

# Feeling Good About You

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## “You look great!”

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How many times have you had someone compliment you, making you feel on top of the world all day? Feeling good about yourself is important to enjoying your time here on earth. Self esteem can come from a job well done, accomplishing an athletic feat, serving others, or just from making it through the day (and having the confidence you will get through the next).

For some, physical attributes and poor body image can weigh down their self esteem. A very small percent have body dysmorphic syndrome, where their own perception of their physical deformity is much worse than the actual deformity. For many others there is a true physical change that - either large or small - keeps them from feeling good about themselves.

I love my profession as a plastic surgeon because I can help patients feel good about themselves again. Sometimes it is as easy as reinforcing that the body part they dislike is not only normal but actually is very attractive and should not be treated. There are others for whom a major or even minor procedure can make a significant difference in their lives.

Removing an unsightly facial scar due to an accident can erase the haunting memories of the others involved. Correcting breast asymmetry can diminish the dread of intimacy for newlyweds. Mothers who sacrificed their bodies to bear and raise children can be made whole again with body contouring. Following breast reduction, young women no longer have neck and back pain associated with large breasts. No longer embarrassed, they can enjoy physical activity and buying clothes that fit.

By taking care of details others pass over, focusing on pain-reducing techniques, and having the experience of over 17,000 patients in the last 18 years, I have been very fortunate to have been able to serve the central Illinois area restoring a positive body image and self esteem to those I care for.

*Dr. Jeffrey Poulter is a board-certified plastic surgeon with over 18 years of experience.*

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