

# Welcome

## Dr. Godek and the Staff of the Personal Enhancement Center Welcome You!

The Personal Enhancement Center is committed to you and your desire for self-improvement. Dedicated to outstanding plastic surgery results in New Jersey, our practice focuses on your total experience. Whether you want to enhance your figure or your facial features, subtly or dramatically, Dr. Godek has the skill and artistry necessary to create beautiful, natural results. Dr. Christopher Godek is considered one of America's leading plastic surgeons and has been named '**Top Doctor**' by Castle Connolly Medical. With two world class plastic surgery centers—in Toms River and Wall, New Jersey—the Personal Enhancement Center offers facelifts, rhinoplasty, breast augmentations, tummy tucks, liposuction, mommy makeovers, and much more.

At the Personal Enhancement Center, we encourage total wellness by combining our plastic surgery with an integrated program of skin care, laser treatments, lymphatic massage, and postoperative spa treatments.

The friendly, knowledgeable staff at Dr. Godek's plastic surgery practice concentrates on providing the highest quality care in a warm, safe environment. We focus on you, your desires, and your expectations. Dr. Godek is considered among the very best in plastic surgery, and he strives for perfection with every patient. Dr. Godek and his staff are committed to ensuring that you achieve your desired goals.



PERSONAL ENHANCEMENT CENTER

## DR. CHRISTOPHER P. GODEK

Board Certified Plastic Surgeon

1430 Hooper Avenue, Suite 200A • Toms River • Ph. 732.281.1988

1959 Highway 34 • Building A • Wall • Ph. 732.375.0202

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# Why Choose Dr. Godek?

- Dr. Godek aims to educate and inform his patients, reviewing all available options and to ensure that you feel comfortable in expressing your aesthetic goals.
- He believes that through a friendly discussion, he can understand your desires and establish a professional, yet caring, relationship with you.
- Dr. Godek uses an imaging program (Mirror Imaging and Vectra® 3-D) to simulate your expected result prior to surgery – allowing you to “try on” your new look before the procedure is performed.
- Dr. Godek uses advanced surgical techniques to optimize your care, improve results, shorten recovery time, and minimize pain.
- Dr. Godek offers patients state-of-the-art technology and the latest advancements in both surgical and non-surgical aesthetic medicine, including Vectra 3-D imaging, Sciton® Joule Laser Technology, CoolSculpting®, Vaser Shape®, Cellfina®, Botox® & Injectable Fillers, and much more.
- A respected leader in the plastic surgery community, he attends educational seminars on the latest procedures in plastic surgery and trains other plastic surgeons on new techniques.
- Dr. Godek is the past President of the New Jersey Society of Plastic Surgeons.
- In addition to surgical and non-surgical enhancements, Dr. Godek believes in the benefits of quality skin care, proper nutrition, and regular exercise to promote overall well-being.
- His office staff is caring, knowledgeable, experienced, and always available to address your concerns and to provide support throughout your entire experience with us.



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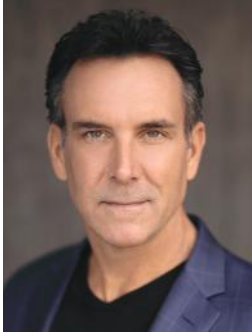
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# Surgeon Biography



## Christopher P. Godek, M.D., F.A.C.S.

An experienced and skilled plastic surgeon, Dr. Christopher Godek is licensed to practice plastic surgery in New Jersey and Pennsylvania, is board-certified by the National Board of Medical Examiners and the American Board of Plastic Surgery, and is a certified Fellow of the American College of Surgeons.

Dr. Godek earned his undergraduate degree in Bioengineering at Syracuse University. He graduated number one in his class, earning the highest honors - Magna Cum Laude. Dr. Godek then earned his Doctorate in Medicine from Boston University School of Medicine in 1994, graduating with high honors. Dr. Godek completed additional training as a research fellow at the world-renowned Harvard Medical School.

In 2000, Dr. Godek completed a combined General Surgery–Plastic Surgery residency at the University of Pennsylvania and the Children’s Hospital of Philadelphia. While at the University of Pennsylvania, Dr. Godek trained with world leaders in plastic and reconstructive surgery. This training, along with the knowledge he acquired as a bioengineer, continues to enhance his practice today.

