

Aliwishus, Our Comfort Bear.

The New York Aesthetic Consultants, LLP, under the direction of Dr. Ron Shelton, strives to provide the best medical care, in the most soothing atmosphere, with the most caring staff. We never lose sight of



the fact that most people are anxious prior to having a surgical procedure and our staff is very people-friendly and nurturing. The medical assistants often provide distractive massages to the head or shoulders during procedures to allay the anxiety of the patient. This has developed from research that shows that one's brain can't focus on two different stimuli at the same time, as focusing on one (such as the administration of local anesthetic injections for Mohs skin cancer surgery or cosmetic filler injections).

We also are very communicative, and our patients receive excellent written and oral instructions before and after surgical procedures. We have a teddy bear model that we use to demonstrate how to avoid sleeping one one's side the night after surgery, should that be a restriction. As it is said, a picture is worth a thousand words, so we have used the teddy bear model to demonstrate easily, how to create a sleep shirt

to prevent one from remaining on their side during sleep.

One of our patients was very happy to be shown our bear and she named him, "Aliwishus" and asked if she could take him home that evening to keep her "company" the first night of surgery. Upon her return, we saw that Aliwishus was adorned with a homemade tie. The personal touch she bestowed on Aliwishus was how our patient wanted to spread her good feelings of the tender loving care she obtained in our office with future patients.

That incident had occurred more than two years ago, but since then Aliwishus has become an adorned staff member, spreading cheer and comfort to many patients.

Recently on a follow-up examination, Dr. Shelton was touched to see the staff left a message on Aliwishus, for our patient, as seen in the photograph.

Dr. Shelton has received the "Vitals" review site award in 2012 for "Most Compassionate Doctor." When asked recently by one of his patients how he can maintain such an uplifting demeanor, Dr. Shelton replied that he is surrounded by caring and well-meaning, happy assistants and is honored to be able to provide Mohs skin cancer surgical treatment and cosmetic dermatologic surgery to the patients that seek his care.