

*Quintessa*<sup>®</sup>

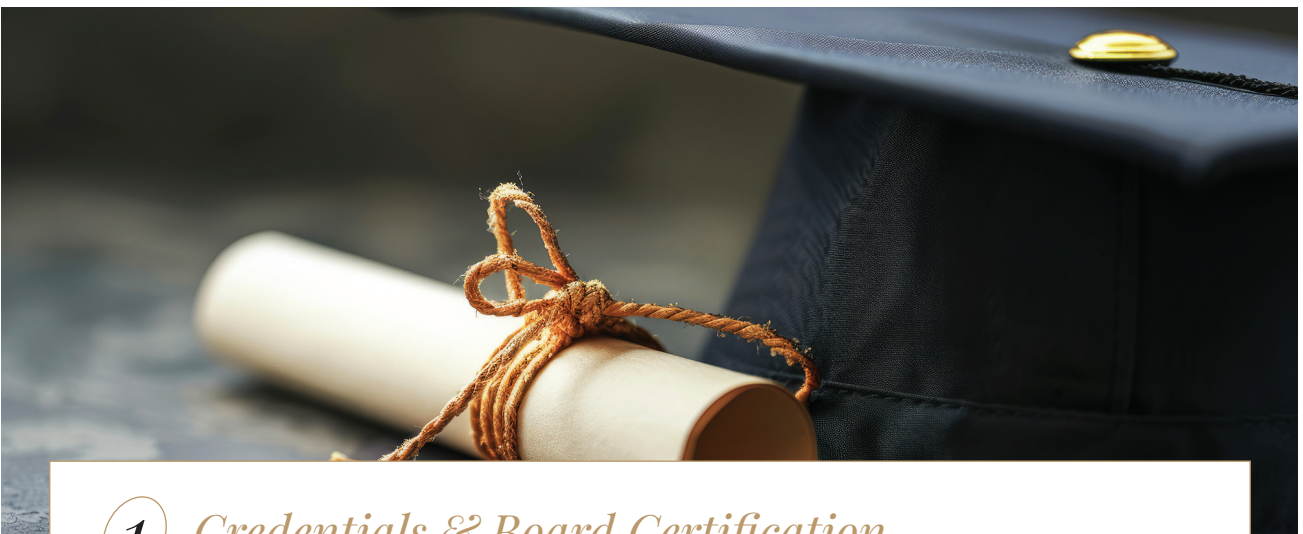
# 7 Things to *Know* Before Choosing Your *Plastic Surgeon*



# *Introduction*

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Choosing a plastic surgeon is a significant step that can impact both your safety and satisfaction with your results. This guide gives you seven essential factors to evaluate when selecting a surgeon, with specific questions to ask and items to look for, ensuring you make the best possible choice.



## *1 Credentials & Board Certification*

### **WHY IT MATTERS**

Board certification ensures the surgeon has completed extensive training and adheres to high standards in plastic surgery.

### **QUESTIONS TO ASK**

- ④ Are you board-certified in plastic surgery by a recognized board, such as the American Board of Plastic Surgery or the American Board of Facial Plastic & Reconstructive Surgery (ABFPRS)?
- ④ How long have you been practicing as a plastic surgeon?

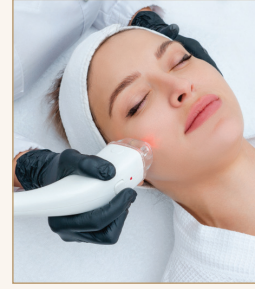
## WHAT TO LOOK FOR

- ② Documentation of board certification in plastic surgery or board eligible, not just “cosmetic surgery.”
- ② Membership in professional organizations like the American Society of Plastic Surgeons (ASPS), American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) or the American Society for Aesthetic Plastic Surgery (ASAPS).

### *Quintessa Aesthetic Centers*

At Quintessa, we take great pride in our team of board-certified plastic surgeons, each equipped with extensive training and expertise in the latest, most advanced techniques. This commitment to excellence ensures our patients receive the highest quality of care and innovative results.





