



How To Choose a Plastic Surgeon

By Kristen Anderson

Cosmetic surgical procedures such as liposuction, tummy tucks, and breast augmentation, continue to grow in popularity. People are seeking such procedures for many reasons, but mostly, they just want to look their best. Research has shown that people feel better, have higher self-esteem, and increased confidence when they are happy with how they look.

But in a world with “pop-ups” here, billboards there, and information overload, how do you go about choosing a plastic surgeon? After all, plastic surgery affects your physical appearance, so it’s important to make an informed decision. There is a lot of information and recommendations available, but what do you trust? Where do you begin?

Your Tribe

Listen to your community. Word of mouth carries a heavy vote.

- Ask friends
- Ask family
- Ask local medical professionals

Local plastic surgeon, Dr. Chad Tattini recommends the same. “Word of mouth is a great way of immediate research on a plastic surgeon.”

Use Your Resources Wisely

Advertisements and questionable information will always circulate our world. When it comes to your plastic surgery and healthcare needs, utilize credible resources, and know your physicians.

Tattini cautions, “I would never choose a plastic surgeon based on their advertising. Some sub-par plastic surgeons spend a lot of money on billboards, mailers, etc., which doesn’t always equate to quality. I would recommend asking friends you may have in the medical community that probably know best. You can also check various websites for reviews such as HealthGrades or RealSelf.”

Make wise accommodations for the array of information you can access.

- Find credible resources
- Assess surgeon credentials
- Scroll the Google reviews

HealthGrades provides information on your healthcare continuum. It includes information from your physician, healthcare providers, and

hospitals, allowing you to browse the credentials and make an informed decision. RealSelf is another online resource to help patients explore information on aesthetic procedures and physicians.

Utilize information from leaders in healthcare, such as Mayo Clinic and Cleveland Clinic. Both organizations have websites with search engine capabilities to provide research on anything from a common cold to brain surgery. These organizations are recognized worldwide to be leaders in healthcare. Use and trust their research-based information for your healthcare needs.

Know your physician certification status. Tattini agrees, stating, “There are a lot of board certifications out there, but always go to a board-certified plastic surgeon for your elective cosmetic surgery, given their rigorous training in general and plastic surgery.”

Cosmetic surgery procedures are only a small portion of the surgical categories that a plastic surgeon trains to perform, while all of the training categories for a cosmetic surgeon are dedicated to procedures that enhance appearance rather than restore function. Sometimes, doctors who perform cosmetic surgical procedures are board certified in a different specialty such as gynecology or family medicine. You should always choose a surgeon who is board certified in plastic surgery.

The American Society of Plastic Surgeons has a website, which can also be utilized for supplemental research. This site provides credible information on what to expect for plastic surgery procedures. It also provides a search engine to find local board-certified plastic surgeons. Research the surgeon, including their credentials and training.

To find the best fit for a local and personal touch, utilize online reviews. Tattini encourages clients to, “do their own homework too. Checking on-line reviews and looking at the surgeon’s training is also

important in the research process.” Check what people are saying online, such as Google reviews. These testimonies are often transparent, and from people that have visited the practice locally.

The Stats

Know your healthcare provider. This may seem obvious, but in a world with constant interruptions this is an easy misstep. You might see a primary care physician without rummaging through their certifications. However, when a doctor is changing your physical appearance, trust is necessary.

“I think a lot of patients come to me because their research has revealed to them that I am Ivy League trained. It was one of the most competitive to get into and to finish. I felt very prepared to begin my practice upon completion of residency,” said Tattini, who completed plastic surgery residency at Brown University.

Find a healthcare provider that is excelling in their field. With any surgery, understanding the provider’s education and experience is a crucial step to consider.

With so much information available at our fingertips, utilize the opportunity to find information wisely. When it comes to your health care, and especially with aesthetic procedures, prepare yourself by working with a physician you trust. This partnership will ensure that you will be extremely satisfied with the outcome.

For more information about any surgical or non-surgical procedure, make a consultation appointment with Dr. Tattini’s office at chadtattini-md.com or 309.664.1007. His office is located at 902 N. Hershey Rd. in Bloomington and includes a state-of-the-art, on-site operating room.

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Chad Tattini, MD

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