

naturally better

Following in the footsteps of his father, Alexander G. Nein pursued a career in mechanical engineering. But a knee injury suffered during a volleyball tournament twisted his life in an entirely new direction—and lead him to cosmetic surgery.

BOARD CERTIFICATION

American Board of Plastic Surgery
American Board of General Surgery

MEDICAL DEGREE

University of Alabama, Birmingham

GENERAL SURGERY INTERNSHIP

Medical College of Ohio

GENERAL SURGERY RESIDENCY

Louisiana State University

PLASTIC SURGERY RESIDENCY

Vanderbilt University

AFFILIATIONS

American College of Surgeons
American Society for Aesthetic Plastic Surgery
American Society of Plastic Surgeons
International Confederation of Plastic, Reconstructive, and Aesthetic Plastic Surgeons
International Society of Aesthetic Plastic Surgery

AREAS OF EXPERTISE

Abdominoplasty
Blepharoplasty
Breast Augmentation
Facelift
Liposuction

LOCATION

Nashville, Tennessee

When it was time to have surgery on his knee, he realized that the technology being used in medicine was lagging behind that in the engineering community. "I felt this could be an area in which I could contribute to the advancement of medicine, and so this began my interest in pursuing medicine." For 10 years now, Dr. Nein has had his own plastic surgery practice. "My goal with each patient is the same—I want them to look better, naturally better."

And while Dr. Nein's goal may always be the same, he says every patient comes in with slightly different goals. He looks at his job as matching the procedure to what patients want to accomplish. "This way we are sure to fulfill their objectives." In doing so, Dr. Nein puts a high priority on education. He wants his patients to know what to expect every step of the way. To accomplish this, he sends materials out to prospective patients before they even come into his living room-like office so they know what will happen during their first consultation. "I then sit down with the patients and go over different procedures in great detail, addressing the pros and cons and the possible outcomes." He is sure to cover all sorts of details, from a detailed description of the facility (be it inpatient or outpatient) where the procedure will take place to how many days they will need to take off from work. "We try to get them well prepared," he explains. 615-327-0201 or newbeauty.com/nein.

DR. ALEXANDER G. NEIN

WHAT ATTRACTED YOU TO PLASTIC SURGERY It involves not only medicine and surgery but applied "body engineering" as well as art and aesthetics **FAVORITE PART OF YOUR JOB** I like the technical aspect of surgery and I like seeing the positive change in patients' self-esteem because of the results **ALTERNATIVE OCCUPATION** Professional skier **HOBBIES** Skiing and flying **FRAMED PHOTOS ON YOUR DESK** My wife and two boys **I START EACH DAY** By exercising in my home gym **I'M NEVER WITHOUT** A cell phone. Being a physician, patients always have access to me **I WOULD LOVE TO OWN** A condo in Colorado



INSIDE INFORMATION

CHOOSING THE RIGHT PROCEDURE

Not one to just jump on the bandwagon of every brand-new procedure, Dr. Nein focuses on performing the tried and true with real precision. "We follow trends but don't leap on something not well known," he explains. That being said, Dr. Nein sees many patients who walk into his office requesting a **BREAST ENLARGEMENT** or **TUMMY TUCK**. These patients may know what they want to accomplish but not how to get it, says Dr. Nein. "For instance, there are three ways to **IMPROVE THE SHAPE OF THE STOMACH**: liposuction, a tummy tuck or a mini tummy tuck. I recommend the one with the least risk, the least pain, the lowest chance of complication, the least amount of recovery, but what will achieve the results they want." Women asking for breast enlargements occasionally require a breast lift as well, he points out. "Implants will add volume but will not necessarily lift the breast. A **BREAST LIFT** involves raising the glandular portion of the breast onto the chest wall and typically rotating the nipple up to the front of the breast. It also may require a reduction in the size of the areola, which stretches and gets bigger due to breast feeding and weight gain."