

PITTSBURGH
HEALTHCARE PROFILES

Improving Self-Esteem Starts with a Simple, No-Pressure Conversation

BOARD-CERTIFIED PLASTIC SURGEON DR. FLÁVIA DAVIT HELPS PATIENTS ACHIEVE THEIR BEST SELVES BY UNDERSTANDING THEIR GOALS AND PROVIDING HONEST, INDIVIDUALIZED EDUCATION.

Dr. Davit (right) and Physician Assistant Kristin McCafferty, PA-C (left), an integral part of the patient care team.



Before a single procedure is ever administered, Dr. Flávia Davit wants to understand her patients' goals in and motivations for seeking cosmetic surgery.

"It's important to have a deep and detailed conversation about all of their options, from the least invasive to the most invasive, so that the patient is well-informed and has realistic expectations," says Dr. Davit. "I strive to be very honest, compassionate, and attentive to their individual needs so we can choose the best possible treatment. In our office, we never push procedures—our work is very individualized."

UNIQUE PERSPECTIVES

Dr. Davit first trained and practiced as a plastic surgeon in Brazil, but upon moving to the United States, she retrained and was recertified in the American medical system. In 2014, she joined the practice of Dr. Leo McCafferty, who trained and worked with world-renowned plastic surgeon D. Ralph Millard, Jr, MD, in Miami. Dr. McCafferty opened his practice in his hometown of Pittsburgh in 1990. Having both Brazilian and American cultural experiences lends a unique depth and breadth to Dr. Davit's knowledge base.

"In Brazil, no one is ashamed to tell people about getting a cosmetic procedure, but in the United States, it seems to be more taboo," she says. "I like to encourage patients to be open about their procedures, because improving their physical appearance is also about improving their mental health."

FULL-BODY OPTIONS

As a medical student, Dr. Davit was drawn to the artistic component of plastic surgery and was fascinated by the ability to improve people's self-esteem through cosmetic enhancements. In her practice today, she enjoys offering procedures for all parts of the body—from tummy tucks and liposuction to rhinoplasty and face and neck lifts. She also offers a wide range of minimally invasive injectables.

If she had to pick a favorite, however, she says it would be breast procedures. "Breasts are an important part of a woman's sexuality, and when breasts are improved—whether through augmentation, lift, reduction, or reconstruction—you truly see a difference in self-esteem."

Dr. Davit also offers full-body rejuvenations that may incorporate multiple procedures for post-childbearing women—also known

as "mommy makeovers."

"I've had two children myself, so I understand how pregnancy changes your body, and I understand the power of helping a woman get her body back to closer to what it was like before she had children. It can help you feel more like *you* again," she says.

"When I can help any patient—woman or man—achieve their goals and feel better about themselves, it's priceless."



"I first met Dr. Davit when she did a surgical rotation with me in the operating room. I was not only impressed with her surgical ability but also with her knowledge and dedication to the field of plastic surgery. Getting to know her during her rotation, it was apparent that her skill and devotion to the patient would be a perfect match for the practice. The staff and I are proud and honored to have her as part of the team. She is one of the few surgeons in the world fully trained in plastic surgery both in Brazil (Universidade Federal do Ceara) and the United States (University of Pittsburgh Medical Center) and board certified in plastic surgery in both countries." —Dr. Leo McCafferty