

BLOOMINGTON/NORMAL  
area

Promoting  
Healthier Living  
in Your Community

- Physical
- Emotional
- Nutritional

April 2011 **FREE**

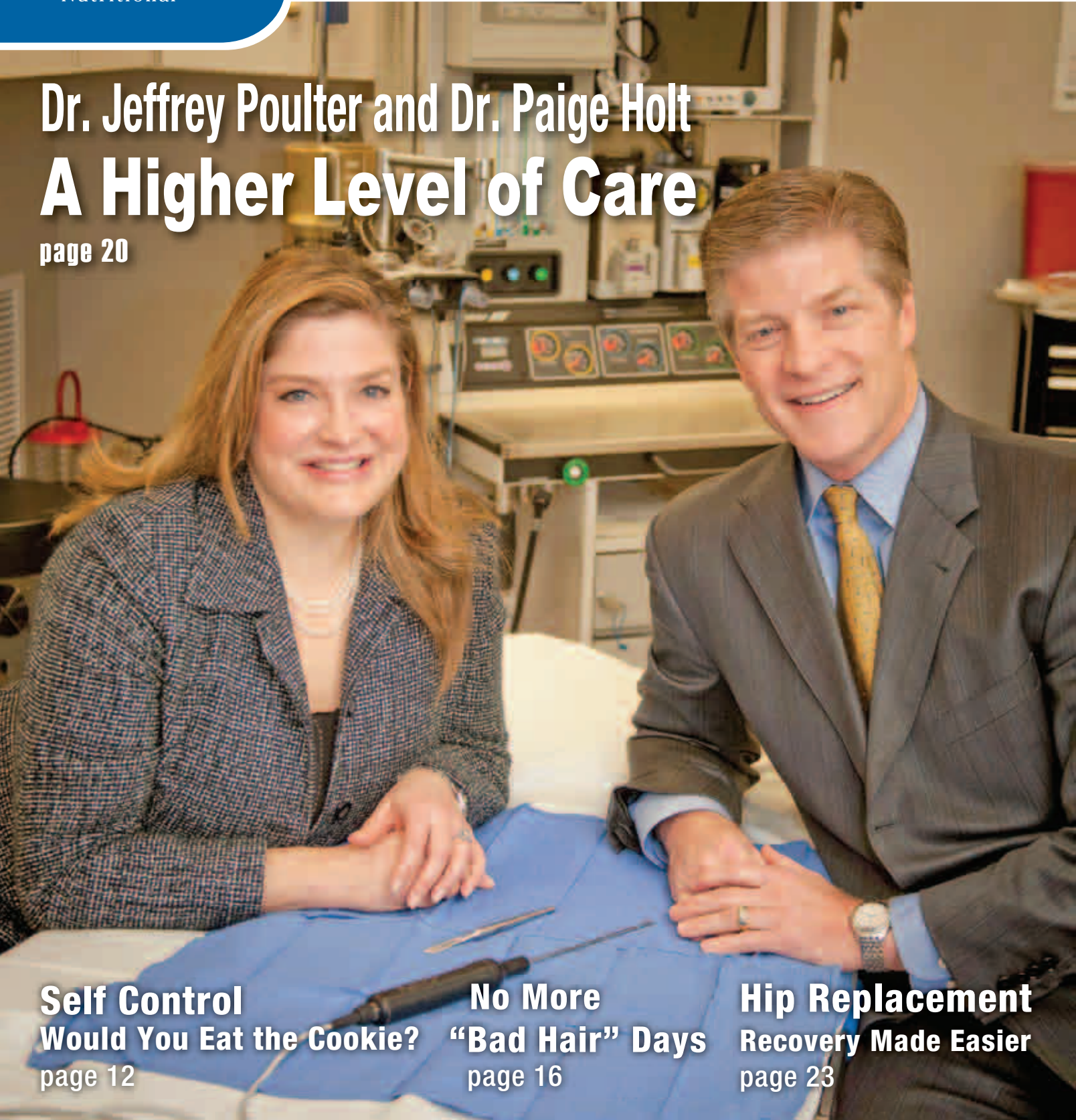
# HealthyCells™

www.healthycellsmagazine.com

MAGAZINE

## Dr. Jeffrey Poulter and Dr. Paige Holt A Higher Level of Care

page 20



**Self Control**  
**Would You Eat the Cookie?**  
page 12

**No More**  
**“Bad Hair” Days**  
page 16

**Hip Replacement**  
**Recovery Made Easier**  
page 23

# Dr. Jeffrey Poulter and Dr. Paige Holt: A Higher Level of Care

By Amy Kennard

## **“It’s about the patient, not just the procedure”**

Anyone considering plastic surgery has questions. What can I expect? What’s involved in the procedure? What will be my recovery time and where will I spend it? What are the risks? No matter if you’re looking at surgery for reconstructive or cosmetic reasons, it’s a decision that should not be made lightly.

