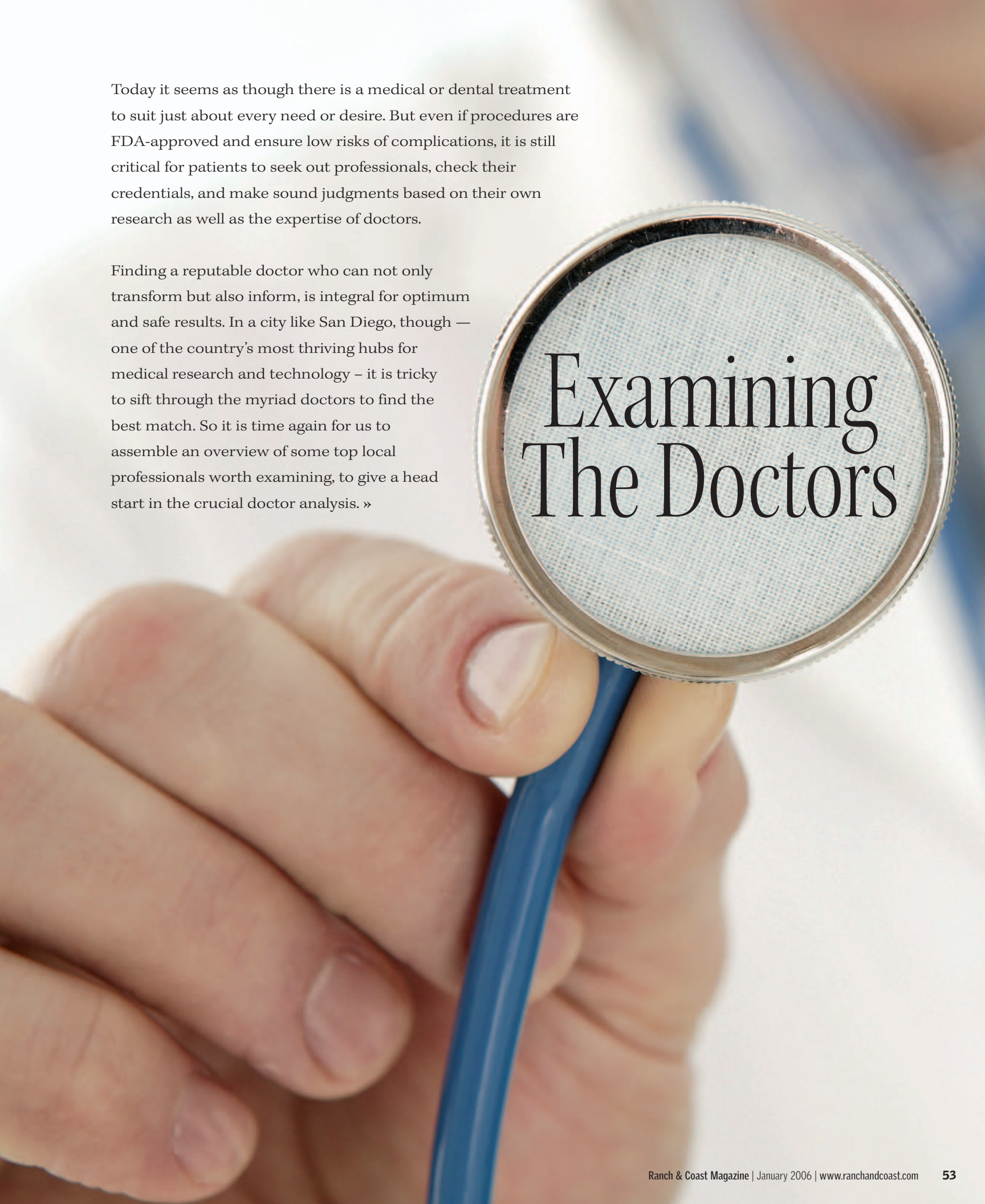


Today it seems as though there is a medical or dental treatment to suit just about every need or desire. But even if procedures are FDA-approved and ensure low risks of complications, it is still critical for patients to seek out professionals, check their credentials, and make sound judgments based on their own research as well as the expertise of doctors.

Finding a reputable doctor who can not only transform but also inform, is integral for optimum and safe results. In a city like San Diego, though — one of the country's most thriving hubs for medical research and technology — it is tricky to sift through the myriad doctors to find the best match. So it is time again for us to assemble an overview of some top local professionals worth examining, to give a head start in the crucial doctor analysis. »

A close-up photograph of a hand holding a blue stethoscope. The chest piece of the stethoscope is magnified, showing a light blue fabric texture. The title 'Examining The Doctors' is printed in a large, black, serif font across the center of the magnified area. The background is a blurred image of a person in a white lab coat.

# Examining The Doctors



**John Hilinski, M.D.**

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**Head, Face And  
Neck Surgery**

## “Trust your face to a facial plastic surgeon.”

exclusively on face and neck surgery. He was then awarded and completed advanced fellowship training in facial plastic surgery in Chicago, and is one of the only surgeons in the region with double board certification, in facial plastic and reconstructive surgery and in head and neck surgery.

Being dedicated to his specialty has provided him numerous accolades. Dr. Hilinski has appeared on television to discuss the latest techniques in his field. In addition, he lectures regularly at the UCSD School of Medicine, is a diplomat of the American Board of Facial Plastic and Reconstructive Surgery, and is a member of the American Academy of Facial Plastic and Reconstructive Surgery. Before opening his private practice in San Diego, he spent three years on staff at the prestigious Scripps Clinic in La Jolla.

“Facial cosmetic surgery is vastly different from breast or body surgery,” he says. “When it comes to your face, it should be reassuring to know you can trust it to a surgeon that specializes exclusively in facial plastic surgery.”

Dr. Hilinski’s goal is personal care and service. Utilizing the latest innovative techniques in a relaxed, friendly atmosphere gives patients the expertise and quality of care they deserve. Whether patients request full facial rejuvenation or subtle refinement, Dr. Hilinski knows that individualized attention produces optimal results.

“As a facial plastic surgeon I spend essentially all of my time contemplating, studying and performing exclusively facial enhancement procedures,” he says.

Dr. Hilinski’s plastic surgery skills are numerous, including expert knowledge of rhinoplasty and revision rhinoplasty, with unparalleled experience in San Diego in revising other plastic surgeons’ unsatisfactory nose jobs. He has perfected newer procedures like the limited incision Endotine midface lift procedure and the increasingly popular Contour Thread Lift procedure. Dr. Hilinski’s practice maintains the latest state-of-the-art equipment and a dedicated, friendly staff.

**B**oard-certified facial plastic surgeon, Dr. John M. Hilinski, believes that facial cosmetic surgery should help enhance one’s appearance without creating signs of surgical alteration. After facial plastic surgery, patients should be able to walk into a room and have others ask, “Did you just return from a vacation?” or “Did you change your hairstyle?” rather than “Who is your plastic surgeon?”

Dr. Hilinski is one of the only Harvard Medical School-trained face and neck surgeons on the West Coast. After graduating from Harvard, he spent five years in intense specialty training, focusing