

# BEFORE YOU CHOOSE COSMETIC SURGERY: A PATIENT'S CHECK LIST

Garden City, NY — The number of people who seek out cosmetic surgeons for face lifts, breast augmentations, nose re-shaping, tummy tucks, chin and cheek augmentations, facial implants, liposuction, and eye-lid surgery among various other surgical procedures is growing like never before. And it's not just people who want to erase the signs of aging: there are plenty of young people, including teenagers who have the encouragement of their parents.

For many people, however, cosmetic surgery is inappropriate: those who have certain pre-existing medical conditions, those who acted upon an ill-considered impulse, or teenagers whose decisions were based upon group pressure.

For many others, however, cosmetic surgery is a thoughtful, life-enhancing choice. If one wants to improve one's appearance and has considered all the variables, cosmetic surgery is an intelligent choice, which can significantly improve one's life, including one's self-image and psychological well being.

[Dr. Kaveh Alizadeh](#), a highly esteemed board-certified plastic and reconstructive surgeon and president of the Long Island Surgical Group, the oldest such group in the United States, has compiled a list of what prospective patients should know before choosing cosmetic surgery.

“To begin, I tell prospective patients that if they choose to have a procedure in an office-based facility, they should make sure that it is accredited and has a safety record as good as the best nearby hospitals,” stated Dr. Alizadeh. “Second, one should make sure that one's surgeon is board certified and rated as one of the best in his or her field.”

In addition, Dr. Alizadeh compiled the following check list:

- The office-based surgical facility should be accredited (certified) by an accrediting agency, it should be licensed by the state, and/or Medicare certified.
- The surgeon should have privileges at an accredited acute care hospital for the specific procedure being performed.
- Patients undergoing procedures that involve sedation should be monitored by registered nursing personnel (certified anesthesiologists).
- If general anesthesia is used, it should be administered by a board-certified anesthesiologist or certified registered nurse anesthetist.
- The emergency equipment and anesthesia monitoring devices should be the equivalent to those necessary for the same procedure if performed in a hospital.
- There should be a separate recovery area with monitoring equipment equivalent to that which available in a hospital.

Dr. Alizadeh also suggested that prospective patients may want to contact the following organizations in order to get information about their surgeon(s) and operating facilities:

- **The American Board of Plastic Surgery (ABPS)**  
215-587-9322
- **American Board of Medical Specialties (ABMS)**  
866-275-2267
- **American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF)**  
847-949-6058
- **The American Society for Aesthetic Plastic Surgery (ASAPS)**  
Toll-free referral service (888-ASAPS-11)

Long Island Plastic Surgical Group, established in 1948 in Garden City, is the largest and longest continuously-running practice of its kind in North America. Its multiple Centers for Excellence include: non-invasive skin care and age management; cleft lip and palate repair; facial re-animation; microsurgery and peripheral nerve repair; comprehensive facial and body cosmetic surgery; burns and complex wound management; hand and upper extremity reconstruction; and comprehensive aesthetic and reconstructive breast surgery.

Since 1954, Long Island Plastic Surgical Group, P.C. has directed a Plastic Surgery Residency Program, which has trained more than 100 surgeons in the art and science of Plastic Surgery.

There are fewer than 100 such programs in the entire U.S