

WOMEN OF HOUSTON



For the last decade, board-certified plastic surgeon, Dr. Cara Downey, has been using her love of art and medicine to help women unleash the best parts of who they are. “I see people do amazing things every day, but a self-confident woman is an unstoppable force. Being able to play a part in making that happen is an incredible honor.”

She says that her desire for a more patient-centered approach led her to open Heights Plastic Surgery, which also houses its own private AAASF Surgery Center and Studio Essex MedSpa, after realizing the need for a more relational and holistic approach to care.

She decided to name the clinic “studio” because “we see it as just that – a place where we can combine all the mediums of our art to create something different than the corporate medical environment. When the approach is patient focused and comprehensive, the best results can be achieved.”

“Plastic surgery is one piece of the puzzle,” she says. “If you don’t treat the skin, and if you don’t accentuate surgical results with non-invasive technologies, then you haven’t taken your patient all the way. Reaching your aesthetic goal is multifactorial, and maintenance is a lifelong journey.”

Working alongside her husband, board-certified plastic surgeon Dr. Jamal Bullocks, Dr. Downey runs one of Houston’s most premier luxury plastic surgery clinics, and while their credentials are enough to earn the trust of most patients, Dr. Downey says it’s their collaborative spirit and commitment to 1:1 patient care that matters even more to the patients they serve. “We believe in building relationships with our patients before creating a personalized plan of care.”



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