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Galumbeck Beauty
contact: Rich Loftus
757.491.3204
rich@galumbeck.com

Consumer, Be Aware: Tips for Those Planning a Plastic Surgery in 2008

your pre-surgery fact-finding increases safety and satisfaction

Virginia Beach, VA –Facelifts, breast implants, mommy makeovers and male liposuction procedures, Botox and Restylane. They're on more than a few wish lists for the New Year. The fact is, a cosmetic surgery isn't the same thing as a cosmetics purchase. Matthew Galumbeck, MD of Galumbeck Plastic Surgery of Virginia Beach, and a board-certified plastic surgeon (ASPS) since 1995, has words of advice for health consumers in search of plastic surgery:

- **First, get yourself as healthy as you can.** A plastic surgeon can enhance the way you look and feel, but it's your responsibility to be fit and procedure ready, and to be honest and forthcoming about your health history.
- **Find a qualified plastic surgeon.** A board certified plastic surgeon is one who has a medical degree, post-graduate fellowships in surgery and plastic surgery, and has been certified as a specialist in plastic surgery by the American Board of Medical Specialties. Use the Dr. locator at www.plasticsurgery.org to find qualified providers in your area.
- **Find the right qualified plastic surgeon.** Ask – is your cosmetic surgeon a reconstructive plastic surgeon who occasionally does cosmetic surgery, or is he or she someone who only or mostly does cosmetic procedures?
- **Bargain shop for electronics, not cosmetic plastic surgeries.** Don't compromise your satisfaction by looking only at the bottom line. Achieve best outcomes by working with a plastic surgeon whose skill, experience and patient care gives you the safety, the results and the quick recovery you deserve.
- **See for yourself.** A plastic surgeon should have before and after photos to show you of patients like you who have had the same or similar procedure you're considering. If they don't... find one who does. If they do, ask questions about what you see.
- **Seek out a plastic surgeon who frequently performs the exact procedure you're interested in.** Healthcare quality measurement studies suggest that best outcomes come from care providers who perform specific procedures or processes with greatest frequency.
- **Liposuction is not a diet - eat healthy and exercise to lose weight.** See a board-certified plastic surgeon for liposuction, a body shaping procedure for safe, permanent removal of fat deposits that are resistant to diet and exercise.

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Matthew Galumbeck, MD is a board-certified cosmetic plastic surgeon with over a decade of clinical experience. Published in medical journals, Galumbeck is member of the faculty of Eastern Virginia Medical School. He is medical director of Spa Phoenix, a medical/day spa in Virginia Beach, founded in 2000. His skin care line, Skin Amnesty® is a 'smart' skin care system developed to offer women and men a regimen to maintain the results of their plastic surgery, and potentially delay the need for further surgery, by restoring healthy skin and protecting it from environmental damage.

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