

## FIRST PERSON

# “I am Dr Chris Moss”

*... and I'm a plastic surgeon*

**I was inspired to do medicine** because of my father, who was a general practitioner and the classic community doctor. I just loved seeing the passion that he had for medicine and caring for others, as well as how much his patients appreciated him. Unfortunately, he died when I was 15. He never told me to do medicine but I'd always been fascinated by the human body and how it worked.

I specialise in facelift surgery and rhinoplasty. I decided to be a plastic surgeon when I was in medical school. I knew it was for me because it's so creative. You're able to restore people back to how they were.

To me, there was nothing else in medicine that had that much impact. Your face is how you represent yourself, and so when you're not confident with it it's a continual drain.

I started medical school when I was 16 and finished in 1987. I'd been put ahead twice in my classes, which is how I started university so young. I then did 10 years of training in my residency, plus a year of research in the anatomy of the face, so I also have a degree in anatomy.

I have a parallel focus on having state-of-the-art surgical techniques to achieve natural results, as well as improving the skin of the face. If you improve the shape but there's still a whole lot of wrinkles or lines, it impairs the results.

I operate 20 hours a week, I'm in my rooms every week, and I have to confess that I work pretty much every weekend. I have my facial plastic surgery practice, the Liberty Belle Skin Centre (which is the lasers, skin tightening, Botox and filler injections), and Liberty Belle Rx, which completes the picture with high-performance skincare.

My day really starts with an early night the night before. I joke that I live the life of a monk, but when I'm operating, everything has to be meticulous and precise. When you're operating on somebody's nose or their eyelids, every millimetre is vital.

I don't mind admitting I've always made sure that I've maintained things, and that starts with a healthy lifestyle and sun protection. I think it's a part of health and wellbeing. ●

● [chrismoss.com.au](http://chrismoss.com.au)

● [libertybelle.com.au/liberty-belle-rx](http://libertybelle.com.au/liberty-belle-rx)



*As told to* **MEG CRAWFORD** ● *Photo* **JULIAN KINGMA**