Bloomington’s Dr. Jeffrey Poulter, M.D., FACS cares not only about the procedure, but the process of the patient as well. In professional practice since 1992, Dr. Poulter’s impressive resume includes a host of honors, certifications, staff appointments and faculty/research projects. What you won’t see on that resume is the personal side of a physician who has a reputation for giving his patients superior attention and support.

## **Calling Bloomington home**

Dr. Poulter’s Midwest roots include graduating with honors from both the University of Illinois and Southern Illinois University School of Medicine. It was there he discovered plastic surgery. “I got to see some of the incredible changes that plastic surgeons were able to make, both in reconstruction and cosmetic procedures,” he explains. “I liked the fact that I was taking care of physically healthy patients who needed revisions or reconstructions.”

So how did the Bloomington/Normal area become Dr. Poulter’s place to call home? “Even though I’m from the Midwest, I looked all over the United States after completing my residency, but ultimately settled in Bloomington.” He continues “I’ve raised my family here and we’ve become very involved in the community. Bloomington has a lot to offer with regards to the arts, education and medical care, and we can do quite a bit in our little community here that many towns our size can’t.”



### Personalizing the “popular” procedures

Dr. Poulter performs a variety of the most popular procedures out there today, from body contouring (liposuction, abdominoplasty and body lifting) to breast enhancement (enlargement, lift, reduction and reconstruction), facial rejuvenation (face, brow and eyelid lift, ear surgery, laser resurfacing and rhinoplasty) as well as a number of medical spa services such as BOTOX®, Dermal fillers, laser skin resurfacing, laser vein treatment and laser hair removal.

One procedure that is near and dear to his heart is reconstructive surgery after massive weight loss. “I’m one of the few physicians who will take the time necessary for the massive weight loss patients,” he says. “You have to be willing to commit four to six hours for the surgery and pay a lot of attention to detail.” These are the patients, Dr. Poulter says, who really have such a huge difference made in their lives by this surgery. They’ve lost massive amounts of weight – either through diet or surgery – and have all this extra skin with no place to put it. “It makes their lives difficult,” says Dr. Poulter. “Unfortunately, the procedure is considered cosmetic unless abdominoplasty is required to repair hernias, treat extensive rashes or alleviate walking difficulties. Therefore, under many cases it’s not



Seated (L to R): Lisa Snyder, Office Manager; Dr. Poulter; Dr. Holt  
Standing (L to R): Rachelle Spickard, Front Office Coordinator; Molly Braun, RN;  
Tonya Wells, Certified Clinic Medical Assistant;  
Deanna West, CST; Cathy Greeneberg, Aesthetician;  
Olivia Bellis, Receptionist; Andrea Currie, RN



covered by insurance.”

His attention to detail is evident in his pride of one of his specialties – belly button reconstruction. During abdominoplasty, skin is removed or revised and replaced in the correct position. Inevitably, the belly button is shifted or otherwise compromised. Dr. Poulter takes painstaking

time to revise belly buttons, even making incisions inside the belly button to decrease scarring and maintain a more natural looking appearance.

Another popular option today is the Mommy Makeover. For many women, one of their biggest concerns about themselves after giving birth is regaining their shape. According to Dr. Poulter, the three most common procedures done today are liposuction, breast augmentation and abdominoplasty.

“Sometimes,” says Dr. Poulter, “I’m able to combine procedures to minimize the cost to the patient. It’s possible to do two procedures with one anesthetic, since it’s that first hour of anesthesia that is the most expensive.”

### Post-surgery care with kid gloves

All procedures are performed in Dr. Poulter’s own AAAASF (American Association for Accreditation of Ambulatory Surgery

Facilities)-accredited, surgical suite. In addition to its state-of-the-art operating room, it also includes a fully equipped pre-op and post-op recovery room with Bear Hugger and Bear Paws patient warming systems as well as compression boots to aid in preventing blood clots. All anesthesia providers are joint commission accredited, including certified registered nurse anesthetists.

“Some patients are concerned about the anesthesia,” he says. “There is newer, faster-acting anesthesia that leaves your system faster and has less incidents of post-anesthesia nausea. If you don’t have a family history or difficulties with anesthesia in the past, there’s very little risk involved. We make sure we have the patients’ past medical history and prescribe a plan in advance of their procedure.”

