

PETER J. CAPIZZI, M.D.
STILLWATER PLASTIC SURGERY

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For more information, please contact:
Peter J. Capizzi, MD 704.655.8988
Jessica Couch 704.655.8988

**"10 THINGS" YOU MUST ASK
BEFORE CONSIDERING PLASTIC SURGERY**

HUNTERSVILLE, NC – In response to an alarming survey where numerous women who had had plastic surgery admitted they had not carefully researched cosmetic surgical procedures before surgery, local surgeon Peter J. Capizzi, MD has drafted a variety of “cheat sheets” to help women considering cosmetic surgery make informed choices. He will make these lists of questions available to the general public via his web site in January, 2007.

“Whether someone wants surgery and whether that person is a candidate for surgery are two different things,” said the doctor. “At Stillwater Plastic Surgery, we know that an informed patient will have a better result overall.” Capizzi believes it is part of his job to educate potential patients about not only the surgeries available to them, but also what sort of questions they should be asking.

Often patients are not aware of options and can be at risk of having undesirable results if they make choices that aren’t evidence-based. One example is that of someone who thinks they need a tummy tuck but could really see better results with liposuction which is far less invasive. Capizzi says he feels better knowing that a patient has examined all of their options before considering surgery, since often smaller issues can be resolved with diet and exercise or even non-invasive procedures the practice offers.

Practice manager Michele McCormick says another reason providing the “10 Things” to a mass market is beneficial is because patients can more easily absorb the surgical information they receive in a consultation if they’re primed before the consultation with the basics.

“Recently we’ve started giving patients our “10 Things to Ask” at the consultation stage when they’re often uninformed about surgical basics,” said McCormick, “but now we’re excited to give it to women everywhere because we know how much it helps women do their homework before considering surgery. The “10 Things to Ask Your Surgeon” which Capizzi suggest patients ask include:



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1. Are you a Medical Doctor? MD?
2. Are you board-certified by The American Board of Plastic Surgery?
3. Do you belong to any professional surgical organizations? (ie: American Society of Plastic Surgeons, American Society of Aesthetic Plastic Surgery)
4. What separates you from other surgeons?
5. Do you have hospital privileges to perform this procedure? If so, at which hospitals?
6. Is the surgical facility accredited?
7. Who administers the anesthesia at the surgical facility?
8. How many procedures of this type have you performed?
9. Am I a good candidate for this procedure?
10. What will be expected of me to get optimal results?

“Asking these questions and getting the right answers will only serve to make patients feel more comfortable and I always feel better knowing that I am working with an informed patient,” Capizzi says. “10 Things to Ask *Yourself* Before Having Plastic Surgery”, “10 Things to Ask Before *Breast* Surgery” and “10 Things to Do *Before* Surgery” will also be made available.

Capizzi has also authored recommendations on expediting healing after surgical procedures. A recognized expert in the field of breast surgery, Capizzi is a double board certified plastic surgeon specializing in breast surgery, body contouring and facial rejuvenation. Having received his training at the Mayo Clinic in Minnesota, Capizzi is currently chair of the Plastic Surgery Department at Presbyterian Hospital in Charlotte, NC.

For more information or to download a Capizzi list that applies to you, log onto StillwaterPlasticSurgery.com or call the practice at 704-655-8988.

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