



Contemplating Cosmetic Surgery

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Contemplating cosmetic surgery? You are not alone, however, do your homework!

In 2015, 13.5 million surgical and non-surgical cosmetic procedures were performed in the United States. Women had over 11.5 million, and men had nearly 1.2 million cosmetic procedures. The top surgical cosmetics procedures were liposuction, followed by breast augmentation, abdominoplasty (tummy tuck), eye surgery, and breast lifts; and the top non-surgical cosmetic procedures were botulinum toxin A, dermal fillers, laser hair removal, chemical peels and microdermabrasion.

Most consumers will spend more time surfing the internet than investigating the physician they have chosen to do their cosmetic procedure. On a daily basis, there are numerous reported cases of medical complications from unqualified physicians and nurses treating patients for medical conditions and cosmetic concerns, but unfortunately, only the high-profile or celebrity cases are news-worthy. It is very important to thoroughly investigate the physician who will perform your cosmetic procedure.

In selecting a cosmetic physician, check to see if they are board-certified in the cosmetic specialties of dermatology, plastic surgery, oculoplastic surgery, head and neck surgery, and/or oral maxillofacial surgery. Cosmetic physicians have had three or more years of specialty training in one of the above accredited residency programs, as opposed to physicians or nurses who have taken a weekend course to learn a cosmetic procedure. Often times, non-cosmetic trained physicians will advertise that they are board-certified but fail to disclose their medical specialty or training. Some physicians have added verbiage or may use the title of Aesthetic Medicine, Anti-Aging Medicine, Cosmetic Gynecologist, Laser Medicine or Surgeon to their credentials; however, such titles are not recognized specialties by the American Board of Medical Specialties (ABMS). Therefore, it is important to check your physician's educational background, specialty training, and medical affiliations; board certification with the ABMS; years in medical practice and your local state medical licensing office for any professional misconduct. If contemplating surgery, ask your physician about their staff privileges with area hospital surgical suites, or if the surgical procedure is performed in their offices.