



# Atlantic Center for Plastic & Cosmetic Surgery



# Procedures

## Breast

- [Breast Augmentation](#)
- [Breast Lift](#)
- [Breast Lift w/Augmentation](#)
- [Breast Revision](#)
- [Breast Reduction](#)
- [Breast Reconstruction](#)
- [Male Breast Reduction](#)

## Body

- [Arm Lift](#)
- [Body Contouring](#)
- [Buttock Fat Transfer](#)
- [Liposuction](#)
- [Mommy Makeover](#)
- [Post Bariatric Surgery](#)
- [Thigh Lift](#)
- [Tummy Tuck](#)  
[\(Abdominoplasty\)](#)

## Face

- [Brow Lift](#)
- [Ear Surgery](#)
- [Eyelid Surgery](#)
- [Facelift](#)
- [Nose Surgery \(Rhinoplasty\)](#)

## Men

- [Male Breast Reduction](#)
- [Body Contouring](#)
- [BOTOX®](#)
- [Eyelid Surgery](#)
- [Facelift](#)
- [Liposuction](#)
- [Tummy Tuck](#)  
[\(Abdominoplasty\)](#)

## Non-Surgical

- [BOTOX®](#)
- [Dysport](#)
- [Juvederm](#)
- [Restylane](#)
- [Perlane](#)
- [Sculptra](#)
- [Latisse](#)
- [Microdermabrasion](#)
- [Laser Treatments](#)



## Considering Cosmetic Surgery? Read These Tips First!

Plastic surgery is useful for any number of reasons. Cosmetic surgery can dramatically improve the way you look and increase your confidence and self-esteem. Knowing about the procedure, risks, benefits, and costs are important and this article can help you with your questions.

Take a look at images of the past clients of any surgeon you're interviewing. Scrutinize the portfolio and find out what kind of work the doctor can do. Feel free to ask whatever questions come to mind, and make sure to ask for some references to talk to about the doctor's work. This way, you'll be able to tell if you're picking the right surgeon.

Ask to see your cosmetic surgeon's credential before having a procedure. Ask where he went to school, when he graduated and how many similar procedures he has done. Additionally, talk to him about pictures of previous patients.



Before you decide on plastic surgery, consider other options that are available to you. Sometimes there are procedures that are less-invasive and will help with your condition without surgery. Proper use of cosmetics and other things could help you look better so that you can avoid surgery.

Ask the surgeon to explain any risks that may be associated with the surgery and what can be done to minimize the risks. Conduct your own research to verify all statements made by the surgeon and reevaluate your plans for surgery, once you are fully aware of all the risks involved.

Many millions of people have cosmetic surgery every year, so if you are considering it, there are many others. Some people have cosmetic surgery to address medical problems, and others do it simply to feel more self-confident. Whatever your reasons for investigating the subject are, you will likely have a better experience if you make use of good advice like that which this article has provided.



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