Alumni – Sanders Facial Plastic Surgery

Audio	Video
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text in center of screen: Facial Plastic Surgery
[Dr. Sanders] So my name is Kenneth Sanders. I graduated medical school in from Shreveport in 1995. I'm a facial plastic surgeon and my practice is in Shreveport at Kenneth Sanders Facial Plastic Surgery.	Energetic man with dark hair and shirt collar unbuttoned wearing a dark suit coat is sitting in front of a dark blue washed background Text: Kenneth Sanders, M D Facial Plastic Surgery Private Practice
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Why did you choose Facial Plastic Surgery?
[Dr. Sanders] I knew early on, even in the first year during our very large anatomy class, that one of my favorite parts of the body was the head and neck area, and that led me to ear, nose and throat or otolaryngology. And then that further led me into the facial plastic surgery field.	Dr. Sanders on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What do you enjoy most about Facial Plastic Surgery?

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[Dr. Sanders] I am a people pleaser by nature. And of course, you need to be able to please people in the field of plastic surgery. You got to get people to be happy with results that that you're able to give. And so that that is probably one of the primary reasons. Another big reason is control of my time. In a surgical subspecialty in particular, you have a little more control of your time, and especially a an elective surgical subspecialty where the majority of the patients I treat are non-emergent, non-urgent cases. So my lifestyle is involves very little nighttime work, let's say.	Dr. Sanders on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What is the hardest thing about Facial Plastic Surgery?
[Dr. Sanders] So one of the hardest things that we deal with is maybe unrealistic expectations. We have to be able to take our patient from what they think they want or need to a place of reality and what's normal. Everyone has seen the botched facial surgeries or overdone cosmetic procedures. And and that's something that most of us, of course, don't do. That's a small fringe of the field. And most of us try very hard to achieve a very natural looking results. I'd say trying to keep people in the lane of natural and normal.	Dr. Sanders on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: Are there certain personality traits that fit your specialty?

Audio	Video
[Dr. Sanders] So some of the important traits that people need for of to be able to work in facial plastic surgery are going to be a communication. That's going to be number one. Being able to talk to people on a more of a layman's terms. You know, if you're talking to someone about a non elective surgery, they know they have to have it. They may not listen to the details. With what they do for me, every detail matters. And so we've got to make all of the things that we want to achieve for them very understandable and very easy for them to to find out where they're headed.	Dr. Sanders on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How is your work life balance?
[Dr. Sanders] I have a very balanced life., I think. I, at this point in my career, don't take emergency room call and don't work obviously any holidays or weekends. My typical day is 8 to 4:30 and then I'm hitting the gym for an hour or two and then going home and spending time with my wife.	Dr. Sanders on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: How do you handle work stress?
[Dr. Sanders] Hitting that gym for an hour or two in particular, CrossFit. That's a love of mine, a passion that I've discovered in the past several years. It's great for the mind and body.	Dr. Sanders on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What do you wish you had known before choosing your specialty?

Audio	Video
[Dr. Sanders] Well, I had a little bit of a heads up on that. I think most medical students - I was a nurse before I went to medical school, so I knew a little behind the scenes as to what certain specialties required. I literally saw cardiologist falling asleep dictating cases and and orthopedist coming in the middle of the night just frazzled and knew that those things, even though they're wonderful specialties, (and I was very interested in both of those) that was not the type of lifestyle that I was going to be happy with. And so I had some behind the scenes knowledge of that by working in the emergency room as a nurse. And I think that's something that most people going into medical really do not understand. And I think that would be tremendously helpful to really delve into what that specialty means outside of the job.	Dr. Sanders on camera
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the bottom center of the screen. White text above it reads: What advice do you have for medical students interested in Facial Plastic Surgery?
[Dr. Sanders] One of the first, I guess, forks in the road of most medical students is whether they're going to do surgery or not, I think. And so that's the obviously you're not going to be a good facial surgeon if you can't operate well. So manual dexterity, eye hand coordination, some sort of visualization where you can visualize 3D in your head of what's happening in front of you is, I think, very important for any surgical subspecialty.	
[Silence]	Dark blue background with animated blocks. L S U Health Shreveport Foundation logo is at the top center of the screen. Text in gold and white font reads: Special thanks to Doctor Kenneth Sanders, Facial Plastic Surgery, L S U Health Shreveport Class of 19 95. Sanders Facial Plastic Surgery, 87 11 Line Avenue, Shreveport, Louisiana 7 1 1 0 6