

# Capek Plastic Surgery & MedSpa: Over 20 Years in the Capital District

BY DR. LUCIE CAPEK

## WHO WE ARE

As a board-certified Plastic Surgeon, I started practicing in the Capital District over 20 years ago. I specialize in aesthetic medicine and cosmetic surgery of the face, breasts and body. Our progressive MedSpa offers on-trend, non-invasive cosmetic treatments such as skincare, injectables, LASERs and CoolSculpting.

Wellness is our top priority. I consider myself a quality-of-life doctor, and a perfectionist with an artistic eye who strives to achieve natural, beautiful results. I lead an elite team of like-minded nurses and aestheticians who are the best at what they do in the aesthetics.

## WHAT WE DO

It's not just surgery! We offer the full range of treatments and procedures to help you look your best and feel confident!

Our MedSpa services include skin treatments like HydraFacials, micro-needling with PRP (the Vampire facial), LASERs for sun damage and spider veins, PRP for hair loss, and TempSure RF skin tightening. Our expert aestheticians can develop a customized home skincare program for you that is simple and effective, using medical-grade products from SkinMedica, ZO Skin Health and others.

Ready for more? We also offer a full range of injectable treatments for every age. Botox and fillers, collagen stimulators like Sculptra and fat-reducing Kybella can be used to enhance appearance and slow the aging process for patients in their 20's to well past 70. Our techniques are current and innovative, using some products 'off-label' for truly customized care. For example, Kybella is approved for treatment of a double chin but is equally effective at reducing fat behind your knees!

Good to know: We also offer CoolSculpting DualSculpting for faster treatments and results. 2 machines mean you spend less time freezing that fat away! My staff are highly trained experts who achieve results with this effective, no-downtime fat reduction technology.

As a plastic surgeon, I spend much of my time in the operating room. Some of my top procedures are facelifts, eyelid lifts, rhinoplasty, breast enhancements and body contouring, like tummy tucks and liposuction. I've customized all these procedures with my signature techniques that include the use of the latest technology, like the Harmonic Scalpel, and using your own tissue, like autologous fat injections for facial rejuvenation, breast augmentation and buttock lifts.

## OUR PHILOSOPHY

My staff and I believe in treating you like we would want our family to be treated. We listen with care and consideration of your needs and goals, develop a customized plan to achieve what is

possible, and offer you the best and latest options available. The best part of our job is seeing your confidence soar!

## LEARN MORE AND CONNECT

Please check out our website and follow us on Social Media. We post daily, including the latest before-and-after photos, videos of us in action, inspiration and wellness tips, news from the world of aesthetics and so much more! Connect and let us know what you want to learn about in future expert articles and posts. We hope you'll join us!

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## Winter Transformation

The Perfect Time For Change

**LUCIE CAPEK, MD**  
*Plastic Surgery & MedSpa*

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