

# CREATING BEAUTY IS CREATING HAPPINESS!



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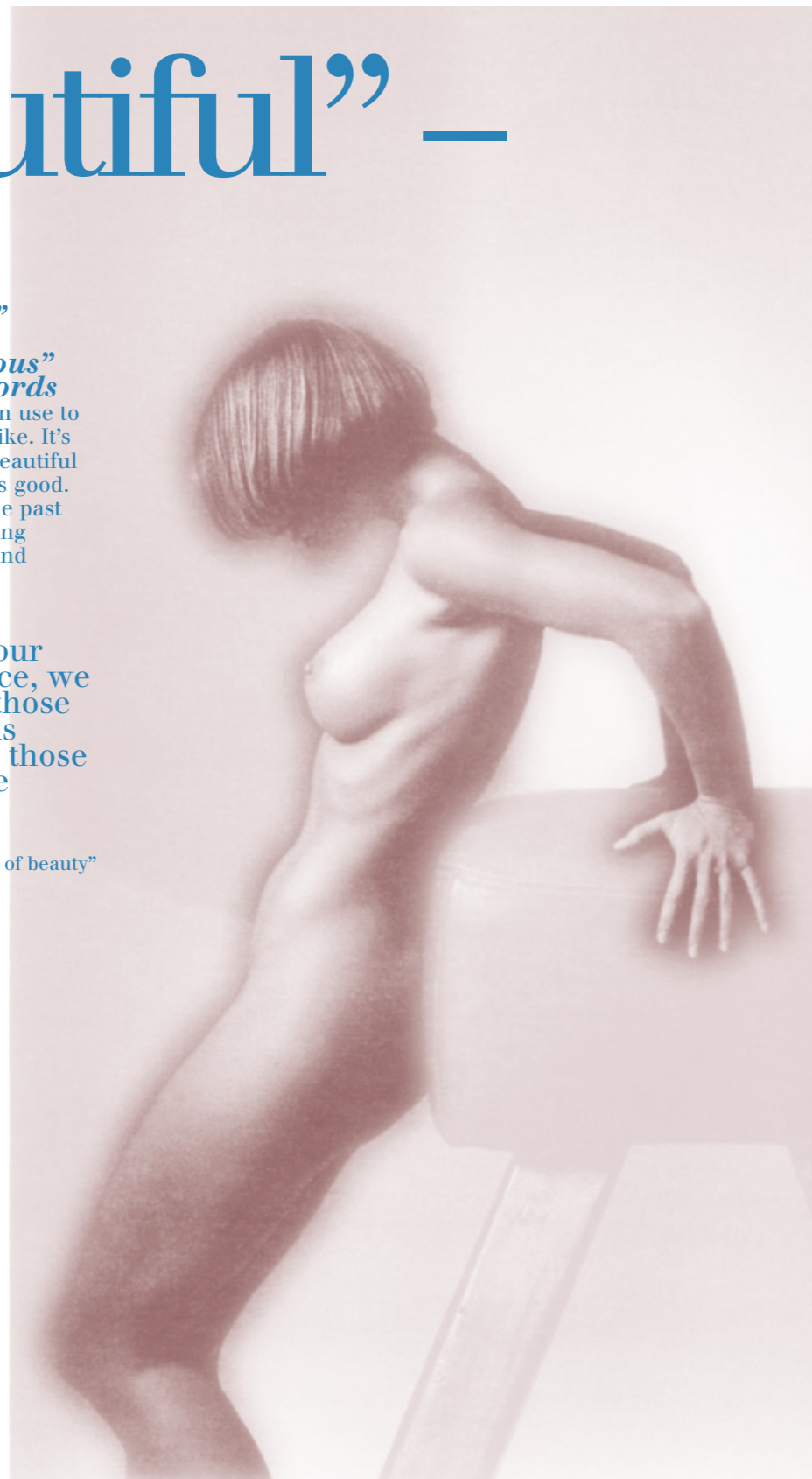
# “Beautiful” –

*“like lovely”, “pretty”  
or even “sublime”,  
“wonderful”, “gorgeous”  
and other similar words*

– is an adjective that we often use to describe something that we like. It’s almost as if what we see as beautiful is the same as what we see as good. Indeed, at various times in the past people have often seen a strong connection between beauty and goodness.

However, based on our day-to-day experience, we tend to see not just those things that we like as being good, but also those things we would like to have.

