

Dr. Sarmela Sunder empowers women during Women's History Month, and all year round. She escaped from the civil war in Sri Lanka when she was 8-years-old. Coming to the US she spoke no English but learned from watching American cartoons and sitcoms. She went on to win her school spelling bee and eventually became a successful surgeon.

- In college and medical school, Sarmela was told repeatedly that she couldn't become a surgeon, "particularly women of color, don't become surgeons". She was told surgery is a male dominated field and she "would be eaten alive." She was told it was impossible to have a family and be a successful surgeon. She was told her personality was "too sweet" to be a surgeon.
- As a result of her personal experience, it is vital to her to mentor other young women, particularly women of color, who have been told that a surgical career is impossible for them. She has been involved with Girls Inc. and mentors high school, college and medical students.
- One of the main reasons she went into plastic surgery, is because she saw how empowering these procedures are to women." I think there is no better gift to give someone than to help them feel their best. And the vast majority of times, how someone feels is closely linked to how they look - tired, angry, unapproachable. I saw how these procedures helped women regain confidence in their careers, in their relationships and in their own perception of projecting the best version of themselves."

Let me know if you'd like to hear more from Sarmela. Thanks

SARMELA SUNDER, M.D.  
Facial Plastic Surgeon  
Cosmetic & Reconstructive Surgery



Dr. Sarmela Sunder is a double-board certified, fellowship-trained Beverly Hills facial plastic surgeon whose pioneering techniques have gained global recognition from her patients, colleagues, and the media. With over 13 years dedicated to studying the face and neck, she specializes in advanced techniques for optimal results for mid-face lifts, facelifts, neck lifts, eyelid lifts and rhinoplasty. Dr. Sunder prides herself on providing patients with the most natural-looking surgical results possible. Combining her superb skills as both an artist and a surgeon, Dr. Sunder is able to achieve results that truly bring balance and harmony to her patient's face. Dr. Sunder studied at Johns Hopkins University and continued her medical education at Cornell Medical College. In addition to earning her medical degree, she spent years doing extensive research, and published several articles in leading scientific journals. Her academic excellence took her to an elite residency program at Stanford University culminating with her serving as Chief Resident. During her residency, she trained under the mentorship of a pioneer in Rhinoplasty who is a former president of both the American Academy of Otolaryngology – Head & Neck Surgery and the American Academy of Facial Plastic and Reconstructive Surgery. Dr. Sunder was able to merge her artistic ability with her passion for medicine when she was accepted to a prestigious fellowship accredited by the American Board of Facial Plastic and Reconstructive Surgery. She trained under an internationally renowned facial plastic surgeon

and past president of the American Academy of Facial Plastic and Reconstructive Surgery. In addition to dedicating herself to her practice, Dr. Sunder has devoted time and effort towards humanitarian causes in various parts of India, Ecuador and the Philippines. She performs cleft lip and cleft palate repairs as well as ear reconstructions for patients born without an ear (microtia repair). Dr. Sunder is also a participant in Face to Face, a national program offering her services pro bono to victims of domestic abuse. She was featured on an episode of Bravo's *Married To Medicine*.

**Studio Location:** Los Angeles

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