

Dr. Adam J. Rubinstein

RAISING PLASTIC SURGERY STANDARDS

BY LAUREN BENS



He's never been shy about educating others about potential plastic surgery risks, and now Dr. Adam J. Rubinstein is taking his passion to a national platform on the Lifetime show *My Killer Body* with K. Michelle.

This native New Yorker, who is now based in Miami, is no stranger to the type of secondary surgeries he performs on the show. "In Miami there is no shortage of people who have trouble, and it's no different than the rest of the country. You get what you pay for, and sometimes that's learned the hard way. I've had to correct lots of bad surgical outcomes over the years. I enjoy that kind of work. I find it extremely fulfilling."

Known as much for his surgical skills as he is for helping patients stay clear of the pitfalls of potentially catastrophic plastic surgery outcomes, the Lifetime casting

crew took notice and approached Dr. Rubinstein about appearing on the series depicting surgery horror stories – and hope. "The show is really about showing people real stories, however shocking they may be. A lot of people are dealing with scarring and significant deformities. We also aim to show people that while bad things can happen, there is hope to get things corrected and feel good again."

Rubinstein wants to reach as many people as he can so that they understand the importance of obtaining honest information, and that includes making sure they are aware of whether their doctor is certified by the American Board of Plastic Surgery. "People can make their own choices, but they should at least be well-informed and aware of the consequences."

From educational social media stories to

his Take a Breather initiative which helped disperse life-saving ventilators during the height of the pandemic, Dr. Rubinstein won't take a breather himself until all prospective patients have the resources they need to protect themselves. "As long as a doctor has a license to practice medicine, they can perform any type of procedure, regardless of training and background. A pediatrician can do brain surgery," explains Dr. Rubinstein. "You don't see amateur pilots trying to fly commercial jets."

He also has some advice when it comes to choosing a plastic surgeon that's right for you. "I would say to see at least three doctors and choose the one whom you feel the best connection with. I say 'no' to performing certain surgeries as often as I tell someone that they are indeed a candidate for a particular procedure. Their ideals are not always possible or reasonable."

Today's most popular plastic surgery trends revolve around the sentiment that less is more – at least when it comes to downsizing breasts and butts. In fact, the show has showcased quite a few Brazilian butt lifts gone wrong, as well as bad injections.

Dr. Rubinstein wants to make sure that all patients have the information they need to stay on the right plastic surgery path, and he's not done yet! His upcoming projects include a website where people will be able to enter a doctor's name in order to obtain a free report on whether they are board certified or have ever been sued or disciplined. Aside from *My Killer Body* with K. Michelle which airs Thursday's at 9pm on Lifetime, Dr. Rubinstein will soon be giving viewers a behind the scenes look at plastic surgery products and procedures – let's just say that you will soon be able to find out where your fillers come from! **P**

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