

DIEHL PLASTIC SURGERY

BUSINESS beat

Dr. Cynthia Diehl, MD, FACS

Article written by Fran Salman

First and foremost, Brier Creek resident Dr. Cynthia Diehl is a surgeon. A board certified surgeon with a long list of credentials and certifications, as well as diplomas from NCSU and UNC-Chapel Hill. But her specialty is the *outside* of the body. She's a plastic surgeon.

The word *plastic* in this context comes from the Greek word for molding—or sculpting—which is interesting to consider when Dr. Diehl talks about her passion for plastic surgery. “First of all, I *love* surgery, but I find that with plastic surgery, I'm able to see immediate results in my patients in a 3-D sort of way. It's right there in front of me.” Much like a sculptor.

Interesting, too, to know that her mother, Angela Smith who also lives in Brier Creek, is an artist—a sculptor in fact. “It's as if the creative part of me that comes from my mother is channeled into the math and science part of me.” Dr. Diehl is quick to add, however, that her patients are not her canvas; each one is a unique individual looking for a change in appearance, whether subtle or dramatic. She helps them achieve that transformation.

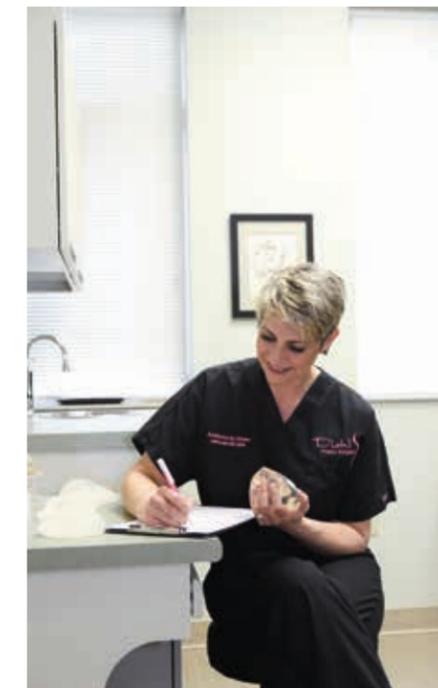
Dr. Diehl speaks just as passionately about those patients. “They come to me with certain expectations. Part of my job is to work closely with them to determine the right path. I have to make sure they understand exactly what I can do for them, and what I can't do for them. Not every person is the right candidate for every procedure.”

While other surgeons may see 35 or so patients a day, Dr. Diehl sees a fraction of that; she chooses to put extra time into consultations with her patients. She focuses her surgical practice on breast and body contouring and guides them to the best procedure for achieving their goals while fitting in with their lifestyle.



Communication is key. Dr. Diehl says she is “reality based.” In other words, she doesn't promise what she can't deliver. “A tummy tuck will remove sagging skin in a way that liposuction never will.”

The 5,300-square-foot center in Brier Creek focuses on comfort, privacy, and quality. Diffused lighting and soothing music in the waiting areas create a relaxing environment. Though plastic surgery is more common nowadays, it is still a hush-hush topic. A woman's beauty secrets are still just that: secret. Men keep quiet about their procedures as well. So privacy is paramount. The AAAHC-accredited in-suite operating room has a private entrance and waiting area. Acknowledging that the trend nowadays is toward noninvasive procedures, Dr. Diehl offers a wide variety of nonsurgical choices, from cutting-edge CoolSculpting



and Ultherapy to aesthetic services by Eileen Slutsky, RN, BSN, CANS, one of only two certified aesthetic nurse specialists in the Triangle. Eileen is highly skilled in delivering such treatments as chemical peels, lasers, and injectables. “Eileen understands tissue descent and therefore knows how best to correct a problem. She's the best,” says Dr. Diehl. Eileen and Dr. Diehl work collaboratively with patients. Although surgery offers a more lasting and more dramatic effect, some patients are just not ready for it.

Anyone can see that Dr. Diehl has an energetic, bubbling personality. But when she's with her family, she downright sparkles. With them, she's Cynthia, wife of Lee Diehl and mom to Ashley, 10, and Brooks, 9. Lee is an orthopedic surgeon, who practices at the North Carolina Orthopedic Clinic. He is an assistant professor in the Department of Orthopedic Surgery at Duke University, a retired Colonel from the US Air Force, and Head Team Physician with Elon University's athletics department. Ashley is into sports, singing, and friends (tons of them). “She is rainbows and unicorns,” according to her mom. Brooks likes football and Minecraft. “He is rascally and loves to annoy his sister.” Both kids attend Brier Creek Elementary.

This year marks Dr. Diehl's fifth year of private practice. She waited a long time to get here, postponing her dream until her husband left the military. Now, she says, “I just love coming to work every day.”

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Did you know?

If you think plastic surgery is a modern phenomenon connected to Hollywood excess, think again. Reconstructive work on the face dates back to 800 BC.

“We are what we say we are. We stand behind everything we do.”

Dr. Cynthia Diehl, MD, FACS