



Crafting Confidence

At the **Dallas Plastic Surgery Institute**, Bret Johnson, M.D., performs reconstructive and cosmetic procedures that match the way patients feel on the inside with how they look on the outside.

In life, there are many instances that can change people's outward appearances: aging, injuries, medical procedures like mastectomies, or major life events like pregnancy, to name a few. When someone's body changes and no longer matches how they feel internally, it can lead to struggles with self-esteem. Whether it's a mommy makeover, liposuction, injectables, breast augmentation, face lift, or reconstructive breast surgery, the team at Dallas Plastic Surgery Institute specializes in restoring confidence.

"My patients tell me they have fallen completely into roles like 'wife' or 'mother' and no longer feel like they have a strong identity," says Bret Johnson,

M.D., cosmetic and reconstructive plastic surgeon. "So many of the women I work with will comment that they feel like themselves again after treatment."

Dr. Johnson was inspired to join the medical field after observing the work of his pharmacist father and attending appointments with his mother, who was diagnosed with breast cancer in his youth. He initially pursued general surgery but soon realized it wasn't the path for him, opting for cosmetic surgery after embracing the artistic side of personalized procedures. To put his best foot forward, he completed his training at UT Southwestern Medical Center, which is regularly ranked as the No. 1 plastic surgery residency program in the nation.

"I love the creativity of cosmetic surgery and the ability to tailor procedures to the people receiving them," says Dr. Johnson, who is certified by the American Board of Plastic Surgery. "Above all, I enjoy seeing my patients' reactions and the joy and relief these procedures provide them."

Personalized Practice

Because navigating cosmetic surgery can be overwhelming, Dr. Johnson and his team create a welcoming, communicative environment for patients. The process begins with an in-depth consultation that identifies patients' aesthetic preferences and their needs in terms of how invasive the procedure will be.

A common fear of Dr. Johnson's patients is that their surgical results will be overdone and they will no longer resemble themselves. While some patients prefer a more dramatic look, Dr. Johnson understands when patients prefer something natural, and he relies on tools like before-and-after photos throughout the process to ensure patients get the exact results they're seeking. With today's medical innovations and an industry-wide shift toward innovative postoperative care, including hyperbaric oxygen therapy and scar management, healing and safety outcomes are better than ever.

Despite its boutique size and personalized service, Dr. Johnson's practice uses the latest science and best techniques, which has contributed to its sizeable reputation in the Dallas-Fort Worth area. With a large med spa that offers various treatment services and equipment as well as the option for overnight care on-site, patients can choose what makes the most sense for their situation.

"Because we have so many options available, we can offer what's best for the patient rather than pushing for one or two treatments on hand," says Dr. Johnson. "We're keeping up with conferences and the latest scientific articles to make sure we stay on top of the best options for patients."



Bret Johnson MD

DALLAS PLASTIC SURGERY INSTITUTE