

We Asked Top Plastic Surgeons to Share Their Trusted Skin-Care Routines

Much like dermatologists and aestheticians, plastic surgeons devote their days to tending to other people's skin. Sure, they might not be **treating acne** and eczema on a daily basis (more like tummy tucks, lasers, and "**mommy makeovers**"). And they certainly spend more time in the operating room than they do writing prescriptions for spironolactone, but the end goal — to make people feel good in their skin — is the same.

Like their peers, plastic surgeons don't play around when it comes to their own complexions. "[Skin care] is my one non-negotiable self-care habit," Lara Devgan, a board-certified plastic surgeon practicing in New York, tells *Allure*. And she's not the only one who makes it a priority. We talked to four top docs in the field, all of whom went into generous detail about their diligent skin-care routines and ride-or-die treatments (including the exact in-office treatments they fancy for themselves).

If, like us, you've ever been curious about how plastic surgeons keep their skin so ridiculously glow-y and clear then you've come to the right place. Scroll to find the skin-care regimens (and a few "secrets") from four of America's top-ranked plastic surgeons.

Melissa Doft, Founder of Doft Plastic Surgery in New York City



Morning:

In addition to being the founder of her own practice, New York City-based plastic surgeon Melissa Doft is also a mom to two young boys, which means she likes to keep her routine quick and simple in the morning. It's for this reason that she tends to skip cleanser and instead goes straight in with a light vitamin serum and [Elta MD Clear](#). (Right now, Doft's serum of choice is one of her *own* formulations, though she doesn't reveal its name yet as she says it may be launching next fall.) After applying a healthy dose of sun protection, she smooths on a coat of [Fresh Sugar Lip Treatment in Rose](#) and caps it at that. "Similar to my surgical style, I like to stick with the classics," she says.

Night:

When evening rolls around, Doft reaches for a longtime favorite, [Eve Lom Cleansing Balm](#), which she especially loves using at night because it has a warming effect. "I am always cold and I love the warmth that you feel as you apply the balm onto your skin before washing it off." Along with the same serum she uses in the morning, Doft incorporates [Circuit Skin I.CEE U. Gel](#) to help give her undereye area a boost, as well as a retinol formula like [Elizabeth Arden Retinol Ceramide Capsules Line Erasing Night Serum](#) for the rest of her complexion. She tops it off with a light moisturizer and calls it a night.

The extras:

When Doft's skin is feeling a bit worse for wear, [microneedling is her go-to treatment](#). "If I'm looking dull, I always ask my aesthetician to do a light microneedling session where she infuses vitamins, peptides, and hyaluronic acid into the skin," she says. "Even my husband's friends have commented on how glowy my skin looks after a treatment," she adds. Because her job doesn't allow for much downtime, Doft explains that microneedling is the perfect option for her since it lets her look office-ready by morning.

Another must-have for Doft is a humidifier, which she says is especially crucial during the harsh winter months. "Both my husband and I have dry skin, so the extra moisture in the air really helps. If you add a drop of tea tree oil, it also calms inflammation," she explains. (If you've yet to try one this year, [these are just a few of our favorites](#) at different price points.)