

DR. RUTH HILLELSON

AMERICAN SELF
RICHMOND, VIRGINIA

American Board of Plastic Surgery

WHAT MEDICAL ORGANIZATIONS ARE YOU AFFILIATED WITH?

I am a member of the American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery, American Society for Laser Medicine and Surgery and the Medical Society of Virginia. I am also a fellow of the American College of Surgeons. My involvement in these organizations enables me to interact with other leaders in the community, sharing techniques, ideas, procedures and advice on what I have found to be effective methods of patient care.

WHAT NEW ADVANCEMENTS ARE YOU MOST EXCITED ABOUT?

The Sciton Forever Young BBL™ laser is proven to change the gene structure of the skin at the molecular level, as well as improve the appearance of acne, sunspots, freckles and vascular conditions. We are one of the only practices in our area to have the laser, which gives us the ability to offer our patients a new, safe and effective treatment for youthful-looking skin now and forever.

HOW MANY YEARS HAS AMERICAN SELF BEEN OPERATING?

I founded American Self 14 years ago with my husband, orthopedic surgeon and researcher Dr. Terry Whipple. Together we offer our patients a comprehensive menu of care, which includes everything from advanced technology and combination therapies to wellness and orthopedic medicine.

INNOVATIVE BEAUTY

"We believe that health, beauty and optimal wellness can be preserved by preventive measures, timely medical intervention, fitness and good nutrition," says Dr. Hillelson. A surgeon, educator and researcher, Dr. Hillelson has recently added a new moniker to her resume: skin-care developer. She is now collaborating with scientists to advance the development of an all-natural product line that enhances cellular repair. "For me personally, these products, Iridesse™ for night, day and eye treatment, have significantly improved my skin's radiance, fine lines and laxity. The plumping action on the skin promotes a youthful texture and appearance."

BEFORE

CASE 1



AFTER



▶ LOVELY LIFT

Desiring smoother skin and less jowling on her neck, this 63-year-old patient had a noninvasive Thermage® treatment to tighten and lift her skin while stimulating collagen growth.

BEFORE

CASE 2



AFTER



▶ A COOL FAT FIGHTER

To reduce the stubborn fat on her abdomen, this 52-year-old patient had a CoolSculpting® treatment, which freezes fat cells so the body can naturally eliminate them over three months.

"WE HELP REVERSE THE SIGNS OF AGING WITHOUT SURGERY"

ABOUT RUTH HILLELSON, MD, FACS

SERVICES

Aesthetic Injectables
Body Contouring
Energy / Light-Based Therapies
Laser Resurfacing
Lip Augmentation
Thermage®
IPL™ (Intense Pulsed Light)
Infrared Technology
Laser Peels
TriPollar RF

AS DIRECTOR OF PLASTIC SURGERY AND AESTHETICS AT AMERICAN SELF, DR. RUTH HILLELSON IS SKILLED IN BOTH COSMETIC AND RECONSTRUCTIVE SURGERY. WHILE ADEPT WITH A SCALPEL, THE JOHNS HOPKINS- AND HARVARD-TRAINED PHYSICIAN REMAINS A PROPONENT OF NONINVASIVE PROTOCOLS. "WE HAVE MANY TECHNIQUES TO HELP REVERSE THE SIGNS OF AGING WITHOUT SURGERY."

HOW WOULD YOU DESCRIBE YOUR OPERATING ROOM STYLE?

It's very focused.

WHAT ATTRACTED YOU TO PLASTIC SURGERY?

I like a field that is artistic and constantly changing.

WHAT FASCINATES YOU MOST ABOUT THE HUMAN BODY?

The face.

WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

I'd be a research chemist.

MEDICAL DEGREE
University of Vermont
College of Medicine

LOCATION
Richmond, Virginia

CONTACT
804.290.0060



To learn more about the practice visit
americanself.com