

Dr. Dad

Plymouth plastic surgeon puts family first

By Laura Putzer Photo Wayne Martin

When Dr. George Landis moved from Tucson, Ariz., to the Twin Cities in 1988 to complete his surgery training at the University of Minnesota, he never dreamed he'd be trading in his shorts for a snow cap long-term.

But then, on his first day of internship, he met his wife-to-be, Karen.

"She is a native Minnesotan," he says, "so I stayed. ... My first 10 years of practice was as faculty at the U of M."

Indeed, this native Californian makes a point of shaping his life and his profession around those most important to him — his family first, and then his patients and students.

"I just knew I wanted to take care of people," he says of his choice of profession.

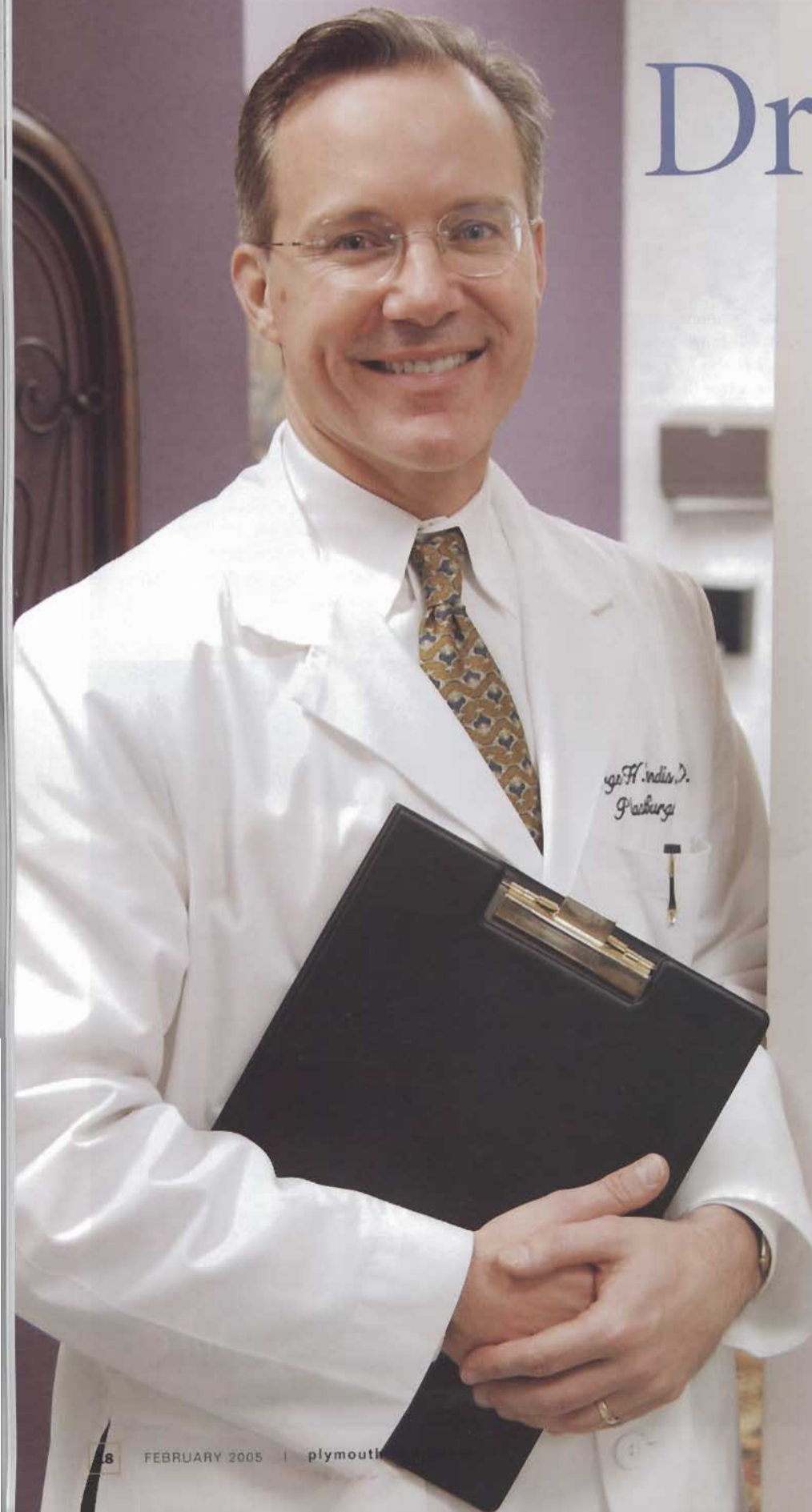
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DR. GEORGE LANDIS, PLYMOUTH PLASTIC SURGEON

"Medicine seemed one of the most powerful ways to do that."

He got exposure to the fields of cosmetic and reconstructive surgery at his Minnesota internship and knew what he wanted to practice.

Through his work at the University of Minnesota, Dr. Landis has performed some of the preliminary research in breast implant rupture and integrity. That relationship is ongoing, as he continues to serve as an adjunct professor primarily instructing



and serving in the cleft lip and palate clinic capacity. In 2001, Dr. Landis added a full-time clinical practice to his plate.

"Very few people understand the scope of plastic surgery," Dr. Landis says, "but I do tumor reconstruction, brain surgery, reattachment of limbs, birth defect repair, and cancer and trauma injury reconstruction. And the plastic surgery options have a tremendous array of tools and techniques available."

The most common cosmetic procedure he sees is breast surgery, which can be augmentation, reduction or lifts. He also does body contouring and tummy tucks, as well as facial rejuvenation and tissue fillers such as Botox. "Eyelids are a lot of bang for your buck," he says. "It's not that big of a procedure, it doesn't cost as much (as a full facelift), and for those who need it, it makes a huge difference."

Work is only part of the Landis life, however. The president of Minnesota Society of Plastic Surgeons has held his Plymouth office for three years, but he moved to the immediate area about 10 years ago. He and his wife of 14 years have two children, Christopher and Anna Marie. Dr. Landis says his hobbies are really his children's hobbies.

"I like to be very involved with my kids," he says. He is a Cub Scout den leader and has been a basketball and volleyball coach. "It's a matter of just making the time," he says. "You have to decide it's a priority – it's a priority for me."

In what little spare time he has, Dr. Landis is a self-described "computer geek. I make home movies and home slide shows by adding music to images (digitally)".

The most important part of plastic surgery, he says, are the people helped through what he does. "Beauty is in the eye of the beholder," Dr. Landis states. "A lot of studies have been done about how improving a person's self-image really results in an improved quality of life. (I see that) it really makes a difference.

"I consider it a real privilege to do what I do," he concludes. "So many people are really helped by the work of a plastic surgeon. I consider the practice to be just a terrific profession – there is hardly a day I don't reflect on it in that way."

For more information, visit <http://drlan-dis.com> or call (763) 551-8985. ■

Laura Putzer is a contributing editor to Plymouth Magazine.