to decrease the chance of getting a capsular contracture—a bad scar around the implant. "The tradeoff is that the breast often hangs off the end of the implant, creating an unattractive breast." With his technique, a modification of the dual-plane procedure pioneered by Dr. John Tebbetts, the pectoralis muscle itself is transected horizontally so that the upper half of the implant lies under the muscle and breast while the lower half is covered by breast only. This allows breasts to have a natural shape while still having the benefits of going under the muscle," says Dr. Semlacher.

INSIDE INFORMATION

## a cut above

After just five years in Sacramento, Canadian transplant Dr. Roy A. Semlacher says his cosmetic surgery practice in northern California is thriving.

Dr. Semlacher credits his success to a combination of his technique, his straightforward interaction with patients and his no-nonsense approach to surgeries, which include breast augmentation, facial rejuvenation procedures and abdominoplasty. The office is warm and welcoming with a friendly staff, but he points out it's not like a spa. Dr. Semlacher, chief of plastic surgery at nearby Mercy San Juan Hospital, says, "It has a clinical feel, as opposed to trying to make people feel they're going to massage therapy. People need to understand that it's still medicine." To foster that understanding, Dr. Semlacher performs all his procedures at the Mercy San Juan Surgery Center with all anesthetics given by a board certified MD anesthesiologist. "It's all about safety." He eschews peripheral offerings such as Botox, skincare treatments and other "spa stuff." Instead, the doctor focuses on surgical procedures and patient satisfaction. A minimum of two pre-surgery appointments is necessary, and the doctor insists that the patient's spouse or significant other come to at least one of the appointments. "It's very important to feel comfortable with the surgeon," Dr. Semlacher says, "and your support mechanism is also very significant to the result." He encourages potential patients to talk to other surgeons, and he also provides a list of his own patients who've had the procedure done in the last six months. "It's all about education. My job is to get people to understand the upside and shortcomings of a particular procedure as well as to determine if cosmetic surgery will satisfy their expectations." Dr. Semlacher and his staff are always happy to answer post-consultation questions and no "hard sell" is ever used. "Your surgeon should be there for you before, during and after the procedure." 916-961-9219 or [newbeauty.com/semlacher](http://newbeauty.com/semlacher).



### BOARD CERTIFICATION

Royal College of Physicians and Surgeons of Canada

### MEDICAL DEGREE

University of British Columbia, Canada

### INTERNSHIP

University of British Columbia, Canada

### PLASTIC SURGERY RESIDENCY

University of Calgary, Canada

### FACIAL COSMETIC FELLOWSHIP

University of California, Irvine

### AFFILIATIONS

American Society of Plastic Surgeons  
California Medical Society  
Mercy San Juan Hospital  
Royal College of Physicians and Surgeons of Canada

### AREAS OF EXPERTISE

Breast Augmentation  
Tummy Tuck

### LOCATION

Sacramento, California