Umberto Eco “The history of beauty”



[ Text: Michaela Baumgartner ]  
[ Photos: EOS - Matthias Witzany ]



## WITH HEART AND SOUL

DR WOLFGANG FUNK IS CONSIDERED THE DOYEN OF AESTHETIC PLASTIC SURGERY IN THE GERMAN-SPEAKING WORLD.

A DISCUSSION ABOUT  
**TAILOR-MADE BEAUTY,**  
ABOUT FULFILLING PEOPLE’S  
DESIRES AND MEDICAL  
POSSIBILITIES.

Beauty has traditionally been considered the place where nature and cultural expectations meet. So it is not surprising that giving a helping hand to what God has given us has always been considered something of an ethical and moral problem. When beauty is enhanced in a good way it makes it almost impossible to distinguish between what is natural and what is artificial but the fact is that when the natural and the artificial are in perfect harmony the result could not be better.

Advertising uses beauty both as a tool and as a promise: beauty sells and so those who enhance their bodies to look younger and more dynamic will be more successful – beauty is not just something superficial but also an effective social symbol. The message is clear. In Germany alone people spend around 10 billion euros every year on cosmetics and body care, and cosmetic surgery is no longer seen as either taboo or only for the privileged few.



# The balance between appearance and attitude to life, between body and soul.

AN INTERVIEW WITH DR WOLFGANG FUNK

Dr Funk, you have worked for many years in the field of aesthetic plastic surgery. During this time fashion and design have seen all sorts of weird and wonderful changes. How do you personally define beauty and is aesthetic plastic surgery also dictated by the whims of fashion trends?

No. Aesthetic surgery as I understand it does not change with fashion. This is down to the fact that you can't change somebody's basic type or general nature – and nor should you. Beauty is more about inner and outer harmony.



This is far too individual and complex a subject to be influenced by the superficial trends of the fashion of the day.

And yet, to give one example, Twiggy was seen as the absolute ideal of beauty for many women in the 1960s, which seems somewhat bizarre based on what we normally think of as beautiful ...

I don't feel that trying to make people or tastes conform to a particular standard is a good approach to the subject of beauty. If we are honest, Twiggy was never really seen as an ideal of beauty in the classical sense. She was to an extent perhaps more a sign of her times. It was more a case of "we don't want to look like our mothers".

These days it is becoming much more normal to consult a plastic surgeon. If this really becomes a standard thing to do isn't there a danger that at that point people will start changing their appearance as often as they change their style of clothes?

I believe that good consultants tend not to focus specifically on general fashions but concentrate on the needs of the individual, while bearing these general trends in mind. I personally would never totally follow a particular fashion or trend. Never. I would agree with you, however, that when you look at beauty over the centuries it has had many different faces. But each of us has only one. And whatever it may be possible to do with surgery, we should never forget that.

Does it bother you if patients bring pictures of people they would like to look like?

No, not at all. Although I know that it is not always ideal. The picture is just a physical representation of the patient's hopes and wishes. The key issue is not that I give the patient the exact same nose as in the picture but that every element works together in harmony on the surgeon's canvas, which in this case is the face and the overall appearance. Even the most beautiful nose will look out of place if it doesn't suit the rest of the face.

Do you believe that we have no choice but to constantly strive to be more and more beautiful?

Beautiful is just another word for how we really want to look. What beauty consists of in concrete terms is interchangeable and really comes down to what an individual really wants. In that respect I don't believe that you have to become ever more beautiful. No.

How often do people come to you looking for a complete transformation?

Actually, surprisingly often, which to be fair, I can understand as many patients often don't really know themselves what they don't like about their appearance and so decide that the best solution is to look totally different. The best consultants will then ask them what they really want to achieve with this change. What is their goal? During the consultation it often comes out that it is enough to just correct a few details rather than doing a whole remodelling, or sometimes the problem can be resolved in a totally different way.

## BREAST ENLARGEMENT

### Implants

These days various types (mostly cut-resistant silicone) and shapes (round, high profile, anatomical) of implant are used.

According to the latest scientific findings, using silicone does not increase the risk of cancer or scleroderma specifically or generally increase the risk of a weakening of resistance to infection or of suffering from rheumatism. In terms of natural feeling and shape silicone implants are still considered to be the best. Saline implants can be used as an alternative if the patient does not want silicone.

