

# Dr. Lucie Capek

## Board Certified Plastic Surgeon

**QUESTION:** How would you describe your practice?

**ANSWER:** We are dedicated to cosmetic plastic surgery and non-surgical aesthetic treatments. This year we celebrate 20 years in the Capital District providing state-of-the-art services in an intimate, boutique-style setting. For patients, this means experience, expertise and very personalized care.

**QUESTION:** What do you see trending in plastic surgery right now?

**ANSWER:** We are seeing more male patients seeking to improve their appearance. They range in age from 30s to 60s and the top three surgical procedures they request are rhinoplasty, eyelid surgery and liposuction. Men are also using our skincare services and enjoying the benefits of injectable treatments such as Botox® and fillers.

I have also seen an increase in facelift surgeries, despite the availability of many non-invasive rejuvenation treatments. Educated patients realize that at some point 'resetting the clock' with a natural-looking, modern facelift will give them the best and most comprehensive results.

Finally, we are getting more requests from women for labiaplasty, or female genital contouring. This mirrors a national trend, as the Internet makes the discussion of these concerns more accessible and acceptable. A significant number of these patients are very young, in their teens and early 20s. The procedure can significantly improve quality of life for women who have discomfort or self-esteem issues related to this part of their body.

**QUESTION:** What non-invasive treatments are popular in your practice?

**ANSWER:** For many years, injectable treatments such as neuromodulators (e.g. Botox ) and fillers have been extremely popular. In my practice,

patients can have these done by me, especially as a new patient, but also by our expert nurse injector, Karen. She is especially good at lip contouring with fillers.

We are very excited to have a new laser, the Cutera Excel V™, which offers exceptional results for the treatment of sun damage, brown spots, rosacea and leg veins. This powerful device takes results to a new level.

Our aesthetician, Kelly, is always busy with the popular Hydrafacial treatments, which are incredibly versatile for conditions ranging from acne to sun damage and aging. This no-down-time treatment leaves skin glowing and is a perfect option before a special event and for skin health maintenance.

In the last few years, micro-needling has become popular. During this treatment, our nurse or aesthetician uses the SkinPen® to create tiny needle punctures in the skin that signal the body to repair the area with new collagen. This helps to decrease acne scars, fine wrinkles and even stretch marks.

**QUESTION:** What do you tell people who question the value of cosmetic surgery?

**ANSWER:** I often see patients who are conflicted about spending money on themselves, especially for a cosmetic enhancement. Usually, however, the patient has spent time and energy thinking about what bothers them. I tell them that if we can get rid of their concern, all that energy can be better spent elsewhere in their life, on positive endeavors. I am a quality-of-life doctor. When I help people look their best, their confidence soars and great things happen.

**QUESTION:** What should a person consider when choosing a plastic surgeon?

**ANSWER:** When choosing a plastic surgeon, it is important for you to first check the doctor's training and board certification. Verify that they are a member of The American Society of Plastic Surgeons. An ASPS Member Surgeon is a doctor with more than six years of surgical training and experience, with at least three years specifically in plastic surgery and who is board certified in plastic surgery. Their training and experience make them uniquely qualified to perform your cosmetic or reconstructive procedure. Your consultation is an important time to decide if you feel comfortable with your surgeon. You should clearly understand your procedure and have realistic expectations of the results that can be achieved. You will be partners in the process, so good communication and trust are key to a good outcome. **HLM**



Dr. Lucie Capek is a board-certified Plastic Surgeon practicing in the Capital District since 1996. Her areas of expertise include cosmetic surgery of the face, breasts and body for women and men. She is recognized for her signature blend of advanced technology, personalized care and an artistic eye for natural-looking results. Dr. Capek received her doctorate from McGill University and her surgery training from Harvard, Washington University and University of Toronto. As a former ballet dancer with a love for the arts, she was naturally drawn to a specialty that strives to perfect form and function. She believes that helping her patients look their best improves their wellness and quality of life.

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