

# meet DR. SEX PACK

aka  
*Dr. Babak  
Dadvand*



## What does the procedure you've coined as "Sex Pack ABs" entail and who make the best candidates?

If you ask men what is the one part of their body, they wish they could improve, most would say their ABs. Who doesn't want a washboard? It is easily recognizable as an image of strength and sexiness. Most personal trainers say that muscles are made in the gym and ABs are made in the kitchen, but with a very specific technique in the operating room, I can create defined ABs (and chest too). Using Vaser Ultrasound Liposuction and detailed knowledge of muscle anatomy, this procedure reveals the person's underlying musculature by carefully removing different layers of fat. The best analogy is how a sculptor creates a masterpiece by chiseling away at the marble. The best candidates are those who have minimal to moderate overlying fatty tissue. Of course, a version of Sex Pack ABs can be performed for women as well, but the technique is different compared to a male patient. These are all of the intricacies that I discuss with patients during their initial consultation.

## Illustrate what the recovery period and restrictions look like post surgery...

As with all surgeries, the recovery period is critical. Patients are placed in compression garments for approximately six weeks and should refrain from strenuous activity or exercise during this time. Walking is fine and without restriction. Although most patients notice a result within the first week or so, final results can take up to six months. Also recommended with this surgery is a course of endermologie, a type of lymphatic massage. This helps to reduce swelling and encourage quicker contouring. Most patients perform between five to ten treatments, beginning two weeks post surgery.

The most common reference guys mention to me is Brad Pitt from "Fight Club." In that movie he had a very defined physique, not only having a defined six pack but also what I call "the V to the P." These are the lines highlighting the outer lower part of the abdomen that converge in a "V" shape down toward the coveted "P."

## As one of the leading Gynecomastia (male breast reduction) surgeons in the country, what made you venture into the Transgender space?

I see a wide variety of male breasts and fully understand the anatomy. After spending years honing my techniques in Gynecomastia surgery, I felt I could share this skillset with the LGBTQ community. What I always say to my FTM transgender patients is that this is not a breast reduction but rather chest masculinization. There are multiple techniques performed to make the chest more masculine and to match the rest of the patient's physique. With this understanding, backed by years of surgical experience, I now perform many FTM surgeries. It is one of, if not the most satisfying surgeries I perform. To be able to impact the trajectory of another person's life is something that fulfills me.

## Why do you only choose to perform TOP only M2F and F2M surgeries vs. full body?

I actually perform more than just TOP surgeries. This includes facial feminization (either with surgery or injectables), as well as body liposuction (which is very helpful in the FTM population to remove more feminine fat deposits such as in the outer thighs and hips). Another procedure for MTF patients is fat transfer to the buttocks and hips to achieve a more feminine silhouette. I choose not to do gender confirmation or bottom surgery, as I be-

lieve they should be performed by urologic or gynecologic specialty surgeons.

In addition to FTM TOP surgery, I also perform MTF breast surgery. My MTF patients have to be on estrogen therapy for at least 18 months before having surgery. This will lead to a more feminine result as they will get some increase in their breast tissue as well as some decreased bulk in their pec muscles. As a Fine Arts Major in college, I learned that the keys to MTF breast surgeries are balance and proportion. I use my experience as a sculptor and surgeon combined with a Vectra 3 D camera system to select the best implants for each patient.

## Do you have lodging options for patients traveling in from out of town who choose to undergo your surgical specialties?

Being a specialist in these specific areas of plastic surgery mean that many patients do come from both out of town and out of the country to seek my services. Because of this, we have connections with hotels near our office at reduced rates as well as with medical doctors to perform preoperative clearance and bloodwork at reduced rates (for those patients who do not have insurance or initial physician).

## What advice do you have for GLOSS readers who are unhappy with their physical appearance and considering life-changing, surgical alterations?

My mantra is "Either do something about it or stop thinking about it." Thinking about something all the time but not taking action will just lead to a life less fulfilled. This is my philosophy in plastic surgery, but also with everything I do. It is important to go to a specialty board-certified plastic surgeon in your chosen procedure. Make sure you feel comfortable with the surgeon and their office staff. This is important for optimal surgical outcome, and a positive and memorable experience to be remembered.

## How can Gloss readers find you?

Visit my website at [drdadvandplasticsurgery.com](http://drdadvandplasticsurgery.com) or contact the office @ 310.278.4200. For out of town patients, I do many consultations via Skype, which is a great tool to get the conversation started.