In addition to being an outstanding surgeon, Dr. Godek is an accomplished researcher who has published numerous academic articles on plastic surgery and has also received several research grants. He is an active member in many academic associations and societies, including the American College of Surgeons, the American Society of Plastic Surgeons, and the Aesthetic Society. He was also the past president of the New Jersey Society of Plastic Surgery.

Dr. Christopher Godek is considered to be one of America’s leading plastic surgeons and has been named **‘Top Doctor’** by Castle Connolly Medical.

### Board Certification

American Board of Plastic Surgery

### Undergraduate Degree

Syracuse University

### Medical Degree

Boston University School of Medicine

### General Surgery Internship

University of Pennsylvania

### Plastic Surgery Residency

University of Pennsylvania & Children’s Hospital of Philadelphia

### Research Fellowship

Harvard Medical School

### Academic Associations

New Jersey Society of Plastic Surgeons (Past President)  
American Society of Plastic Surgeons  
The Aesthetic Society  
Northeastern Society of Plastic Surgeons  
American College of Surgeons  
New Jersey State Medical Society  
American Medical Association



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# Making Sense of Certification

Almost everyone has heard that they should look for "board certification" when seeking a qualified plastic surgeon (or any other physician, for that matter). Most people don't really understand exactly what this means and what is involved in becoming "board certified."

Even fewer people know about certification of operating facilities, who certifies them, and what protection such certifications offer. We believe patients need this information to make informed choices in their search for the right surgeon, surgical facility, and anesthesia provider.

At our office, we have gone to great effort and expense to ensure the highest standard of safety for our patients. As you consider plastic surgery, we hope the following information will help you to evaluate the choices available to you.

## CERTIFICATION OF YOUR SURGEON

The American Board of Medical Specialists (ABMS) is the agency that oversees sub-specialty boards. More than 100 "boards" have been submitted to the ABMS for formal approval, but only 24 have met their strict educational and examination criteria. They are as follows:

Allergy and Immunology  
Anesthesiology  
Colon and Rectal Surgery  
Dermatology  
Emergency Medicine  
Family Practice  
Internal Medicine  
Medical Genetics  
Neurological Surgery  
Nuclear Medicine  
Obstetrics and Gynecology  
Ophthalmology

Orthopedic Surgery  
Otolaryngology (ear, nose and throat)  
Pathology  
Pediatrics  
Physical Medicine and Rehabilitation  
**Plastic Surgery\***  
Preventive Medicine  
Psychiatry and Neurology  
Radiology  
Surgery  
Thoracic Surgery  
Urology

*\*The American Board of Plastic Surgery is the only ABMS board that has traditionally overseen the training and certification of plastic and reconstructive surgeons.*

You may also call the ABMS at 1-800-776-2378 or visit them at their website: [www.ABMS.org](http://www.ABMS.org) to see if your surgeon is certified by the American Board of Plastic Surgery. Give them the name of your surgeon, and they will tell you if and when he or she was certified. Certification by other boards does not give the same protection. Other boards have less strict criteria for certification, and some require only a fee. A few of the boards which have not been approved by the ABMS are as follows:

Aesthetic Plastic Surgery  
Cosmetic Plastic Surgery  
Facial Plastic Surgery

Plastic Aesthetic Surgery  
Dermatologic Surgery  
Ophthalmic Plastic Surgery

You may also want to call the local hospital and ask the Medical Staff Office secretary whether your surgeon has privileges to perform the proposed procedures in the hospital.



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# Making Sense of Certification (Cont.)

## **ANESTHESIA OPTIONS**

Whenever you are heavily sedated or have general anesthesia, you put your life in someone else's hands. Much of that responsibility rests with the person administering the medications and monitoring your vital signs. You need to know the qualifications of the person assuming that responsibility. Their training can range from specialization after earning a medical degree (anesthesiologists) to specialization after nursing training (nurse anesthetists) to nurse training only.

We have chosen to use board-certified anesthesiologists for all of our general anesthesia and for monitored anesthesia care. Some of our anesthesiologists are board-certified in one other specialty as well. We have chosen physicians who are in active practice at a hospital because we believe their skills will be at the highest level in the event of an emergency.