### Surgical technique:

Implants can be inserted by making incisions in one of three places:

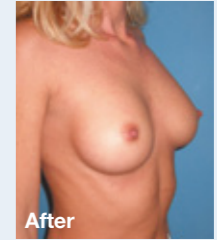
1. In the nipple area
2. In the armpit
3. In the fold or crease of the breast

So what does a perfect breast look like?

The perfect breast is the breast which the patient is happy with.

This leads us on to the controversial question of what is absolute beauty. Staying with our example, is there such a thing as a "golden ratio" when it comes to breast shape?

Yes, in theory. The perfect breast has certain ratios, lower shape, upper shape, a certain pertness and fullness. As surgeons, we should be achieving these criteria in all our operations. How the breasts then look in the end depends on their original shape. This determines how close to an ideal shape I can achieve. And naturally it is also



"Before I didn't really have any breasts. Now I do. And how!"

After

The decision as to which type of operation or incision will be used must be discussed with the patient in light of the advantages and disadvantages of each type of incision method. The consultant will also discuss with the patient whether the implant should be placed under or over the breast muscles and a decision will be made taking all considerations into account. The key issue in deciding what type of implant to insert is the naturalness of the breast after the operation, both while standing and lying and also in terms of natural feeling and touch.

**Stay at the clinic:** 2 days

**Anaesthetic:** General

**Return to normal life:** Depending on work, 3–4 days after the operation

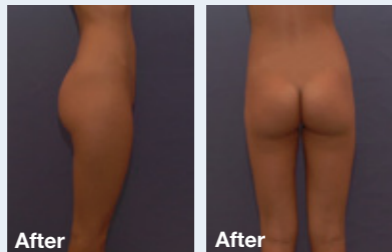
## LIPOSUCTION

Liposuction, by reducing the number of fat cells, is the only way of achieving a permanent result in the area where the liposuction is used. Liposuction is a surgical intervention and is not used to reduce the weight of seriously obese patients. It is used to remove undesirable fat deposits and to adjust a patient's silhouette to a more natural shape, for instance with women who have a very slim upper body but very pronounced hips. In such cases liposuction can help to harmonise upper and lower body. The main areas for treatment for women tend to be the stomach, bottom, hips, inner thighs, knees and upper arms. Men typically put on fat around the stomach and hips.

Like many plastic-aesthetic operations, liposuction has undergone some significant changes in the last 5-10 years.

We offer several different surgical techniques:

1. Fine tunnel technique
2. Tumescence technique with micro cannulas



"Before, I had jodhpurs and a sagging bottom. Today, the whole of my bottom and thigh area looks sporty and dynamic."

3. Ultrasonic technique
4. Ultra pulse liposuction

We use whichever technique will achieve the best result in terms of desired shape and beautiful skin, based on the condition of the skin, the amount of fat and where it is located. One of the side effects is that so-called orange peel skin will be reduced.

**Stay at the clinic:** Ambulant up to 2 days on an outpatient basis, depending on the size of the operation  
**Anaesthetic:** General or procedural sedation and local anaesthetic, depending on the size of the operation  
**Return to normal life:** 1 day to 1 week after the operation, depending on the size of the operation

body is 160 cm tall and we are able to help him to grow to 170 cm then I don't believe there is anything that could make him happier. Every operation that enhances external appearance also has an internal effect.

The WHO defines health as the state of complete physical, mental and social well-being. What is illness? Is illness being unwell? Does illness mean that you feel bad? What about feeling bad due to your appearance? Health insurance only covers a fraction of the different types of illness. If somebody feels bad all the time their immune system is weakened and he becomes more susceptible to illnesses, even life-threatening illnesses. For this reason I see aesthetic medicine as a form of preventative medicine. Preventative for body and soul.

So it's not just about a smaller bottom or bigger breasts ...

Of course not. Which is why media hype and the subject of beauty and what is possible has its dark side too. The whole thing has become far too superficial. Which is understandable, because in this way it is easier to justify what is really a very difficult and controversial aspect of our lives and therefore market it better.