## 2 Experience & Specialization

### WHY IT MATTERS

A surgeon with specific experience in the procedure you're considering will be more familiar with nuances and potential complications.

### QUESTIONS TO ASK

- ④ How many times have you performed this particular procedure?
- ④ Do you specialize in specific types of procedures, such as facelifts, body contouring, or breast augmentations?

### WHAT TO LOOK FOR

- ④ Examples of the surgeon's experience in your desired procedure.
- ④ A focus on the particular area you want to treat, like facial or body procedures.

## *Quintessa Aesthetic Centers*

With over 25 years of experience and specialized expertise, Quintessa's surgeons bring unparalleled skill and dedication to every procedure. Their deep knowledge and refined techniques set a standard of excellence in aesthetic surgery, delivering exceptional, personalized results for each patient.





### 3 Portfolio of Results

#### WHY IT MATTERS

Reviewing before-and-after photos gives you an idea of the surgeon's aesthetic approach and whether it aligns with your goals.

#### QUESTIONS TO ASK

- ⦿ Can I see a portfolio of recent before-and-after photos for this procedure?
- ⦿ Are there patient stories or testimonials available that can help me understand the results and recovery experience?

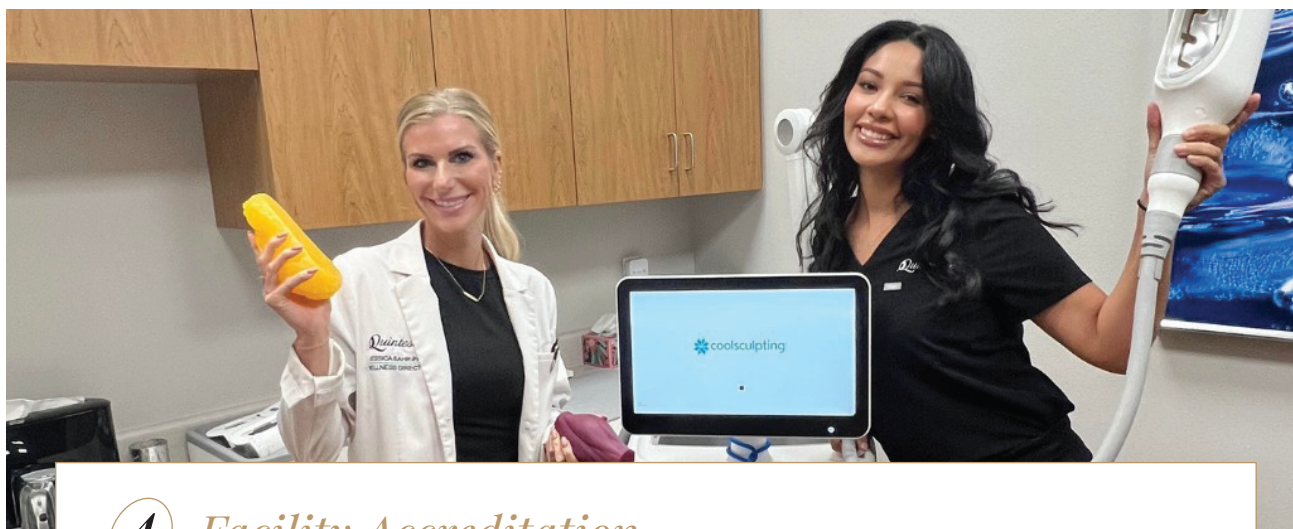
#### WHAT TO LOOK FOR

- ⦿ Clear, high-quality photos showing results that look natural and align with your personal aesthetic goals.
- ⦿ Consistency in results and positive patient feedback.

## *Quintessa Aesthetic Centers*

Quintessa's impressive before-and-after gallery showcases the remarkable transformations our patients achieve. Each result highlights our commitment to personalized care and excellence, allowing potential clients to see the quality and artistry in our work.





