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M A G A Z I N E

Jeffrey S. Poulter, MD, FACS

## The Newest Innovation in Plastic Surgery

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# The Newest Innovation in Plastic Surgery

By Sara Browning



Dr. Poulter injects BOTOX filler to ease forehead creases in a patient with the help of nurse Molly Braun, RN, in a procedure room at Senara.

**D**r. Jeffrey Poulter, board-certified plastic surgeon, is teaming up with Senara Health and Healing Center, integrating expertise in plastic surgery with health and wellness.

The most recent development in plastic surgery has come to Peoria thanks to Dr. Jeffrey Poulter and the owners of Senara Health and Healing Center, the city's newest health spa, located just off Willow Knolls Road. Over twenty years, Dr. Poulter's practice has grown to exceed 18,000 patients from across the Midwest in his Peoria

and Bloomington offices. While patient wellbeing has consistently been a focus of his practice, Dr. Poulter is elevating patient care to a new level by providing patients with services designed to enhance treatment and results.

## Linking Health and Beauty

Dr. Poulter connected with Senara owners, Dr. Keith Kramer and his wife, Penny, to discuss entwining their visions for helping patients.

Dr. Poulter integrates plastic surgery with health and wellness at Senara, a place where you can come to reconnect with yourself, take a break from everyday life, and focus on your health and wellness in a setting where you can relax and recharge.

All the pottery on display at Senara is hand-thrown by artist Jacob Grant.



"We wanted to provide them with a great plastic surgery product along with a great wellness product," Dr. Poulter says. "It's a health and wellness atmosphere more than a treatment atmosphere. Senara allows me to take care of my patients in their pre-op and post-op periods and give them a great result."

Well-known among medical professionals throughout Illinois for his integrity and dedication, Dr. Poulter and his staff go the extra mile to ensure the quality and safety of patient treatments. Non-surgical facial rejuvenation procedures, such as BOTOX® and Juvederm®, take place at Dr. Poulter's Senara location. Surgical procedures are performed at his Bloomington office and accredited surgery suite.

"BOTOX and Juvederm are some of our more popular procedures," says Dr. Poulter. "BOTOX treats the lines in the neck, the wrinkles along the sides of the eyes, between the eyebrows and along the forehead. Juvederm is very versatile, most commonly used for improving contours around the eyes, lips, from the nose to the mouth, jowls and chin."

#### Strengthening Mind & Body

Dr. Poulter utilizes Senara's amenities and services to assist his patients in preparation for consultations and procedures. Contrary to the clinical waiting rooms of ordinary medical offices, patients who visit Dr. Poulter's Senara location have access to a health spa and tranquil garden that create a secluded, peaceful atmosphere.

"When patients have a body contouring consult, before speaking with me they can change into a robe and spend some time in the

relaxation room where healthy snacks and infused spa water are available. They have that moment to relax and let all their thoughts about their hectic day dissolve."

Dr. Poulter says patients may also use the relaxation room in preparation for BOTOX® or Juvederm®. "We have a very effective topical anesthetic our patients can apply, which makes the procedure almost pain free. Patients go to the women's lounge, wash their face and apply the anesthetic.

They wait in the relaxation area for the medication to take affect. This spa setting has a calming effect on those first-time patients who may be just a little anxious. We're focusing on mental as well as physical health and wellness."

Body contouring patients can prepare for procedures by taking advantage of the personal training and nutritional counseling available at the new location. "Pre-operative patients who need body contouring, such as tummy tucks, liposuction and breast enhancements, get their best results when they're at their goal weight," according to Dr. Poulter. "Patients who work with personal trainers are more likely to be successful at achieving their goal weight prior to surgery. Likewise, nutritional counseling is important to help patients lose weight and make smart choices. Nutritional counselors provide guidance on portion control and food types essential to improving health and wellness."

In addition to preparation, post-operative patients at Senara can receive assistance as they recover from surgical procedures. "Massage therapists help with lymphatic drainage to clear the swelling and decrease post-op pain. After BOTOX® and Juvederm® injections, patients can return to the relaxation room, applying ice as long as they need prior to checking out."

Facial rejuvenation patients can receive special attention from aestheticians at Senara that are available to assist with their skin care. The aestheticians can reapply patients' makeup before patients leave so



they can return right away to work or home. "Patients don't have to leave my office looking like they just had a procedure done," says Dr. Poulter, adding that the service is "very convenient" for patients.

## Patient-Focused Care

Dr. Poulter combines expertise and precision with integrity and experience to create beautiful results in a comprehensive center designed to meet all patients' needs. Because patient health and wellbeing are the center of his practice, Dr. Poulter works diligently to ensure his patients are safe, comfortable and exceptionally pleased with the results.

During consultations, Dr. Poulter addresses patients' concerns and discusses their goals for surgical and cosmetic enhancement as well as the outcomes they can expect once the procedure has been performed. Private consultations allow him to guide his patients toward the appropriate procedure that will provide the



**Aesthetician Monica Borries applies make-up on a patient after a BOTOX injection by Dr. Poulter at Senara before she goes back to work.**



Crystal Wheeler, Certified Personal Trainer and Certified Nutrition Advisor at Senara, works with Clint Forney, a Technical Coordinator at Peoria Notre Dame High School.

highest level of satisfaction. Procedures combine advanced surgical technology with the latest in pain control techniques.

"For patients, cosmetic surgery is more than just a procedure, it's an experience. We want patients to feel comfortable, secure and cared for every step of the way. We are here to assure that patients can relax and enjoy their transformation knowing that their health and wellbeing are our top priorities."

Dr. Poulter's patients relish the maximum degree of privacy that comes with a surgical suite accredited by the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF) in his Bloomington office. "Privacy is very important for patients, and it alleviates some of the stress of surgery. Because I have my own surgical suite, I don't have to rush through a procedure. This advantage greatly benefits the patient without increasing the cost of surgery. Following abdominoplasty, I admit patients to the hospital and pay for their first night, making sure they receive optimal care—managing their pain, treating nausea and minimizing the risk of blood clots."

Dr. Poulter says the integration of plastic surgery with health and wellness is a combination unlike any other in Central Illinois. "It's a total wellness service to patients that just isn't available anywhere else. It's a whole different idea of wellness, and it's provided at an incredibly high level with attention to detail and patients' needs first."

*Dr. Jeffrey Poulter earned his undergraduate degree with honors in Biology at the University of Illinois and his medical degree at the SIU School of Medicine. He completed his general and plastic surgery residencies, becoming board-certified in both, at the University of Missouri-Columbia.*

**For more information you may contact Dr. Poulter at [info@drpoulter.com](mailto:info@drpoulter.com) or 309-692-6869 in Peoria at Senara Health and Healing Center. You may call toll-free at 888-841-4108 or 309-663-1222 in Bloomington. Visit [www.drpoulter.com](http://www.drpoulter.com) for additional information, before and after photos, patient stories and videos.**