## **OTHER ANESTHESIA PROVIDERS**

### **Certified Registered Nurse Anesthetist (CRNA):**

A CRNA is an RN who has completed an additional two years of specialized training in anesthesiology. Their certification is also overseen by each state's Board of Nursing. In contrast to an RN, a CRNA is able to administer general anesthesia.

### **Your Surgeon:**

In some centers your surgeon may actually be the person administering the medications to make you drowsy during your surgery. Almost never does he or she personally monitor your vital signs. This is usually done by a member of his staff, most often a nurse.

### **Registered Nurse (RN):**

Each state has its own Board of Nursing, but there is a great deal of common requirements between states. He or she is licensed to administer intravenous drugs at the direction of the surgeon and monitor your vital signs.

### **Certified Plastic Surgical Nurse (CPSN):**

These nurses have worked full time a minimum of two years in the field of plastic surgery before they are eligible to take a national certifying exam.

## **CERTIFICATION OF THE OPERATING FACILITY**

At the present time, there are few local, state, or federal laws requiring office-based operating rooms to be certified. Any physician may perform any procedure in an office as long as basic fire and safety are met. No level of sanitation, patient care, monitoring, or peer review is required. Unfortunately, tragic consequences have occurred from faulty equipment, lack of trained personnel, and inadequate emergency equipment. As a result, there will most likely be requirements imposed in the future, but for now, certification is purely voluntary.

### **Medicare:**

An Agency of the Federal Government with very strict requirements as to personnel, procedures and equipment. Our facility is Medicare certified.

### **American Association for the Accreditation of Ambulatory Plastic Surgery Facilities:**

This Accreditation should be the minimum you seek when you choose a surgical facility.

### **Accreditation Association for Ambulatory Health Care:**

An alternative national accrediting body that most insurance companies recognize.



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# Procedures Performed

Dr. Godek with his team perform each of the following surgical and non-surgical procedures listed below. You can be confident that Dr. Godek is experienced and specially trained in each procedure. Our office staff will be able to give you thorough information to help you understand the benefits as well as the risks of each procedure.

## • Facial Surgery

- Facelift
- Eyelid Lift
- Neck Lift
- Brow Lift
- Forehead Lift
- Cheek Lift
- Chin Enlargement
- XACT Facial Rejuvenation

## • Nasal Surgery

- Rhinoplasty
- Septoplasty
- Nasal Fractures

## • Breast - Cosmetic

- Breast Enlargement
- Breast Lift
- Breast Reduction
- Male Breast Reduction
- Removal & Replacement of Breast Implants
- Breast Implant Revisions

## • Breast - Reconstructive

- Breast Reconstruction
- Nipple Reconstruction

## • Body Contouring

- Tummy Tuck
- Liposuction
- CoolSculpting®
- Cellfina®
- Thigh Lift
- Body Lift
- Upper Arm Lift
- Buttock Lift
- Labial Reduction
- Umbilical Reconstruction

## • Laser Skin Rejuvenation

- CO<sub>2</sub> Laser Skin Rejuvenation
- Fractional CO<sub>2</sub>
- Sciton® Halo® Hybrid Fractional Laser
- Sciton Forever Young BBL®
- Sciton Forever Bare BBL®
- Sciton Forever Clear BBL®
- Sciton Erbium Contour TRL™
- Vascular Pigmented Lesions

## • Ancillary Procedures

- Botox®
- Jeuneau®
- Dysport®
- Xeomin®
- Juvederm Ultra XC®
- Juvederm Ultra Plus XC®
- Juvederm Voluma®
- Juvederm Volbella®
- Juvederm Vollure®
- Kybella®
- Sculptra®
- Fat Grating
- Restylane®
- Restylane® Defyne
- Restylane® Lyft
- Restylane® Refyne
- Restylane® Silk
- Revanesse® Versa
- Radiesse®
- Belotero®



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# Our Offices

At the Personal Enhancement Center, Dr. Christopher Godek aims to create natural, balanced results in the comfort of two offices surrounded by the natural beauty of New Jersey's shoreline.

