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BLOOMINGTON - NORMAL'S BUSINESS-TO-BUSINESS JOURNAL

Center for Cosmetic and Laser Surgery

A Place of
Comfort, Care
and Results

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Center of CARING

Dr. Jeffrey Poulter, MD makes the Center for Cosmetic and Laser Surgery a place of comfort, care and results By Jack McGee

Redefining yourself through plastic surgery takes confidence. Not just confidence in yourself, but in the facility and professionals in whose hands you place your care. Regardless of the many reasons why different people seek out cosmetic procedures, most are looking for the same things: experience, knowledge, honesty and a touch of artistry.

Many in Central Illinois have found all of that in the skilled hands of Dr. Jeffrey Poulter, MD, who heads the Center for Cosmetic and Laser Surgery. Dr. Poulter is a board-certified Illinois plastic surgeon with more than 18 years of experience treating over 16,000 patients. Board certification means that the doctor has extensive training, experience and proven skill in the full range of body, breast and face procedures, both cosmetic and reconstructive.

One of the few plastic surgeons in Central Illinois who specializes in body contouring surgery, Dr. Poulter has extensive training and experience in all aspects of the surgery. The Center's full range of procedures includes body contouring, breast enhancement and reconstruction, facial rejuvenation, medical spa services, reconstruction and correction. Both women and men come to Dr. Poulter's Centers in Bloomington and Peoria. Most come from Central Illinois, but some come from significant distances,

including outside Illinois. They come for a variety of reasons. Many are cancer survivors who have had a mastectomy and come for breast reconstruction.

Women who have had multiple births want to regain their pre-pregnancy state in order to feel better about their bodies. Others simply want to improve their appearance with a tummy tuck, breast lift, liposuction or cosmetic facial surgery.

"What we really do is create and restore confidence and self esteem through body contour surgery, and we do it in a safe and caring environment," says Dr. Poulter. "There are a variety of reasons why different people experience a loss of self confidence, or have never had it. Some are born with congenital or developmental abnormalities, have had breast cancer, or have lost the shape they once had due to pregnancy."

The Center also works with men and women who have experienced massive weight loss through bariatric surgery. After a lifetime of obesity, these patients are now much healthier and feel better, but they also become candidates for plastic surgery in order to remove drooping skin that results from bariatric surgery or massive weight loss from diet and exercise.



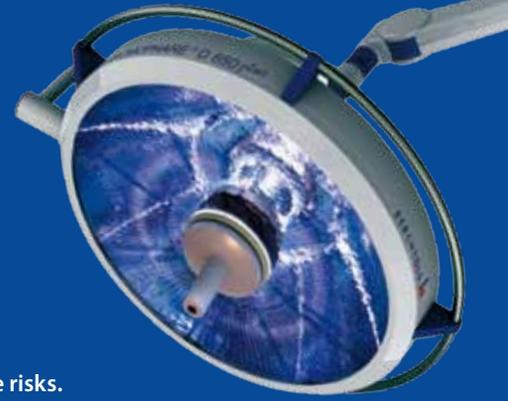
Dr. Jeffrey Poulter, MD, who heads the Center for Cosmetic and Laser Surgery



Rachelle Spickard, Front Office Coordinator



Choosing the Right Cosmetic Surgeon



While 8 out of 10 cosmetic plastic surgery patients are satisfied with their surgical experience, nearly 40% believe they should have been more proactive. Dr. Poulter stresses that if you are considering cosmetic surgery, be sure to look into the credentials and experience of the physician performing the procedure. He also stresses the importance of taking these essential steps:

1. Do your homework. Research the procedure, the benefits and the risks. Go to www.plasticsurgery.org for the latest information on plastic surgery procedures.
2. Have realistic expectations. Discuss your surgery with your plastic surgeon. What are your expectations? What do you need to understand about side effects and recovery time?
3. Be informed. Ask to talk to patients who have had your procedure. Ask to see pictures of results of other patients who have had the same procedure.
4. Don't let just anyone inject anything into your body without the advice of a doctor.
5. When choosing your plastic surgeon, check for certification by the American Board of Plastic Surgery. You can check online at www.abplsurg.org or by calling 1-866-ASK-ABMS.
6. Many plastic surgeons with a focus on cosmetic surgery have earned membership in ASAPS (American Society for Aesthetic Plastic Surgery, Inc.).



"The most unique and difficult patients to care for are the massive weight loss patients," Dr. Poulter notes. "They have lots of hanging skin and soft tissue to be removed and remodeled. The work I do for these patients is an incredible confidence booster for them. It changes their body and their self esteem."

Dr. Poulter and his staff understand that cosmetic surgery is more than just a procedure, it is an experience. They strive to ensure that patients can relax and enjoy their transformation, knowing that their health and well-being are top priorities.

Dr. Poulter combines the safety of a fully equipped hospital with the comfort and amenities of a high-end spa. Advanced care amenities include forced air warming system and warming gowns to keep patients warm and comfortable before and after surgery.

"We also use special compression boots that have been shown in scientific clinical trials to improve and minimize the risk of patients getting blood clots on the operating table or in the post operative period," he explains. "And we also use specialized padding in the OR that helps to minimize pressure points during body lift surgery."

Dr. Poulter believes that a well-trained staff is every bit as important as the latest medical equipment. Staff training is greatly emphasized.

"I instill in them that their primary goal is to provide each and every patient with incredible service," he says. "Patients need to feel like they have been waited on and that they truly are the most important patient in the clinic that day."

Another critical aspect of the practice is pain management. Many people put off cosmetic surgery because they anticipate that the process will be painful.

"I spend a lot of time managing and minimizing pain for patients," says Dr. Poulter. "I utilize multi-modal pain management techniques that include various medications that help to minimize discomfort by attacking different pain centers.

I also use a pain pump that drips local anesthesia into the area so that patients have less discomfort in the post-operative period."

This doctor also tries to make sure that he is always "in." "If a patient calls and has a problem, they know they can get in and be seen, and feel comfortable that we have looked at them and not just triaged them over the phone. Being here for my patients is very important to me."



Lisa Snyder, Office Manager and Patient Coordinator

QUICK STATS

Company Name

Jeffrey S. Poulter, M.D., FACS
Center for Cosmetic
and Laser Surgery

Type of Business

Full service cosmetic
surgical practice

Employees

6

Years in Business

18

Keys to Success

A high level of repeat business
due to excellent word of mouth
from satisfied patients

What's Ahead

Increase concentration regionally
throughout Central Illinois

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