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Plastic Surgeon Dr. William Lao
Over a decade of experience in enhancing beauty

用慧眼發現美 用妙手塑造美

English text translated by Angela Feng | Chinese text by Christina Wang
Photographer Banny Zhang



Dr. Lao is with fellow from Italy in the Operating Room.

Cosmetic surgery has transformed the lives of many people and made countless dreams come true. However, it also comes with immense risks. Many medical students have attempted to become plastic surgeons without success, due to the difficult process and strict requirements. Dr. William Lao is one of the few who have succeeded; his journey is one marked with determination, perseverance, and tenacity.

Dr. Lao grew up in Taipei, Taiwan. His high school years were spent in Vancouver, Canada, where he was first in his class. Upon graduating, he enrolled in Johns Hopkins University. There, he double majored in biomedical engineering and computer science before subsequently earning his M.D. from the university's prestigious medical school.

That was just the beginning. Next came six grueling years of integrated residency training in plastic and reconstructive surgery at the Medical College

提起整形外科，人們往往聯想到一種能讓醜小鴨變成白天鵝的神奇魔法。它讓無數人獲得夢寐以求的理想形象，卻也可能蘊藏著極大的風險。很多醫學生在職業規劃當中，想要從事整形外科，卻又常因難度太高而止步。要成為優秀的整形醫生，需要堅定不移的決心和持之以恆的耐心。來自紐約的駱瑋凱博士，為《時尚精英》讀者分享他成為一名整形醫生的從業經歷和心路歷程。

勤學苦練十四載 精湛醫術功自成

整形醫生的訓練，要經過嚴格而漫長的學習過程，除了4年的本科和4年的醫學博士，還需要再進行6年的整形外科專科培訓。從小學習勤奮的駱瑋凱醫師，喜歡替自己制定目標並積極迎接挑戰，即使過程艱難也不放棄。

「整形外科是一個非常廣泛的領域，關係到解剖學等各個方面，從塑形、整形到功能重建，都需要強大解決問題的能力。這也是整形外科非常吸引我的地方。雖然道路艱辛，但如果讓我重新選擇一次，我依然會選擇做一名整形醫生。」

of Wisconsin. Throughout those years, Dr. Lao frequently worked up to a hundred hours a week. The process was extremely demanding, and there were times where he considered quitting. Nevertheless, he pushed through and refused to give up, working resolutely toward his goal.

Upon finishing residency, Dr. Lao came to New York University, where he completed the most sought-out aesthetic surgery fellowship with the world-renowned Dr. Sherrell J. Aston. Under the guidance of Dr. Aston, Dr. Lao was able to further train his “aesthetic eye” and learn to appreciate the beauty of the human body to the utmost degree. This involved not just medical training but also training in the arts. Through sculpting classes, Dr. Lao was able to better master the art of human proportions.

It is Dr. Lao's belief that the best cosmetic surgery results should not have an “operated look.” With all his patients, he strives to achieve a final appearance that looks as natural as possible. This can be seen in the “before” and “after” pictures on Dr. Lao's website, all of which use standardized photography to honestly assess surgical results without exaggerated makeup or camera angle manipulation.

Dr. Lao specializes in rhinoplasty, eyelid blepharoplasty, transaxillary breast augmentation, and abdominoplasty, as well as nonsurgical procedures such as fillers, laser resurfacing, skin tightening, and reconstruction for skin and breast cancer. His upper eyelid and rhinoplasty services are particularly popular among Chinese clients, who often need more careful suturing and post-op scar care, as it is easier for Asian skin to develop dark scars.

Above all, Dr. Lao's goal is to ensure that patients come out of his care feeling happier and more confident. “When patients come back and are happy with their results,” he says, “that is also when I am the happiest.”

Dr. Lao is licensed in the United States and Taiwan, and board-certified in plastic surgery in both countries. After years of practicing as an attending physician in the Department of Plastic Surgery at the Chang Gung Memorial Hospital in Taipei, he recently returned to Manhattan to open his own private practice. In his free time, he enjoys staying physically fit through hobbies such as basketball, badminton, billiards, and cycling.

With his thorough understanding of the aesthetic ideals of both the East and West, Dr. Lao is able to combine techniques and concepts from both worlds and customize procedures, providing clients with the best results possible.

To learn more about Dr. Lao, visit his website doctorlao.com.

駱瑋凱出生於臺北，自小獨自留學加拿大溫哥華。剛剛來到新環境的時候，他對這裡的文化感到不適應，但是在家人和老師的幫助下，駱瑋凱始終努力在自己的專業領域，不斷精進，憑借頑強的毅力，順利完成了全部學習。6年的專科培訓期間，作為一名住院醫，他平均每周都要工作80-100小時，也曾因此萌生過放棄的想法。但是駱瑋凱始終相信，每多一分付出就多一分收穫。他的父親曾經鼓勵他，「努力學習有回報就是幸運的，這遠遠好過白白付出卻一無所獲。」

科學與藝術相連 技能與審美相依

駱瑋凱最喜歡達芬奇的一句名言：「研究藝術中的科學，感受科學中的藝術。發展妳的感官——特別是學習如何去觀察。意識到萬物之間的連結。」駱瑋凱多年的工作習慣，使他非常善於觀察，甚至是在地鐵上，也會下意識地悄悄觀察周圍人的面部特點。

讓駱瑋凱最難忘的是在紐約大學學習的那段時光，「我跟隨Aston博士學習了審美的重要性，真正具有能夠發現美的眼睛。」他還專門去學習雕塑課程來精確地了解人體的比例結構。駱瑋凱對自己的審美眼光非常自信，這一點從他的客戶手術前後對比照片中就能體現出來。他認為，手術的最佳效果就是要自然——看起來更美，卻又看不出調整的痕跡。

駱瑋凱尤其擅長眼瞼、鼻部、胸部和腹壁的整形手術，追求自然逼真的效果，特別是華人客戶經常選擇的上眼瞼手術和隆鼻手術。華人的皮膚在術後容易形成明顯的疤痕，這方面駱醫師有特殊的心得和經驗能解決。除了整形項目之外，駱瑋凱還擅長注射、雷射、緊膚等非手術類的業務，以及皮膚癌和乳腺癌的術後重塑。

駱瑋凱的父親曾對他說：「志向要遠大，腳步要踏實。」駱瑋凱牢記這句話，每天都踏踏實實地完成工作，對每一位客戶都盡心盡力地負責。他喜歡傾聽客戶的想法，及時溝通。他最開心的時刻就是看到客人對整形手術的結果心滿意足。

繁忙的工作之餘，精力充沛的駱瑋凱依然保持了很多業餘愛好。籃球、羽毛球、桌球、單車，陪伴他度過周末的休閒時光，以補充體能和良好的精神狀態，面對新的挑戰。