When general anesthetics are used, Dr. Poulter is surprisingly old-school when it comes to recovery. “When I perform an abdominal-plasty, lower body lift or other involved procedure, I admit my patients to the hospital overnight, which is adjacent to my facility. I pay for their first and usually only night of hospital stay because there I can provide them with more aggressive pain management care and can address post-op concerns such as hydration, pain management and the prevention of blood clots. I’m available 24/7 if they need me.”

In fact, one of the most frequent questions he gets from his patients is the post-surgery pain management. “I utilize a multi-modal pain therapy, whether that is a pain catheter with a local anesthetic for a couple of days, dextromethorphan (cough suppressant) or muscle relaxers. They may need none, one, or all three. I encourage them to be mobile as soon as possible to prevent blood clots, alleviate discomfort and get their GI systems back on track.”

**About the patient, not the procedure**

“My mission – and the mission of my staff – is to do the right thing for the right indication, every time.” Dr. Poulter praises his staff by saying, “They are very attuned to patient care and open to their concerns.”

“The right thing” may not always be surgery, he adds. “The first question I ask a person who comes to see me for a consultation is, ‘Why are you doing this?’ I want to know if it’s for them, or their boyfriend, or their spouse. If it’s for someone else, I tell them they’re not a good candidate at this time. In addition, if they’re in the middle of a social change – a death of a spouse, a divorce, a job change – that’s not a good time for plastic surgery. They need to be in a stable social environment to have this done so if they do have any complications they don’t have that angst that they made the wrong decision.”

His patients appreciate not only his bedside manner, but the quality of his work. “The most frequent comment I get is, ‘This procedure changed my life.’” he says. “It’s so gratifying to have someone write me a two or three page letter and say something like, ‘I know you do this every day but this did so much for my confidence, and I participate and am a more vibrant person because I like myself again.’” Sometimes that kind of reaction surprises me, but I know my staff does such a good job that I’m never surprised that my patients feel they have had a good experience.”

**Dr. Jeffrey Poulter and Dr. Paige Holt are board-certified plastic surgeons. Dr. Poulter has over 18 years of experience. The Center for Cosmetic and Laser Surgery has offices in Bloomington and Peoria. For more information, call (309) 663-1222 in Bloomington or (309) 692-6869 in Peoria or call toll-free (888) 841-4108. E-mail your questions to [info@drpoulter.com](mailto:info@drpoulter.com). For additional information, before and after photos and videos of various procedures, visit [www.drpoulter.com](http://www.drpoulter.com) in the privacy of your own home. For more information about Dr. Holt, visit [www.osfplasticsurgery-bloomington.org](http://www.osfplasticsurgery-bloomington.org).**

**New IPL Treatment Helps Restore Skin**

Dr. Poulter’s practice is now offering Lumenis® IPL (Intensed Pulsed Light) Skin Treatment, which can be used to help restore the skin’s youthful appearance. Lumenis IPS is the newest, most powerful and efficient IPL machine made, using a light-based device that uses filters to isolate specific wavelengths of light. This treatment improves the appearance of photoaged skin, removes age spots (sun-induced freckles), most benign brown pigments, and redness caused by broken capillaries through a process called photorejuvenation for face and body. The process requires no downtime and has a low risk of side effects. The gentle, non-ablative treatments use broad spectrum light to treat the face, chest, neck and hands—virtually anywhere that sun damage shows.

**Meet Dr. Paige Holt**

Dr. Poulter’s practice recently added a new associate, Dr. Paige Holt, a plastic surgeon specializing in cosmetic, reconstructive and hand surgeries. In addition to treating conditions of the hand such as carpal tunnel, hand trauma, tumors and Dupuytren’s contracture (a hand deformity), Dr. Holt brings new technology and procedures to the practice including Vaser® liposuction, an improved version of traditional liposuction that results in less swelling and bruising and a quicker recovery.



Dr. Holt came to the Bloomington area from Quincy with her husband, Dr. Travis Holt, a colorectal surgeon, and says she’s pleased with all that the city has to offer. “We have family here,” she explains, “and it’s a very family-oriented town. There’s always something to do on the weekends – from activities to shopping to great restaurants.”

What impresses her most about Dr. Poulter’s practice itself is the AAAASF surgery suite. “To have that all-encompassing facility is a huge benefit to the patients. They receive exceptional, one-on-one care and are able to recover in comfort and privacy.”

With regards to Dr. Poulter, Dr. Holt has this to say. “He has so many years of experience, and an excellent staff. It’s great to have that camaraderie.” Dr. Poulter notes, “Dr. Holt truly cares about her patients, and that’s the key to this practice. In addition, she brings a new perspective on things – fresh eyes and fresh ideas.”