At the Personal Enhancement Center, where Dr. Godek treats both cosmetic and reconstructive surgery patients, personal attention is paramount. You will receive a consultation with plenty of time to discuss your concerns. This allows Dr. Godek ample time to determine your needs and expectations, answer your questions, and explain all that there is to know about your treatment plan.

Photographs have always been an essential element at the Personal Enhancement Center. High-resolution digital photographs are taken during your initial consultation, which are then used for computer imaging. Dr. Godek explains, "Imaging allows our patients to see what they will look like after surgery. This gets our patients involved in the decision-making process and allows us to help design the right procedure for each and every patient." Dr. Godek's comprehensive approach extends well beyond the walls of the office. Dr. Godek's belief in "total enhancement" starts by considering all of the elements that are needed to achieve balanced, natural results. This extends to quality skin care experts, nutrition, and regular exercise. Dr. Godek believes that, "We can create beautiful and natural results, but maintaining those results with proper skin care, nutrition, and exercise are imperative."

Dr. Godek chose the Butterfly as the Personal Enhancement Center's logo because it represents the beauty of a "natural" transformation. Dr. Godek and his staff are happy to help you with your own self-transformation and help you to achieve your desired goals.



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# Directions:

## Toms River, NJ Office

**1430 Hooper Avenue, Suite 200A  
Toms River, New Jersey 08753  
(732) 281-1988**

The Personal Enhancement Centers Toms River office is conveniently located in central/coastal New Jersey. Our Toms River location is 1 hour from Philadelphia and New York City. We are discreetly located in the Orthopedic Medical Center and we are just minutes from the Garden State Parkway.

### **From the North:**

Take the Garden State Parkway South to exit 89A. Turn right off of the ramp onto Route 70 East. Turn right at the first traffic light onto Shorrock Street (which turns into Beaverson Boulevard). When you reach Brick Boulevard/Route 540, take a right. Follow Brick Boulevard/Hooper Avenue approximately 4 miles. You will pass the Ocean County College on your right. Just after the traffic light you will turn right into the Orthopedic Medical Center. There is a large white water tower directly alongside the building. We are located on the second floor in Suite 200A.

### **From the South:**

Take the Garden State Parkway North to exit 82/Route 37 East. Take the jug handle immediately after the second traffic light onto Route 549 North / Hooper Avenue. Stay on Hooper Avenue for approximately 3-4 miles. Stay in the right lane after Target / Lowes traffic light. Bare right into the jug handle, once you reach the stop sign take a left onto Indian Hill Road and cross over Hooper Avenue. Our building is on the right corner, next to the white water tower. We are located on the second floor in Suite 200A.

### **From Philadelphia:**

Take the New Jersey Turnpike North to Exit 7A /Route 195 Shore Points. Take 195 to exit 35A for Route 34 South / Garden State Parkway South. The entrance for the Parkway South will be immediately on your right. Next follow the directions above from the north.

### **From New York City:**

Take the New Jersey Turnpike South to the Garden State Parkway exit. The sign will say Shore Points. Next follow the directions from the North.



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# Directions:

## Wall, NJ Office

**1959 Highway 34, Building A  
Wall, New Jersey 07719  
(732) 375-6796**

The Personal Enhancement Centers Wall office is conveniently located in central/coastal New Jersey. Our Wall location is 1 hour from Philadelphia and just 45 minutes from New York City. We are located in Building A, Suite 102 – just minutes off the Garden State Parkway.

### **From the North:**

Follow Garden State Parkway South. Use the right 2 lanes to take exit 98 for NJ-138/NJ-34 toward I-195/Belmar/Wall/Trenton. Keep left at the fork and merge onto NJ-34 S. Destination will be on right, Allenwood Corporate Center. Our office is in Building A – Please use left side private entrance if you are a post-operative patient.

### **From the South:**

Take the Garden State Parkway North. Take exit 98 toward NJ-138 W. Take exit 98 toward NJ-138 W. Keep right at the fork, follow signs for NJ-138 E and merge onto NJ-138 E. Turn right onto Allenwood Rd. Follow to NJ-34 S and take a left at the light. Destination will be on your right – 0.2 miles. Our office is in Building A – Please use left side private entrance if you are a post-operative patient.



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