

There's No Place Like Split Rock

Greenwich-based Surgeon Provides Plastic, Privacy



GREENWICH CITIZEN photo /
Keelin Daly

Dr. Neil Gordon

BY JENNIFER CIRILLO

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Nowadays it seems the answer to the common question, "How old are you?" is "How old do I look?"

Age has become a secret number. And so has getting plastic surgery. While everybody's doing it - a little nip here, a little tuck there - that doesn't mean patients want their latest touch up broadcast across the evening news, especially if he or she is a familiar face.

"If you are a well-known face," said Dr. Neil A. Gordon, "it's very important to keep it private."

Privacy, along with a lot of pampering is what drew people from 26 states and seven countries to Gordon's Split Rock Retreat last year, along with the surgical expertise. His two associates, Richard J. Restivo and Craig D. Friedman, also perform plastic surgeries at Split Rock.

Gordon, a facial plastic and reconstructive surgeon, had a vision. It was to provide the best patient care he could before and after surgery. From that vision, Split Rock was created three years ago.

"What Split Rock provides for people is an adjacent inn and spa that is set up to understand all the needs and desires of people who've just had their face done. And it provides privacy, pampering and convenience," said Gordon.

It's at the Wilton retreat where Gordon performs a procedure that he is known for - a Deep-Plane facelift.

Different from a traditional facelift, a Deep-Plane facelift doesn't pull at the skin to lift the facial tissue that has been affected by gravity. It repositions the underlying facial tissue, explained Gordon, who conducts only one facelift per day at the retreat in one of two state-of-the-art operating rooms located in a red barn footprints from the main house.

"The difference between a Deep-Plane

On The Right:
A view of the Split Rock Retreat in Wilton where patients have the opportunity to receive plastic surgery with the comforts of a spa.



Contributed photos

"Split Rock created exactly what you would think, want, need and desire, specifically when getting your face done."

DR. NEIL GORDON
PLASTIC SURGEON

facelift and a standard facelift is that the layer that is tightened is deeper and is not seen on the surface, so you never looked pulled or tight."

Gordon, a Wilton resident, also has an office in Greenwich where he conducts consultations and pre- and post-surgery visits.

"I choose to do a Deep-Plane facelift because it gives a superior, more natural and long-lasting result," said Gordon, part of an elite group of surgeons that only operate on the face and neck.

How much longer?

About 15 years, said Gordon.

Other benefits of the Deep-Plane facelift: Minimal bruising and quick recovery time - patients can be in the public eye 10-14 days after surgery.

While at Split Rock, patients' common questions are answered. There are two suites with five-star hotel amenities such as marble heated bathroom floors, (\$250 first night, \$300 thereafter) and a historically renovated carriage house ideal for couples or those traveling from afar for added privacy (\$350 per night). That comes with a chef to prepare meals, individual house-keepers and doctors, not nurses, monitoring post-surgery progress.

"What Split Rock created was exactly what you would think, want, need and desire, specifically when getting your face done. You don't need a hardcore medical environment," said Gordon. "It's not a medical recovery unit. It's not a hospital, but for people who would normally go home after having their face done, it provides them, with a much more specialized, nurturing and specific environment and it makes their (healing) process much easier and predictable."

Typically, a patient could stay in the landmark property anywhere from one to four nights for locals, 10-14 days for those traveling by plane.

Located in the historic region of Cantoandale, Split Rock dates back to circa 1740.



Above:

The reception area, which features a fireplace.

Registered with the Wilton Historical Society, the inn has maintained its colonial feel with hand-hewn beam and nails, hammered bronze latches and original wide-plank floors, hinting to guests that Gen. George Washington and his army may have even spent a night during the Revolutionary War - which they did.

With the spa know-how of Judith Stanton, a longstanding presence in the industry, at Gordon's side, the no-worry, no-hassle, everything-is-being-taken-care-of atmosphere, the doctor's dream vision was turned into a reality.

Though the spa is run and owned by Stanton, Gordon's patients have access to its services. Common procedures are reflexology, specialty massages and lymphatic drainage.

When it comes to getting plastic surgery while being pampered in privacy there is no place like Split Rock Retreat, or so Gordon stated.

"Right now it's the only place of its kind," said Gordon. "There is no other place like it."

A husband and father of two, Gordon is a tall, dark-haired, seemingly young surgeon. I was curious... "How old are you, Dr. Gordon?" His answer: "That's a secret," and winked.

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FRIDAY, NOVEMBER 30, 2007

BUSINESS BRIEFS

Surgeon signs book

Dr. Neil A. Gordon, facial plastic surgeon and noted author, will be signing his new book, *Your Complete Guide to Facial Rejuvenation*.

The event will be on Saturday, Dec. 1, from 1 to 3 at Douglas Cosmetics, 96 Greenwich Ave. Dr. Gordon is recognized locally and throughout the country for his expertise in the most sophisticated techniques in face lifting, eye and brow lifting and nose surgery. He has offices in



Dr. Neil Gordon

Greenwich and is the founder of The Retreat at Split Rock in Wilton, where he is director of medical services for the New England Surgical Center.

Dr. Gordon founded The Retreat at Split Rock to provide an unusual, all-encompassing environment where patients are pampered and cared for in a private and elegant setting. Dr. Gordon's book covers the very important questions about safety issues and plastic surgery, including how to choose your plastic surgeon, the important credentials to look for, and explanations about anesthesia. Dr. Gordon will discuss his special technique, the Deep Plane Face Lift, which provides a more long-lasting, natural result and faster healing time with no pain.

His book provides before-and-after photos and is written as a guide for those interested in being armed with facts and knowledge when anticipating facial plastic

surgery. Dr. Gordon serves as the chairman of the Committee on Patient Safety and Accreditation for the American Academy of Facial Plastic and Reconstructive Surgery. He is also the coordinator for residency education in the Division of Facial Plastic Surgery at Yale University School of Medicine, where he is a clinical instructor. Dr. Gordon has achieved double board certification by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. He appears frequently in the media to discuss and educate the public about plastic surgery. For information call 981-4944.

There will be a seminar presentation by Dr. Gordon on Monday, Dec. 3, at 7 p.m. on "Facial Rejuvenation 2007: What Makes Sense, What Works, What You Need to Know" at Dr. Gordon's Greenwich office, 116 Mason St. RSVP to 981-4944.