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## Edina's Dr. Jess Prischmann

Breaking the Mold  
in Facial Plastic Surgery



holiday  
gift guide  
part one



# content

NOVEMBER 2012



## DR. JESS PRISCHMANN: HELPING HER PATIENTS PUT THEIR BEST FACE FORWARD

Every day, people are faced with life-changing situations which alter their facial appearance and require medical intervention. Also, people are sometimes born with a face they don't believe best represents how they'd like to look. As the first female facial plastic surgeon in Minnesota, Dr. Jess Prischmann excels in her chosen field. But along with being the recipient of many accolades for her medical expertise, Dr. Prischmann shares her greatest gifts with each of her patients—compassion, empathy and authenticity.



## SHOULD YOU STAY MARRIED FOR THE SAKE OF THE CHILDREN?

Unfortunately, most of us know at least one married couple who constantly bicker in front of people. Worse yet, they often do it in front of their kids. If asked why they don't just get divorced, they state that they are staying married for the sake of their kids. But does it really benefit children for their parents to stay together in an unhealthy relationship?

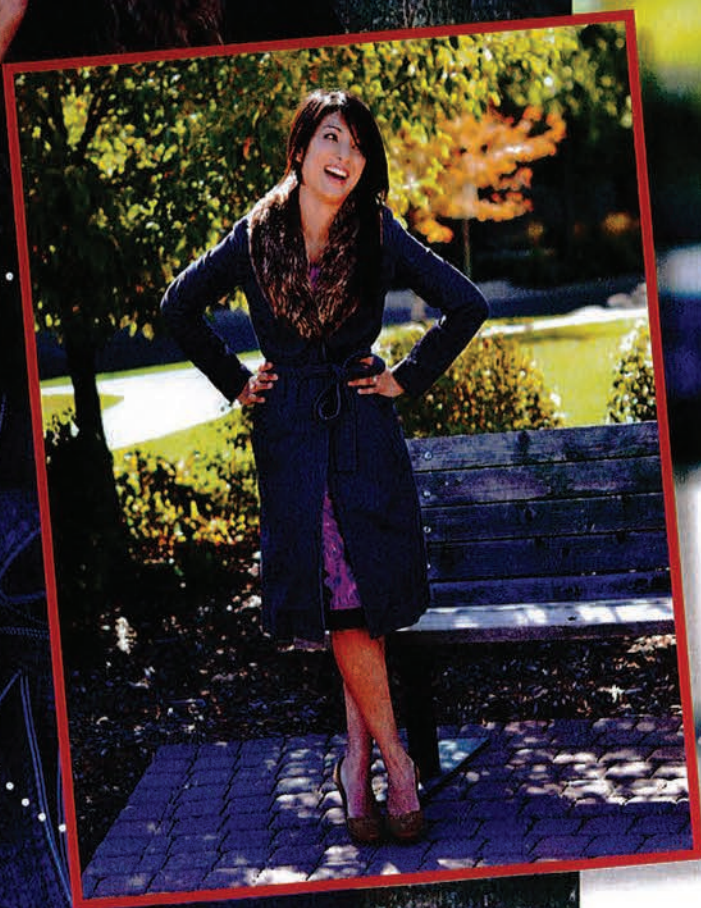


## WHERE TO SPLURGE AND WHERE TO SAVE ON REMODELS

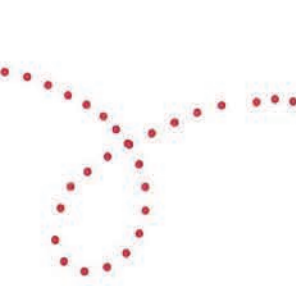
When the housing bubble was at its height a few years ago, many homeowners gave little thought to refinancing or taking out a loan for extravagant remodel projects. Widespread use of home equity loans for renovations was common when home values were climbing, but the housing bust changed many homeowners' views of their home as a source for ready cash.

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# Dr. Jess Prischmann

## Breaking the Mold in Facial Plastic Surgery

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**A**fter speaking with the award-winning, talented and awe-inspiring Dr. Jess Prischmann, words fail me. How do you even articulate the genuine essence of a woman who has accomplished so much at such a young age while still maintaining a humble and down-to-earth presence? Even though she has been blessed with inarguable God-given talents, her true gift is one of unwavering service and compassion for her patients. For Dr. Prischmann, kindness is an instinct and compassion is a lifestyle. While there is no doubt as to the level of her skills, education and expertise, her true gift is her ability to remain authentic to herself while giving the best to each and every one of her patients.