## 4 Facility Accreditation

### WHY IT MATTERS

Accredited facilities follow strict standards for safety and quality, which are crucial for surgical procedures.

### QUESTIONS TO ASK

- ⊗ Is the facility where the surgery will be performed accredited by a recognized organization, like the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF)?
- ⊗ What safety protocols are in place to ensure patient well-being during surgery?

### WHAT TO LOOK FOR

- ⊗ Facility accreditation displayed on the center's website or office.
- ⊗ Well-maintained, clean, and organized environment.

## *Quintessa Surgical Center*

Quintessa Surgical Center is proudly AAAASF accredited, reflecting our commitment to the highest standards of safety and care. Our strict safety protocols are designed to ensure each patient's well-being and comfort, providing a trusted, secure environment for exceptional surgical results.



## 5 Patient Reviews and Testimonials

### WHY IT MATTERS

Reading reviews gives insight into past patients' experiences and satisfaction, helping you gauge what you might expect.

### QUESTIONS TO ASK

- ⊗ What do former patients say about their experiences with this surgeon and the outcomes?
- ⊗ Can I find reviews on reputable sites like Google or RealSelf?

### WHAT TO LOOK FOR

- ⊗ Consistently high ratings and positive feedback about both the surgeon's skills and the patient care team.
- ⊗ Testimonials that mention positive experiences with the surgeon's bedside manner, communication, and results.

## *Quintessa Aesthetic Centers*

Quintessa is honored by hundreds of glowing reviews from happy patients on RealSelf, Google, and Facebook, as well as heartfelt video testimonials featured on our website and social platforms. These genuine stories reflect our dedication to exceptional care and patient satisfaction.





## 6 *Consultation Approach & Comfort Level*

### WHY IT MATTERS

A professional, comprehensive consultation lets you feel comfortable with the surgeon and confident in the process.

### QUESTIONS TO ASK

- ⊗ How does the consultation work, and how much time is allocated to discuss my goals and concerns?
- ⊗ What is your approach to patient care and communication?

### WHAT TO LOOK FOR

- ⊗ A welcoming, patient-centered approach where you feel listened to and respected.
- ⊗ Clear explanations, transparency about risks and benefits, and answers to all your questions.

## *Quintessa Aesthetic Centers*

At Quintessa, our unique consultation process is designed to provide a personalized and comprehensive patient experience. From the initial meeting, we take the time to understand each individual's goals and develop a customized plan that ensures confidence and comfort every step of the way.





## 7 *Aftercare & Support*

### WHY IT MATTERS

High-quality aftercare helps ensure a smooth recovery and supports the best possible results.

### QUESTIONS TO ASK

- ⊗ What does the aftercare plan include? Will I have regular check-ins and access to my surgeon post-surgery?
- ⊗ Who can I contact if I have questions or concerns during my recovery?

### WHAT TO LOOK FOR

- ⊗ A structured aftercare plan with follow-up visits and clear recovery instructions.
- ⊗ An accessible team for ongoing support and reassurance during your recovery period.

## *Quintessa Aesthetic Centers*

Quintessa excels at aftercare through a step-by-step approach: thorough follow-ups, personalized guidance, and easy access to resources. Our team supports each patient's healing journey, ensuring they feel cared for and confident at every stage.

BONUS TIP

## *Trust Your Instincts*

Ultimately, your comfort and trust in the surgeon and their team are essential. Trust your instincts—if something doesn't feel right, it's okay to seek additional consultations until you find the right fit.

## *Next Steps*

If you're ready to explore your options, Quintessa Aesthetic Center offers consultations where our team will answer your questions, discuss your goals, and provide insight into what sets us apart in delivering exceptional patient care.

*Schedule Your Consultation Today and Begin  
Your Journey with Confidence*

SCHEDULE MY APPOINTMENT

OR CALL US AT  (262)



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