







came to me to help complete her transformation.

Her mommy makeover included a lower body lift, tummy tuck, liposuction, and breast lift—procedures that not only sculpt the

weight loss, and when she was ready for the next chapter, she

body but help restore confidence after so much change. Together, they address excess skin, restore curves, and bring balance back to the body in a way that feels like her again.

Note that she did not get breast implants. I achieved this shape using her own tissue as an auto- augmentation flap to contour her breasts.





Capital Region Living readers voted and my team attended BestieFest 2025 to celebrate our wins this year!

I'm honored to be named Best Medical Specialist, and beyond proud that

Capek Plastic Surgery has been voted Best MedSpa for the third year in a row! We were also recognized as a finalist for Best Facial, and our talented aesthetician Kelly was a finalist for Best Aesthetician!

Thank you to our patients and community for your continued trust, loyalty, and support. We truly couldn't do it without you.