



# How to Choose a Plastic Surgeon

By Dr. Edward Gross

Here are a few things you should look for when seeking a plastic surgeon.



**Edward J. Gross, M.D.** graduated with honors from the University of Miami. He is a board-certified facial plastic surgeon and is a member of numerous prestigious academies. He is the owner of Primera Plastic Surgery & Day Spa.

Appearance plays a big role in our everyday lives. We begin the day looking in the mirror: washing our face, brushing our teeth, combing our hair, shaving, or putting on make-up. For some, the reflection can cause unsettling feelings due to areas of imperfections and premature aging. These conditions are best addressed by a board-certified facial plastic surgeon.

A facial plastic surgeon specializes in performing cosmetic and reconstructive surgery on the face, head, and neck region. Facial plastic surgeons are specially trained and skilled to handle issues and concerns about the face and they perform these procedures ten times more than general surgeons. Any licensed physician can call himself a cosmetic surgeon, so the importance of finding a properly trained and certified provider is paramount.

Choosing a qualified facial plastic surgeon is the key to ensuring that you receive superior care and attain the cosmetic surgery results you desire. Selecting a doctor who is a member of the American Board of Facial Plastic and Reconstructive Surgery (ABFPRS) or American Society of Plastic Surgeons (ASPS) is the first step in ensuring quality care and outcomes. Once you've determined the surgeon you are

considering is a member of ABFPRS and ASPS, there are a few more things to look for.

Find out how many cases the surgeon has done per year and what kind. You may also want to ask if the surgeon has been recognized or awarded any special honors for their work.

It is also important to meet with the surgeon for a consultation to develop a relationship. This will help ensure the surgeon is a good fit for your needs.

Is your surgeon knowledgeable about the latest technology, such as computerized imaging? A surgeon who is up-to-date with the latest technology as well as the newest procedures that are available should play a key part in your decision.

Lastly, find out if the surgeon offers patient testimonials as well as before and after photos. It is imperative that you can see a collection of patients that have received the procedure that you are interested in so that you can see the surgeon's work and read or hear patients' comments about the work done.

And remember, while the expense of plastic surgery may be a concern for you, it is important to not base your decision solely on cost and to consider all aspects of your care when making such an important decision. **L**