But then the image created by aesthetic plastic surgery would certainly not be true to the complexity of the subject. If it was really like the media like to portray it, as simply satisfying some superficial desire, then I would no longer be interested in working in the field. I've never been satisfied by simply changing superficial appearances. What is important for me is finding just the right balance



## FACE AND BROW LIFTING

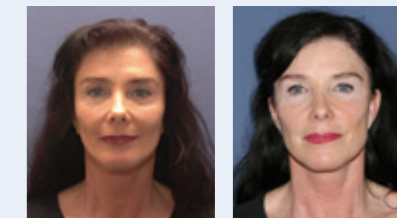
In contrast to previous methods (e.g. pure skin-tightening, mini/midi or other face lifts), the internal anatomy, i.e. here the sinews, muscles, fat tissues and connective tissues are loosened and moved to their original position. After the operation the skin acts as a covering medium and after the face lift there are no visible signs of puckering or distortion. After the operation it is as though the biological clock has been turned back 10 to 15 years. The incision techniques are selected on an individual basis so that they are not visible. The goal is to return the face to its anatomically-correct and youthful-looking proportions.

The focus of this method is not on skin tightening, which in extreme cases can lead to distortion, and so it avoids the patient ending up with a face that seems to be constantly smiling.

Jowls can be repositioned at an early stage to create more volume in the cheeks and create a more youthful shape. The shape of the lower jaw, which was originally slim and defined, is also taken into account. The surgeon considers other signs of aging (such as sagging eyebrows, drooping corners of the mouth,

hollow cheeks, drooping upper eyelids, bags under the eyes) when creating his overall surgical plan. The aging process has many different factors which have to be considered individually when carrying out a face lift and features have to be repositioned to achieve the desired results.

**Stay in clinic:** 2-3 days  
**Anaesthetic:** General or procedural sedation, depending on the size of the operation  
**Return to normal life:** After 1-2 weeks



Three months after the operation – a youthful, fresh and natural facial expression

10 years later – with the latest techniques the result remains consistent and natural despite the passage of time

between medical perfection and the patient's desires. If I also get to see the happy face of the patient, the glow, the new feeling of well-being, then that is a bigger gift for me than all the rest that goes with it.

So it's a kind of cosmetic surgery for the soul?

Of course! I don't just operate on the body, I also change the soul. This is a huge responsibility. We don't just have to carry out excellent surgery from a purely technical point of view. Every operation should make the person feel more complete than before in their overall appearance. You can perform the perfect operation but the result

can still end up not looking good. The demands on the surgeon go far beyond his handiwork. We are responsible for the well-being and happiness of the people who place their trust in us.

I am very conscious of this fact, and this is what drives me. Creating beauty is creating happiness. And what is more beautiful than a happy person?

important that the patient likes the finished breasts. The shape and size of the implants is something that has to be discussed in the personal consultation and requires skill on the part of the doctor.

It may be that one patient may need different implants on the left and right side due to different breast shape and size. As it has unfortunately often been the case, there is a danger that the doctor and the patient are talking about completely different things, which is why the consultation is so important for both parties. This is true for all aesthetic plastic surgical interventions. Which is why the patient can never be too careful in choosing the right surgeon.

What are the risks that need to be taken into account when having a breast enlargement?

The risks haven't really changed but these days they are much less common. This can be clearly seen with the risk of capsule formation, which these days is about 1.4 to 1.5 percent, while in the past it was about 30 percent.

How do you feel about leg lengthening for instance? Don't you consider such an intervention to be a bit over-the-top?

I don't consider anything that helps people as being over-the-top. If some-



## RHINOPLASTY

When dealing with nose surgery, the surgeon has to consider all the nose's functions when planning the operation. It is the structure of the "exterior nose" which gives the face its character and which always has to fit the individual structure of the face. A nose which has a characteristic structure and which suits the face type does not always require surgery. So when drawing up a surgery plan it is necessary to bring together the patient's wishes, the characteristic structure of the basic face and the function of the nose.

It is helpful here to use basic ideal nose shapes – male or female – which can be achieved in most cases. But a "standard" nose should never be the goal; we should always strive for an individual nose which perfectly fits the face. In over 90% of cases nose surgery leaves behind no external, visible scarring.

The surgery on the nose is completely internal. If cartilage

is required to build up the nose this is normally taken from the ears, so that no foreign materials are used which the body may reject, and in order to achieve a totally natural-looking result.

**Stay in clinic:** Outpatient or 1 day

**Anaesthetic:** General or procedural sedation

**Return to normal life:** 1–2 days after surgery



"Before I had a receding chin and a hooked nose. Today my face has really harmonious proportions."

"I have never been satisfied with simply changing external appearances."



"What is more beautiful than a happy person?"

## About Dr Wolfgang Funk

... he stands for absolute transparency, professional techniques, high levels of trust and an understanding of the subtleties of harmony and beauty.

