

MEDICAL & HEALTH INNOVATORS



## Karen Horton, M.D. and Emily Sespaniak, N.P.

San Francisco Plastic Surgery offers the highest standards with stunning results.

**What is it about you and your business that makes you a medical or health expert?**

I am a board-certified plastic surgeon with four years of undergraduate life sciences education, two years of master of science research, four years of medical school, five years of plastic surgery residency training and a final fellowship year in reconstructive microsurgery.

**What is your unique approach to health that sets you apart in the industry?**

A unique all-woman plastic surgery office, we offer the full spectrum of surgical and nonsurgical cosmetic treatments to women and men. We employ a holistic approach when getting to know our patients, and we encourage them to be in a healthy place before undergoing any plastic surgery procedure.

**Why should customers or clients consider you for their next procedure or visit?**

We are passionate about delivering beautiful, natural looking results, and our entire team is dedicated to the common goal of creating a top of the line patient experience from start to finish.

**Why is looking your best so important?**

It is not selfish or vain to want to look and feel your best. Particularly this year, with all the stressors that have been thrown at us.

**Are there any new procedures that clients should be aware of?**

We're currently excited about jawline slimming and treatment of teeth grinding and clenching (bruxism) with Botox. We've observed a recent uptick in the popularity of this treatment with the stress of this year.

**Why is now the best time to get that procedure done?**

Our practice has definitely seen a recent rise in the number of people booking for both surgical and nonsurgical cosmetic procedures. Many are now working from home, which provides the perfect opportunity to lay low and recover.

**What are you doing to stay connected with the local community?**

I have always volunteered with and supported local nonprofits including the Sparkle Foundation based in Novato, several Bay Area and national breast cancer organizations, and my daughters' school, acting as the social media coordinator for its annual fundraiser. Emily stays active with the Bay Area Chapter of the California Association for Nurse Practitioners.