

John A. Millard M.D.



NAME:

John A. Millard

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BOARD CERTIFICATION:

*American Board of Plastic Surgery
American Board of Surgery*

DEGREE:

Georgetown University

INTERNSHIP:

Surgery - Saint Joseph Hospital - Denver, CO

RESIDENCY:

General Surgery - Texas Tech University - Lubbock, TX

FELLOWSHIP:

*Plastic and Reconstructive Surgery - Duke University - Durham, NC
Hand Surgery - Louisville, KY*

MEDICAL AFFILIATIONS:

*Founder & Director of The VASER® Institute
National and international instructor for LipoSelection
National and international instructor for Contour Threads™*

FAVORITE SPOT TO SPEND AN AFTERNOON IN COLORADO?

Riding my bike through the Rocky Mountain National Park

FAVORITE COLORADO RESTAURANT?

Sushi Den

FAVORITE COLORADO MOUNTAIN TOWN?

I love Breckenridge year round

FAVORITE THING ABOUT LIVING IN COLORADO?

The weather and the mountains

SPECIALTIES:

**LipoSelection, High Definition
LipoSelection, Contour Threads, Body
Contouring, Abdominoplasty, Breast
Surgery, Facial Rejuvenation**

Dr. John Millard, better known as the “six pack doctor,” believes that exercise and cosmetic body sculpting go hand in hand. Naysayers may disagree, but according to this nationally renowned plastic surgeon, the combination of the two is the key to a sought-after physique.

Millard, who has gained widespread media notoriety with appearances on the Today Show, Good Morning America, Inside Edition, Fox News and articles in publications like Newsweek and the Denver Post, specializes in and is dedicated to the most advanced techniques of LipoSelection and body sculpting.

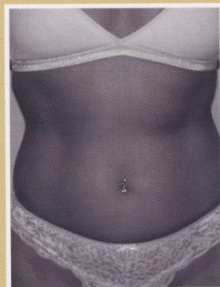
“Our industry is transforming. We’re starting to see the incorporation of minimally invasive body sculpting utilizing LipoSelection as an adjunct to workout regimes,” Dr. Millard affirms. “Currently, they are seen as mutually exclusive. High definition LipoSelection is rapidly changing that,” he continues.

Simply put, High definition LipoSelection is a technique in which Dr. Millard is sculpting and accentuating the appearance of muscles into the abs, chest, obliques, buttock and waist of men and women who work out regularly but are not obtaining the results they desire through work outs alone.

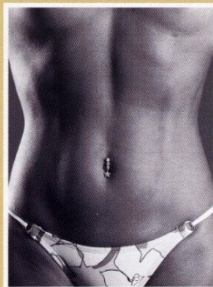
“The technology that we use is not the traditional Liposuction that you may have seen on TV where the

doctor is using a huge probe, ripping the fat out,” Millard says. “We use LipoSelection only by VASER which uses a tiny probe with ultrasonic energy to gently dissolve the fat leaving connective tissues largely untouched. When I remove the fat it is very gentle, more like a violin stroke. With this technology, I have much more control allowing fine sculpting and contouring. I also see less bruising and swelling for the patient and an overall quicker recovery,” he finishes.

With an overall understanding that Colorado is a very health and fitness conscious market, Dr. Millard strives to help his patients achieve healthy, athletic looks. While most of his patients are physically active, that can mean something different to everyone. Millard sees individuals from the most physically fit with areas that just don’t respond to diet and exercise to the patient who needs a jump-start to a more active lifestyle. Regardless, Dr. Millard says that all of his patients, both men and women, share one thing in common: they take ownership of their health and fitness and care about their looks.



Before



After

Six Pack Abs

Plastic Surgery
DOCTOR GUIDE