

Choosing Your Surgeon

Written by Arizona Foothills Magazine

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Surgery of any kind is something to be taken seriously. It's true that many cosmetic surgeries have become so safe and so common that we are beginning to forget that in every surgery risk is still involved. In any surgical procedure, we have to take the responsibility to know our doctor and know their training, in order to ensure we are in the safest hands. When choosing your surgeon, be sure that they are certified by a board that is under the American Board of Medical Specialties (ABMS). One important question that patients should ask the surgeon is, "Do you have privilege to perform this procedure in both a hospital or outpatient surgical center (does not include office-based surgical suites)?" Board-certified surgeons will be able to answer, "yes." These institutions check all of the surgeon's qualifications and ensure the public that necessary training was obtained by the surgeon.

"Best time to get it right is the first time," says Dr. Mehdi Mazaheri, referring to all plastic surgery procedures, big or small. His practice is well-respected in Scottsdale specializing in facial rejuvenation and breast and body contouring procedures. Many of the patients he sees for plastic surgery have come to him to repair or alter their previous surgery. After multiple reparative surgeries they end up paying far more than the money they thought they were saving by going to a less-qualified surgeon. "Being board-certified shows adequate and necessary training," says Mazaheri, who himself has 14 years of surgical experience and is the chairman of Plastic Surgery at Scottsdale Healthcare, Osborn. And by board-certified, he is not referring to just any board—he explains that there are many unofficial boards that cause confusion when patients are searching for a surgeon. He is talking about ABMS-recognized Plastic Surgery boards (including Facial Plastic and Oculo-plastic surgeons), which is one of the most important things to look at when choosing your surgeon, as it shows that your doctor has completed all the official required training. "Taking the time to truly understand patient needs and providing them with optimal results really boosts their confidence. This is what I love best about what I do," Mazaheri says.

Dr. Sumer Daiza, who specializes in breast and body procedures at the Plastic Surgery Center of Scottsdale has 12 years of medical and surgical training and urges potential patients to check the doctor's references, and talk to them about what type of certification they have and to be sure it is recognized as one of the 24 member boards under the ABMS, which sets the standards for physicians and patient care. A double board-certified plastic surgeon, Daiza, and all surgeons with this certification, must adhere to a strict code of ethics and maintain continuing educational studies. Any doctor should feel comfortable answering all of your questions, as they are there to help and make the process of choosing your doctor easy and comfortable. "[Plastic and cosmetic surgery] can be really life-changing. I do this because of the impact I can make on somebody's life," Daiza says.

Dr. Larry C. Leverett of the Ahwatukee Center for Aesthetic and Reconstructive Plastic Surgery has 17 years of education, but still confirms that when it comes to surgery, "In everything you do, there is risk," and urges patients considering surgery to "do your homework. Get online and look for board-certified surgeons. Of course this doesn't guarantee a perfect job, but it does guarantee they have had the most adequate training and have gone through peer review testing." Leverett also points out that to be board-certified, doctors must pass an ethics review, meaning that even if they are a great doctor technically, their character and bedside manner must also rank above par, which is another sign that you are in good hands.

This section is sponsored by board-certified plastic surgeons. Please, as with all medical procedures, do your research and ask many questions before making a final decision. There are numerous boards out there. Media that Delivers interviewed members of the American Society of Plastic Surgery for this special advertising section.



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Anthony A. Admire, MD

Highly skilled in all aspects of reconstructive, aesthetic and cosmetic surgery, Dr. Admire is board-certified by the American Board of Plastic Surgery. He is a native Arizonan who relocated to Scottsdale two years ago from Tucson, where he served as Chief of Plastic Surgery at University Medical Center. Dr. Admire also was an Assistant Professor of Surgery, teaching residents and medical school students. Dr. Admire has operating privileges at five Phoenix and Scottsdale hospitals, as well as three outpatient surgery centers. He takes all major insurance plans. His specialties include breast surgery (augmentation, lifts, cancer reconstruction), facial plastics (face and neck lifts, nose reshaping, eyelids) and body contouring (tummy tucks, liposuction).

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7231 E. Princess Blvd.
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www.AdmirePlasticSurgery.com



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Richard D. Anderson MD, FACS

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Dr. Richard Anderson is certified by the American Board of Plastic Surgery and is dedicated exclusively to cosmetic aesthetic plastic surgery of the face and body. He is a nationally recognized expert and has been named to America's Top Doctors, Top Plastic Surgeons, and The Best Plastic and Reconstructive Surgeons by the Castle Connolly Guide. In 1985, he established the first cosmetic surgery center in North Scottsdale, which is located on the campus of Scottsdale Healthcare Shea.

