

# INTERESTED IN BOTOX?

How to Choose the Right Doctor to Administer  
Your Treatment



## **A Letter from the Author**

*From the desk of Karen Singer, MD*

Dear Friend,

You know that choosing the person to administer your Botox treatment is more than simply going to the nearest doctor available and demanding an injection. Many medical professionals are now certified to administer the treatment, but, as in all fields, certain ones are able to deliver better results and create a smoother experience for you before, during, and after your treatment. It only makes sense to put in the time and effort during the selection process so that you find the right surgeon for you. That said, how do you effectively perform that search?

Cosmetic changes of any kind can be daunting, and so I will help point you in the right direction of finding the best person to treat you. Just by asking for this report shows me that you are putting yourself far ahead of most people. For that, I congratulate you and hope that you find in this report the information and the encouragement that you need to find a plastic surgeon that will delight you

Dedicated to serving you,  
Karen Singer, MD

## Starting Out

There are many ways to begin looking for your future doctor, but I would highly recommend skipping the initial vague internet search and immediately jump to the website of the American Board of Plastic Surgeons ([www.abplasticsurgery.org](http://www.abplasticsurgery.org)). Like many other field-specific organizations, ABPS ensures that all doctors certified by them are capable of performing in the niche: plastic and cosmetic surgery.

ABPS has a database through which you can verify certification of a doctor you already have in mind, or you can search for a certified professional more broadly by location. The current URL to this search is <https://www.abplasticsurgery.org/public/verify-certification/ModDefault.aspx?section=SurgeonSearch>. Or, you can search for it in the Public section of their website.

## Checking the Credentials

Once you've come up with a few possibilities, it is time to do a bit more digging and learn more about them. Some questions you may want to keep in mind as you search include:

- Where did they go to medical school?
- Where did they do their internship and residency(ies)?
- What is their specialization?
- Did they complete an accredited residency program in plastic surgery?
- Are they certified by the American Board of Plastic Surgeons? (See *Starting Out*)
- What other specialized training have they had?
- How long have they been practicing?
- Have there been any complaints filed against them?

Perhaps the most important question of all is whether the plastic surgeon, physician assistant, or nurse practitioner performs the injections. *It is desirable that it is done by the plastic surgeon*, but the answer to this question might not be clear on the website. If you cannot find it, I highly recommend you ask the office when you call.

## Reviewing the Procedures

Some doctors will offer certain procedures while others do not. Not only should you ascertain as to whether or not they deliver Botox treatments (although it is likely that they do), but I would recommend you explore what other procedures they offer so that you can understand what their skills are. Does that professional usually do body treatments, or do they have a lot of experience in performing injectables and facial procedures?

You can also call the potential office and ask them about the most common treatments purchased by other customers. Reading the testimonials on the doctor's website and external reviews from other services can also help you understand what the doctor will be like.

## **Scheduling a Consultation**

Once you've got one or maybe two doctors you're interested in, it is time to schedule a consultation. This is the time when you can meet the doctor, see the facility, and get an overall feeling for the way things work in that practice. The doctor and staff should make you feel relaxed and help alleviate any anxiety that you have around the Botox treatment. They should ask you for current medical conditions and medications that you have and are taking, so having a list with the exact titles and doses will help you avoid last minute stress when the question comes up.

## **Knowing the Price**

The doctor's website may or may not have mentioned procedure fees. If not, be sure to ask during your consultation. The consultation is also when you can ask if there are payment plans (there usually aren't unless it is a large procedure), and whether or not there are significant extra costs that aren't accounted for.

*Do not be ruled by price alone.* Though tempting, low costs can also mean low quality outcomes of a treatment. You are getting the Botox treatment to look your best, and you don't want to waste money on a treatment that was poorly done.

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## **A Final Word**

I've found that patients who do this research up front are far more likely to be pleased with the results of their procedures. This is because they have the confidence that they are working with the right surgeon. I hope you have found this report helpful in shedding some light on finding a reliable and trustworthy doctor. Clearly, this is not a matter to be taken lightly.

You have taken a great step in finding a doctor to administer your Botox treatment just by reading this report; imagine how prepared you'll feel when you walk into the office on the day of the treatment *knowing that you're getting the best attention and care possible!*

Should you have any other questions or concerns about surgeon selection that were not adequately addressed here, please feel free to call our office.

At your service,  
Karen Singer, MD  
727-547-9244



## About Dr. Karen Singer

Dr. Karen Singer earned her undergraduate degree at Harvard University, graduating Magna Cum Laude with Highest Honors. After earning her MD at Harvard Medical School, she received training in general surgery in New York City at Roosevelt Hospital and at St. Barnabas Medical Center in Livingston, New Jersey. Dr. Singer remained at St. Barnabas an additional two years to complete specialized training in plastic surgery.

She pursued her interest in hand surgery after being selected for a one-year fellowship at the University of Colorado Health Sciences in Denver. Dr. Singer is a member of an elite group of Bay Area physicians to have completed such a fellowship. She has been in practice in St. Petersburg, Pinellas Park and Seminole since 1984.

Dr. Singer combines this formal training with an eye for proportion, design, color match, form and symmetry, whether making noticeable changes or subtle refinements to her patients' appearance.

While many cosmetic surgeons are certified by other boards that are not specifically related to plastic surgery, Dr. Singer is board certified by the American Board of Plastic Surgery.

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