



PRESENTING **142** OF THE BEST LOCAL PHYSICIANS IN **41** SPECIALTIES

# TOP DOCTORS

**When you need a new doctor,** it's natural to ask another one for a recommendation. For this article, we borrowed this practice and asked Castle Connolly, the physician-led medical data research team whose job it is to vet doctors around the country, to provide its list of the top physicians in our communities.

*Profiles by*  
**C. J. HUGHES**  
*Photographs by*  
**BOB CAPAZZO**

To compile this list, the company's experts first asked medical leaders in lower Fairfield County to point out physicians believed to be the best in their respective fields. The nominees' credentials, including educational and professional experience, were then carefully checked.

[Here are the final selections. »](#)

**NEIL A. GORDON, M.D.**

*Otolaryngology and  
Reconstructive Surgery*  
BRIDGEPORT HOSPITAL &  
NORWALK HOSPITAL

**NEIL A GORDON, M.D.**

BRIDGEPORT HOSPITAL &  
NORWALK HOSPITAL

539 Danbury Rd., Wilton, CT 06897  
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**SPECIAL EXPERTISE:** *Cosmetic  
Surgery-Face, Nose Surgery/Rhinoplasty,  
Eyelid Surgery/Blepharoplasty*

**B**ecause plastic surgery can carry a stigma, Dr. Neil Gordon takes extra steps to make sure a patient's post-operation face is a plausible facsimile of the one they walked in with. "We take them out of their lives and put them back in seamlessly," whether they are members of the royal family, chief executives or politicians, he explains.

But a recent patient, who is a well-known star on a popular primetime TV program, proved particularly challenging. Since the show's cameras favor extended close-ups, viewers (and celebrity bloggers) might easily detect if her skin suddenly had a starkly different appearance. But after treatment and a few weeks' stay at The Retreat at Split Rock, Dr. Gordon's highly private four-acre complex in Wilton, no viewers were the wiser, which equals success. "When nobody knows they had something, just maybe that they lost some weight, that's what we want," he says.

Much of the inconspicuousness stems from a technique called a "deep plane lift," which Dr. Gordon explains with a peanut-butter-and-jelly-sandwich

analogy. Instead of moving the top layer of bread, or skin, like most conventional face-lifts do, Dr. Gordon repositions the bottom layer, or muscle tissue, to avoid drastically altering the look of the top.

Offered by only a handful of plastic surgeons nationwide, the technique is also a frequent topic of lectures Dr. Gordon gives at the Yale School of Medicine, where he's now a full-time faculty member.

Yale is also the place where Dr. Gordon did his internship and residency after earning degrees at SUNY's University at Albany and the Albert Einstein College of Medicine. Dr. Gordon, who lives in Wilton, also completed a fellowship at Tulane University in New Orleans.

While 85 percent of his clients, who in the past eighteen months have hailed from thirty-nine states and nine countries, are women, he says, men are increasingly turning up as well, in a possible sign of greater cultural acceptance.

"Loose necks are the kind of thing that makes them look old," Dr. Gordon explains, "and makes it hard to be competitive in the business world."