

Finding the Best Surgeon For You

from our Patient Coordinator to You



SOUTHERN SURGICAL ARTS

The Art of Beauty



Actual patient of SSA.

There are several factors to consider when choosing a surgeon, including experience, training and education. Some common questions include:

- 1) *Has he had sufficient training for this?*
- 2) *Is this procedure one that he does on occasion, or is it his specialty?*
- 3) *How many times has he performed this procedure?*
- 4) *Is he exceptionally talented?*
- 5) *What results can I expect?*

There are many things to consider when deciding who is most qualified to perform your surgery.

Your Research

Let's say that you are considering getting a cosmetic procedure. You need to know what is involved. After searching online, you learn that a tummy tuck, for example, involves the removal of excess skin often combined with liposuction to remove fat in the abdomen, lower back and love handles. The surgeon will form a new belly button. It is all done on an outpatient basis with IV sedation or general anesthesia, and the recovery can take up to two weeks.

Where should you go to have it done? What kind of doctor specializes in this procedure? A quick search reveals that both plastic surgeons and cosmetic surgeons perform Tummy Tucks. Which one is better?



Finding Your Specialist

Plastic surgeons are highly-trained in reconstruction and repair of the face, hands and body. They help burn victims and other physical traumas as well as people with birth defects. A small portion of their training covers cosmetic procedures (i.e., surgical procedures designed to enhance the aesthetic appearance of the body and face). Plastic surgeons are required to perform only 55 cosmetic surgery procedures before obtaining a board certification in plastic surgery.

Board-certified cosmetic surgeons undergo extensive training. To be eligible they must have current ABMS, AOA, RCPSC or ABOMS board certification in one of the following specialties: Dermatology, General Surgery, Obstetrics and Gynecology, Ophthalmology (with completion of an American Society of Ophthalmic Plastic and Reconstructive Surgery, Inc. (ASOPRS) approved Oculoplastic fellowship), Otolaryngology, or Plastic and Reconstructive Surgery. In addition, surgeons who are certified by the American Board of Oral and Maxillofacial Surgery (ABOMS) with an M.D. degree are eligible.

This is followed by a one or two year fellowship where they do nothing but perfect their cosmetic surgery techniques; 300 procedures are required before they are board-certified. In the case of Dr. Deal and Dr. Nease, they each performed more than 700 in their cosmetic surgery fellowships, and since then continue to perform about 1200 procedures each year.



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Your Selection

Now you can begin your search for a qualified cosmetic surgeon that is right for you. Ask your friends and family for recommendations. A person who has firsthand experience with a doctor can give you details about their experience and the results.

Once you have some names, or even if you were unable to get any referrals, you can find additional information you need through an online search. If you search for the name of the procedure and your city, you will find several options. Review each website for the following details:

- *Who are the surgeons?*
- *What type of board certifications do they have?*
- *How long have they been in practice?*
- *What procedures do they specialize in?*
- *What do their patients say about them?*

Proof of Experience

Once you have a general idea about the practice, you should take a look at the before and after gallery. Look for pictures of the procedure you would like to have.



By asking around and looking through before and after photos during your online research, you will be able to narrow your choices down to a couple of practices. It is best to have a consultation with several qualified surgeons before making any decisions.

Customer Focus

When you call or email to make an appointment, pay attention to the response that you get from the office staff. Even though it is the doctor who will perform the surgery, a lot of your communication will be with the staff. You need to be sure that you feel comfortable and are treated with respect.

Your Expectations

When you go in for your appointment, you will have a chance to ask the cosmetic surgeon any questions you may have. Once you have explained your aesthetic goals, the surgeon will provide recommendations that are customized to your needs. A professional, experienced cosmetic surgeon will help you understand what to expect during the procedure, your recovery, and your final results. Be sure to fully disclose all the details of your medical history including medications and allergies. This information may seem insignificant to you, but it may make a difference to your surgeon.



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Your Evaluation

When you meet the surgeon, make sure you like him. Does he seem kind and genuine? Does he explain things in terms you understand? Ask him how many times he's performed this procedure and how many each year. Verify all of the information you gathered from your online search and your review of his practice website. Check on the location of his surgery centers. A qualified surgeon will have affiliations at hospitals nearby and will perform your surgery in an accredited surgery center.

Once you have consulted with all of the cosmetic surgeons you are considering, you will probably have a favorite; someone with whom you feel comfortable with and who understood your goals. Establishing a rapport with your surgeon is very important.

Your Cost

What about price? It is usually a factor when considering to have your procedure. To accurately compare costs, ask the patient coordinator of each practice for a breakdown of exactly what charges are included in the quoted price. Be cautious of a practice that leaves out essentials such as implants, special post-surgery garments, and multiple follow-up visits. Although pricing is a consideration, choosing the right surgeon with the training, experience and education is more important.



About Southern Surgical Arts

This information has been provided to you by Southern Surgical Arts' patient coordinators. It is our sincere hope that you find this information helpful.

Our board-certified cosmetic surgeons, Dr. Carey Nease and Dr. Chad Deal, have dedicated their practices to producing natural-looking results with minimal downtime and scarring.

Carey Nease, MD

Dr. Nease began as a talented artist and decided to use his skills in the medical field as a cosmetic surgeon. He is certified by the American Board of Cosmetic Surgery, the American Board of Facial Plastic and Reconstructive Surgery, and the American Board of Otolaryngology. He has performed more than 10,000 cosmetic surgeries and is best known for his facelift procedures.

Chad Deal, MD

Dr. Robert "Chad" Deal holds certifications from the American Board of Cosmetic Surgery as well as the American Board of Surgery. He has performed more than 3,000 major cosmetic procedures. He performs a wide range of cosmetic surgeries but is particularly talented in the area of Mommy Makeovers.



Carey Nease, MD

Chad Deal, MD



Your Guide to Choosing a Cosmetic Surgeon

Name of Surgical Procedure
Referrals from Friends and Relatives
Candidates from Online Sources

CANDIDATES	#1	#2	#3
Years of Experience			
Education			
Operates at an Accredited Surgery Center			
Has Hospital Privileges			
Before & After Photos			
Reception from Office			
Schedule Consultation			
Expertise			
Attitude			
Testimonials from Other Patients			
Price			
Rate from 1 to 10			



We have two locations in Chattanooga, TN and Calhoun, GA. Most of our surgical procedures are performed at our accredited surgery center at our Calhoun office or Physician's Surgery Center at Parkridge East Hospital in Chattanooga, TN. If circumstances require a hospital setting we also perform cosmetic surgeries at Memorial Hospital in Chattanooga, TN, Grandview Medical Center, in Jasper, TN and Gordon Hospital in Calhoun, GA.



New Office Opening June 2014

Since 2003, Southern Surgical Arts has brought the latest laser technology to Chattanooga and North Georgia. As dedicated surgeons to the art of science of cosmetic surgery, we continue that mission with our new location containing two state-of-the-art surgical suites.

For more information about cosmetic surgery, please feel free to contact us anytime. We'd love to hear from you.

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