His medical career began in Germany. Born in the Saarland region, this doyen of aesthetic plastic surgery in the German-speaking world is one of the top experts in his field. (<http://besten.welt.de>)

Dr Funk carried out part of his six-and-a-half-year training in plastic, aesthetic and reconstructive surgery and plastic surgery operations at the Universidade Catolica do Rio de Janeiro under Prof. Ivo Pitanguy.

He then spent another four years studying oral, maxillofacial and facial surgery in order to enhance still further his mastery of the highly-complicated facial area.

Since 1996, Dr Wolfgang Funk has been Chief Physician at the Dr Kozlowski Clinic for Plastic, Aesthetic and Reconstructive Surgery in Munich.

His philosophy of life: to go beyond beauty, the perfect body and technical expertise in order to first and foremost uphold human values – the balance between external appearance and attitude to life, between body and soul.



# 10 VITAL TIPS

There can be no compromises when choosing an aesthetic plastic surgeon. Dr Wolfgang Funk recommends you think about the following important points:

## 1. GUT-FEELING

Chemistry is important! Do you like the doctor you have chosen? Listen to your gut-feeling!

## 2. QUALIFICATIONS

Ask your doctor about his qualifications. Is he a specialist in aesthetic plastic surgery or did he train in another area?

## 3. AESTHETICS

Take a critical look at your doctor and his practice. What about his aesthetic sensibilities – are they the same as yours? Do you feel at home with him and his clinic? What about decor, clothes and style?

## 4. TIME

Your doctor should be able to explain and give reasons for what he wants to do. Keep asking questions until you understand everything. If he appears unwilling to answer or is evasive, then he is not the right doctor for you.

## 5. PRESENTATION

Watch out – the quality of the brochures does not necessarily reflect the quality of the doctor and his abilities. And the classic before-and-after photos can nowadays easily be simulated on the computer.

## 6. HONESTY

What about risks and complications? If your doctor insists that these don't exist, keep well away!

## 7. MONEY

Price transparency is a reflection of trustworthiness. Make sure you clarify beforehand what costs could arise from any follow-up operations which may be required. Bear in mind that a second operation may be needed to achieve the perfect result.

## 8. RISK

A responsible doctor will carry out larger operations in hospital, not on an outpatient basis in his practice. What about your doctor?

## 9. INFORMATION

What about the different forms of anaesthesia? If you want, the doctor should let you speak directly to your anaesthetist.

## 10. POST-OPERATIVE CARE

Make sure that your surgeon also looks after you after the operation – or at least provides you with other expert care.

In recent years plastic surgery has taken a new direction which provides the patient with fast and refreshing results. Operations are no longer always necessary, instead there are options such as filling, shaping and peeling.

These non-invasive methods also include fat cell drainage and reduction, cellulite treatment and hair removal. Excessive sweating and small wrinkles can be treated with Botox. These are all quick but effective treatments.



worry lines are smoothed away and thoughts of cosmetic surgery can be postponed for another 10 years or so.

**Do these treatments have other uses other than the purely cosmetic?**

Along with wrinkle reduction, Botox or Botulinum toxin is also used to treat excessive sweating in all areas of the body and is also effective in relieving tension headaches.

**Have you also used hyaluronic acids in body contouring?**

Along with the invasive liposuction and firming operations which we have been carrying out at our clinic for many years, nowadays we can shape various parts of the body such as the breasts, buttocks or calves using the product Macrolane, i.e. we can create larger breasts, a nicer bottom and better-formed calves without having to resort to surgery.

**Where are these treatments carried out?**

We don't let ourselves be seduced by the easy application of these products. We treat both our patients and these wonderful materials with respect and carry out all treatments under sterile conditions.

**Dr Funk, have I understood you correctly – can fat really be removed without surgery?**

Yes, we have a "miracle weapon" against this too – ultrasound, which empties and destroys the fat cells through the skin, thus reducing fat deposits and visibly improving cellulite.

**Dr Funk, how long have you been treating wrinkles?**

I've been offering wrinkle treatments for almost 30 years now, and I have also worked closely with Q-MED to develop their hyaluronic acid products.

**What are the advantages of non-invasive wrinkle treatments?**

Their immediate availability, clearly visible results and short recovery time, along with the very high safety levels of the materials we use in our clinic.

**What does the patient get from these treatments?**

They simply feel they look better –

# BEAUTY IS OUR PROFESSION

## Dr Wolfgang Funk in Munich, Graz, Zurich, Marbella and Dubai

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