Anderson Plastic Surgery, PLLC
10210 N. 92nd St., Ste. 307
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Robert Cohen MD, FACS

Dr. Cohen is an Ivy League-trained plastic surgeon who is board-certified by the American Board of Plastic Surgery. Dr. Cohen is a fellowship-trained specialist in aesthetic surgery, and he is particularly known for his excellent results with cosmetic breast surgery and "Mommy Makeover" surgery. Dr. Cohen has been featured in multiple news segments, magazines, and leading plastic surgery journals for his contributions to the field of aesthetic plastic surgery.

Scottsdale Center For Plastic Surgery
5410 N. Scottsdale Rd., Ste. A500
Paradise Valley • 480-423-1973 • www.scottsdalecenterforplasticsurgery.com



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SUMER L. DAIZA, MD, FACS

Dr. Sumer Daiza is a double board-certified plastic surgeon who specializes in cosmetic surgery of the face, breast and body, including the mommy makeover. She treats each patient with personalized care and attention and listens attentively to each patient's desires and needs. She uses the latest advances in surgical techniques to provide her patients with beautiful, natural results. She operates only in certified surgery centers across the Valley.

Plastic Surgery Center of Scottsdale
Loop 101 and Scottsdale Rd.
North Scottsdale • 480-585-0011 • www.DrDaiza.com



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Larry C. Leverett, MD, FACS

Dr. Leverett feels that patient education is paramount in making the decision to have surgery. That decision is very personal and extremely gratifying. Whether you are seeking an aesthetic enhancement or normalization of disfigurement, the results of surgery can have a rewarding effect on your appearance, self-esteem and in many cases your career. Dr. Leverett believes it is important for you to understand all your options, the expected results and the scope of the procedures you are considering. He provides a well trained, educated, nurturing staff dedicated to detail and service as well as optimization of your surgical experience. Remember - Beauty is in the details... Allow Dr. Leverett and his team to customize a plan to meet your goals.

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Mehdi K. Mazaheri MD, PC

Dr. Mazaheri is a double board-certified plastic surgeon that has been in private practice since 2003. Dr. Mazaheri serves as the chairman of plastic surgery at Scottsdale Healthcare since 2004 and recently became a clinical faculty member of the Scottsdale Mayo Plastic Surgery Residency Program.

Dr. Mazaheri specializes in aesthetic surgery of the face, body and breast. Body contouring after massive weight loss or the "Mommy Makeover" after childbirth constitutes a large part of our practice. We strive to give exceptional customer service and make certain that your plastic surgery experience is exceptional, starting from your initial phone call to your post operative visits. Additional non-surgical services include Botox, Juvederm, facial Vi peels, dermaplaning, and other medical-grade skincare products and services.

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James M. Nachbar, MD, FACS

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Richard J. Jevese, MD, PC

Exchanging Breast Implants Our practice specializes in breast augmentation. One of the more frequent questions we get asked is about the need for replacing breast implants. It is a common misconception that one must replace breast implants every 10 years.

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We believe there should be a specific reason to replace breast implants such as implant failure or the desire to increase the implant size. One of the best reasons is often to exchange saline implants for silicone implants. The softness and physical properties of the silicone gel more resemble breast tissue. This is especially true for women who wish to increase size.

If we can be of any assistance to you, please contact us on our website, www.Shapely.com.

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Jeffery J. Ptak MD, FACS

Dr. Ptak has extensive experience in cosmetic and reconstructive procedures for the face, eyes and body. Board-certified by the American Board of Plastic Surgery, Dr. Ptak devotes a great deal of time consulting with patients to plan a precise strategy of minimally invasive procedures that collectively create the most natural look while avoiding the possibility of “overdone” appearances. He offers the full scope of the most advanced procedures, giving him maximum flexibility in both surgical and non-surgical solutions. As a member of the American Society of Plastic Surgeons and the American Society of Aesthetic Plastic Surgery, Dr. Ptak has helped patients recover confidence and restore their radiance with an exacting mix of art and science for more than 20 years.

Aesthetic Surgery
9431 E. Ironwood Square Dr.
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For more information on board certification and choosing the right plastic surgeon for you, please visit www.plasticsurgery.org.