

Khiem D. Lai, MD, MS, a Plastic Surgeon with Garden Grove Aesthetic Medicine and Surgery

Get to know Plastic Surgeon Dr. Khiem D. Lai, who serves patients in Garden Grove, California.



New York City, New York Dec 28, 2023 ([Issuewire.com](https://www.issuewire.com)) - A master aesthetic physician and surgeon, Dr. Lai is the owner of Garden Grove Aesthetic Medicine and Surgery in California. With a commitment to excellence and a diverse skill set, he offers a comprehensive range of aesthetic and reconstructive procedures.

Dr. Lai possesses formal education and training in both aesthetic medicine and aesthetic plastic surgery, complemented by numerous postgraduate medical training courses and workshops in the United States and internationally. Despite not being a US residency-trained plastic surgeon, he has acquired a comprehensive education and extensive training in dermatologic, plastic, and reconstructive surgery, incorporating essential skills into his aesthetic work. Utilizing knowledge of tissue engineering and regenerative medicine, he enhances results in facial rejuvenation procedures.

Specializing in a wide range of aesthetic and reconstructive procedures, Dr. Lai showcases expertise in various areas of interest. In the realm of laser treatments, he employs Nd:YAG/KTP Laser for non-ablative skin rejuvenation, acne treatment, hair removal, and addressing pigmented and vascular lesions. Additionally, he utilizes CO2 Laser for fractional skin resurfacing. His proficiency extends to

Thermage® RF for skin tightening and Zerona® for body contouring.

In the realm of non-surgical facial rejuvenation, Dr. Lai offers Mesotherapy, Botox/Dermal fillers, and Laser/Fractional CO2 treatments. He is skilled in performing medical facelifts and PRP Plasmajuv, as well as medical rhinoplasty.

Moreover, his expertise encompasses aesthetic facial surgery, including procedures such as blepharoplasty, browlift, rhinoplasty, facial implants, facelift, neck lift, liposculpting, and fat grafting. In the realm of reconstructive facial surgery, Dr. Lai employs techniques such as local flaps and grafts to achieve optimal results.

His proficiency extends to aesthetic breast surgery, covering augmentation, reduction, and breast lift procedures. Furthermore, he excels in body contouring surgery, offering liposuction and fat grafting, as well as lipoabdominoplasty.

Born and raised in Saigon, South Vietnam, Dr. Lai initially pursued studies at the Institute of Financing and Accounting before fleeing the communist regime as a boat person. After arriving in the United States, he immersed himself in learning German while awaiting reunification with his family in Southern California. Driven by a passion for learning, he pursued studies in Math and Science at Community Colleges, initially aiming for a Degree in Electrical Engineering. However, his calling to become a healer redirected him toward a vocation in medicine. Adapting his major to Chemistry and Biochemistry at California State University Long Beach, he obtained a Bachelor of Science Degree in Biochemistry before working as an analytical chemist in the pharmaceutical industry.

Dr. Lai's journey continued with a Medical Degree from Ross University School of Medicine and a subsequent Master of Science Program in Healthcare Administration at California State University Long Beach. Following residency in family practice at the University of Nevada School of Medicine in Las Vegas, he returned to Orange County to practice family medicine. His interest in aesthetic medicine sparked during its early stages, leading him to explore lasers and injections for facial rejuvenation.

Recognizing additional possibilities, Dr. Lai pursued further education, including a Post-graduate Diploma Program in Clinical Dermatology at Queen Mary University of London School of Medicine and Dentistry. Practical skills in skin cancer surgery and facial reconstruction with skin grafts and local flaps were acquired during his time in Australia. Dr. Lai capped his educational journey with a Master's Degree in Aesthetic Plastic Surgery from the Instituto de Estudios Superiores en Medicina, one of the pioneering programs in aesthetic surgery at the time.

Dedicated to continuous improvement, Dr. Lai is committed to aesthetic surgery as both a clinician and performer. Grateful to the patients who have contributed to his ongoing learning, he never ceases to enhance his craftsmanship.

Aesthetic surgery is a central component of plastic surgery and includes facial and body aesthetic surgery. Plastic surgeons use cosmetic surgical principles in all reconstructive surgical procedures as well as isolated operations to improve overall appearance.

Beyond his medical pursuits, Dr. Lai finds joy in playing guitar and electronic music, engaging in drawing and paper folding, exploring arts and crafts, and delving into interests such as cognitive neuroscience and linguistics. A multilingual individual, he has ventured to numerous places, yet Orange County is where he calls home and lives happily.

Learn More about Dr. Khiem D. Lai:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/802157-Khiem-Lai-Family-Practitioner> or through Garden Grove Aesthetic Medicine and Surgery, <https://gardengroveaestheticsurgery.com/dr-khiem-lai>

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