Born in Washington, D.C., Dr. Prischmann, a first-generation Indian-American, moved to Louisiana at age 11 with her mom, Kanta. Jess and her older sister, Ronica, were routinely encouraged by their hard-working mother to indulge their intellect in their studies.

"I recall many Saturdays being dropped off at the library," reflected Dr. Prischmann on her weekend rituals while growing up. "It's not that my mom was against playing, but she felt it was very important for us to read and learn." Her mother also made sure her daughters had tutors while growing up, her focus clearly on giving her children the opportunities to achieve their best.

That endeavor paid off in spades, as by age 14 Jess was already in the 11th grade and attending the Louisiana School for Math, Science and the Arts, a boarding school for gifted and talented students which she refers to as one of the most formative experiences in her life. "It

was there I was allowed to completely be myself. I could be whatever and whomever I wanted," she noted.

Throughout her academic career, Dr. Prischmann has always been an eager student, a voracious reader, a hungry learner and a driven scholar. However, she always defers to humility and is quick to sing the praises of those who have influenced her most.

"My mother and my sister are amazing women," she smiled, reflecting on her family's innate drive and tenacity to excel and make honest lives for themselves, unafraid to roll up their sleeves and embrace the blood, sweat and tears typically associated with pursuing a host of entrepreneurial endeavors. Dr. Prischmann also credits her grandmother, Sumitra, for providing her with invaluable life lessons. "She helped raise my sister and me while my mom worked, and I was inspired by her kind and compassionate ways," reflected Dr. Prischmann.

"My mom worked my whole life. She came here to make a life for her kids," she said. "She was the first woman manager of Air India and over the years, she has always had one or more businesses including a restaurant, a grocery store and even a 7-Eleven® convenience store. She lives in Shreveport now and owns a marina and a restaurant. She is one who will take on any role necessary, from mopping floors to assisting customers."

That salt-of-the-earth mentality was not lost on Dr. Prischmann. In fact, when she was a little girl, she had dreams of one day becoming a doctor, and actually penned a note to herself which she placed in



an envelope that instructed her not to re-open it until she actually became a doctor one day.

"My mom found that note several years later before I became a doctor, but she opened it and read it to me. I basically had written that I would rescue my mom when I became a doctor so she wouldn't have to work anymore," Dr. Prischmann shared.

After graduating from boarding school at age 15, Dr. Prischmann matriculated into Boston University where she set her sights on the field of journalism, aspiring to become an NFL sideline reporter/sports journalist. She worked as a sports writer for the campus paper and covered the NCAA basketball games. She also did some science and financial writing. While at BU, she was tapped to cover the 2000 election, writing for two small political newspapers in Connecticut. She spent a semester in Connecticut reporting on the Ralph Nader campaign through an internship program started by BU in Washington. "I was the Washington correspondent for those two papers, covering Capitol Hill," she recalled. "I attended night classes at the same time."



During that time, feeling the tug toward the physical sciences, Dr. Prischmann applied to medical school and was accepted at Louisiana State University in Shreveport after graduating at age 19 in 2001 from BU with a degree in Journalism. While at BU, she received the Blue Chip Award, the most prestigious student award at BU's College of Communication.

True to her driven nature, she also sent her résumé to all of the TV stations in Shreveport, and the news director for the NBC affiliate offered her a position as a weekend producer. While it may seem incongruent to have a medical student working at a news station while going to school, Dr. Prischmann managed to juggle those roles simultaneously for four years, eventually becoming a weekend anchor.

"I believe we all have many passions in life," she offered, promoting the idea that we don't have to pigeon-hole ourselves to one express area of interest in life. "I still love journalism. I also love medicine. They both tell a story. In order to be a good doctor, you have to be a good listener. Any piece of journalism tells a story of someone's life. With patients, I listen to what they are trying to convey to me. That is the art of medicine."

So compassionate and empathetic is Dr. Prischmann that she gives her cell phone number to all of her surgical patients; she calls them the night after surgery; and will even hold their hands as they drift off to sleep before their procedures. "I take surgery very seriously," she stressed. "I am not just a physician, but I am also a caregiver."

