



# Lucie Capek, MD: Your Journey to a Better You Starts Here

If you're feeling unsure or unhappy about any aspect of your appearance, Dr. Lucie Capek and her team of expert aesthetic providers are here to support you. With over 25 years of experience as a double board-certified plastic surgeon in the Capital Region, Dr. Capek is known for her stunning transformations of the face, breasts, and body. Whether you're seeking a subtle change like lip augmentation or a more comprehensive transformation such as a Facelift or Mommy Makeover, Dr. Capek's advanced techniques and artistic eye can bring your vision to life.

In addition to her surgical skills, Dr. Capek is supported by a team of expert aesthetic providers who specialize in non-invasive treatments in her MedSpa. Whether you're looking for Botox, dermal fillers, LASER, skincare treatments like facials and chemical peels, or other non-surgical enhancements, her team can provide effective and comfortable treatments to help you achieve your beauty goals. These treatments can also complement and preserve the longevity of your cosmetic surgery results, ensuring that you maintain a refreshed, youthful appearance for years to come.

"As a plastic surgeon, I consider myself a quality-of-life doctor who helps patients feel and look their best," Dr. Capek says. "Their confidence soars as they are able to move past concerns that are corrected or optimized by the procedures we offer. This is **Beauty for Wellness**—a restored self-perception that aligns with a patient's

health and wellness goals. As a surgeon, it's an amazing and privileged experience to be part of this journey."

From Botox to body lifts and everything in between, you can trust Dr. Capek and her team to offer personalized, compassionate care in a tranquil, private environment. Most surgical procedures are performed at **Capek Surgical Arts**, her state-of-the-art, QuadA-accredited facility located in Latham, NY, where privacy, comfort, and safety are their top priorities.

If you've been considering aesthetic treatments but have any doubts or questions, Dr. Capek invites you to schedule a consultation. No matter the scale of the procedure, she believes in giving patients the information they need to make empowered decisions.

"I encourage patients to become informed and learn as much as they can before deciding to have plastic surgery," says Dr. Capek. "Knowledge is empowering, clarifies realistic expectations, and helps to remove fear and

doubt. Our consultations are a deep-dive into your procedure of interest, and we take the time to review your health history and follow our state-of-the-art ERAS (enhanced recovery after surgery) protocol to ensure a safe and satisfying experience."

Take the first step toward a more confident you today, and discover how Dr. Capek and her expert team can help you achieve your aesthetic goals. ■

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