By 2005, Dr. Prischmann graduated from medical school in the





top of her class, and was the first recipient of the Aaron Selber Leadership Award. From 2005 to 2010, Dr. Prischmann completed her general surgery internship and residency in otolaryngology at the Mayo Clinic in Rochester, Minnesota. From July 2010 to June 2011, she was the second female ever to complete the famed fellowship in facial plastic and reconstructive surgery with the world-renowned leader in the field of facial plastic surgery, Stephen W. Perkins, M.D. Two months subsequent to completing her fellowship, she became the recipient of the highly regarded Jack R. Anderson Prize for Scholastic Excellence for earning the highest score in the country on the American Board of Facial Plastic and Reconstructive Surgery examination. She is also the fourth woman to receive this distinguished award.

Such accomplishments cause one to take momentary pause and stand in awe of such a great mind and talented physician, but Dr. Prischmann is not one to indulge ego and arrogance. "My mom once told me that many people have commented on how proud she must be of me," she explained. "But my mom views it in an entirely different light. She told me, 'Jess, even though you are pretty, you didn't earn that. Even though you are smart, you didn't earn that, but if people say that you are a good person, then you can feel proud, as that distinction you did earn.'"

Of course, Dr. Prischmann clearly worked long and demanding hours throughout her academic career and into her professional role. Determination, ambition and motivation are not to be overlooked here. "I have worked hard at developing my skills. I spent many extra hours in the anatomy lab. I did all that I needed to do to make myself a better surgeon," she expressed.

In April 2011, the doors to Prischmann Facial Plastic Surgery were opened, and it is here where patients find inspiration in Dr. Prischmann, the first female facial plastic surgeon in the state. She also laid the groundwork for being the first individual to obtain financing to establish a practice while still completing a fellowship. The financial institution through which she obtained funding typically does not finance practices until a doctor has been working for at least two years, but the bank, realizing her impressive accomplishments as a fellow, granted her the funds. As such, those in fellowships can now apply for financing while still in that phase of their career.

Her practice is equal parts reconstructive surgery and facial plastic surgery, each discipline complementing the other. "It is so amazing to take a face that has been traumatized through illness or accident and restore it again," she noted. "It is also a blessing to help modify one's facial appearance and make that person feel better and more confident."

Dr. Prischmann has proven if you truly want something out of life, you must work for it. But the real gift in obtaining a personal or professional goal rests not in the accomplishment of awards, accolades, monetary gain or fame. It rests in your ability to use your God-given gifts to honor others as authentically, com-

passionately and generously as you can, for when one person gives, two people receive.

When not tending to her practice, Dr. Prischmann loves to spend time with her husband Matt, whom she calls her biggest supporter, and their two dogs, an English bulldog and a German short-haired pointer. They enjoy relaxing on their boat on the lake ("I am the one in the big floppy hat, protecting my face from the sun!"), spending time with friends, shopping and giving of her time at Bolder Options where volunteers are paired with at-risk inner city youth to mentor, support and encourage them. She also volunteers at a free clinic in Shakopee, assisting with medical help for immigrants.

Once a caregiver, always a caregiver. ■

For more information on Dr. Jess Prischmann and Prischmann Facial Plastic Surgery, please visit them at 5201 Eden Avenue, Suite 170 in Edina, Minnesota, call 952-567-7151, or go online at [mnfacialplastics.com](http://mnfacialplastics.com).

## Here are Dr. Prischmann's Top 5 tips for taking care of your skin during the winter months:

- (1) Use SUNSCREEN. Always. Every day.
- (2) Take an inventory of your current skincare products: if your Vitamin C serum is yellowish or has changed color, it has probably oxidized and needs to be tossed out; if your Retin-A prescription is causing irritation, you might want to try a gentler retinol-based product; and, if you haven't incorporated antioxidants into your skincare routine, now is the time to start!
- (3) Invest in a winter "renewal" plan for your skin. This is the best time of year to consider chemical peels or laser resurfacing. By stimulating collagen, reducing brown spots/hyperpigmentation and removing the outermost layers of skin, a good resurfacing plan can get you through the winter months looking better than EVER!
- (4) Consider trying an oil-based cleanser. Safe for all skin types, an oil-based cleanser can remove dirt and impurities without stripping moisture and causing irritation. For oily and acne-prone skin, it can actually help balance oil production.
- (5) Protect your skin from the elements! In the winter months, your skin is exposed to extremes—cold, dry air outside and hot, dry air inside. Chances are, your summer skin routine won't provide enough moisture until spring. A good moisturizer is essential!