

AARON M. CAPUANO, MD, FACS

PLASTIC AND RECONSTRUCTIVE SURGEON

Double Board-Certified: American Board of Plastic Surgery and American Board of Surgery

Fellow, American College of Surgeons • Founder and President, Northern Center for Plastic Surgery

Vice Chair, Department of Plastic Surgery, The Valley Hospital • Immediate Past President, New Jersey Society of Plastic Surgeons

CLINICAL PROFILE

Dr. Aaron Capuano is a double-board-certified plastic and reconstructive surgeon with expertise in facial aesthetic surgery, complex breast surgery and revision, breast reconstruction following cancer treatment, and complex abdominal wall reconstruction. He has devoted a significant portion of his career to the development and refinement of facelift and facial rejuvenation techniques that restore support and contour while preserving the natural character of the face. His reconstructive work often involves patients affected by prior surgery, failed repairs, radiation, scarring, tissue loss, or altered anatomy.

His surgical judgment reflects more than twenty years of plastic surgery practice, extensive training in both general surgery and plastic and reconstructive surgery, and an earlier career in scientific research at Brown University and Pfizer Global Research and Development. This background allows him to approach cases across the full spectrum of complexity with thoughtful analysis, technical versatility, and a deep understanding of anatomy, healing, biomechanics, form, function, and patient safety.

Dr. Capuano believes that the details of an operation matter as much as the choice of operation itself. He considers how each procedure should be designed and performed for the individual patient, because small decisions in planning and execution can have a meaningful effect on the quality, durability, and appearance of the result.

He founded Northern Center for Plastic Surgery to provide patients with thoughtful evaluation, individualized operative planning, continuity of care, and long-term follow-up. The practice reflects his belief that plastic surgery requires not only technical skill, but also judgment, precision, honesty, and a lasting commitment to the patient.

PRACTICE PHILOSOPHY AND INDIVIDUALIZED CARE

Care begins with listening. Dr. Capuano takes the time to understand what concerns the patient, what they hope to achieve, and what matters most to them. He considers those priorities together with the patient's anatomy, health, surgical history, tissue quality, lifestyle, and recovery needs before recommending a plan.

Patients are given a clear explanation of the available options, including the expected scars, recovery, limitations, and tradeoffs of each approach. The goal is not simply to recommend a procedure, but to help the patient understand why a particular plan is appropriate and what it can realistically accomplish.

In facial aesthetic surgery, Dr. Capuano's philosophy is one of refinement rather than transformation. He seeks to improve proportion, support, and contour while preserving the features and individual qualities that make each person unique. The result should appear balanced and natural, without looking over-tightened, overfilled, or visibly augmented.

In reconstructive and revision surgery, the challenge is often more complex. Previous procedures, scarring, radiation, tissue loss, and changes in anatomy may limit the available options or require a different approach. Dr. Capuano works to identify the source of the problem and develop a plan that addresses both appearance and function. That plan may involve a single operation or a carefully staged reconstruction, depending on what offers the safest and most effective path for the individual patient.

CLINICAL FOCUS AND SURGICAL EXPERTISE

Complex and Revisional Breast Surgery, Breast Reconstruction, Breast Reduction, and Cosmetic Breast Procedures

- Breast reconstruction following partial mastectomy, including oncoplastic volume-displacement and reduction techniques, as well as volume replacement with local or regional tissue to restore breast shape, contour, and symmetry.
- Breast reconstruction following mastectomy using implant-based or autologous tissue techniques, selected according to the patient's anatomy, tissue quality, cancer treatment, and reconstructive goals.
- Complex revisional breast surgery following prior aesthetic or reconstructive procedures, including correction of implant malposition, capsular changes, scarring, asymmetry, tissue deficiency, altered breast shape, and unsuccessful prior reconstruction.
- Insurance-based breast reduction: Breast reduction surgery for patients experiencing chronic neck, shoulder, or back pain; shoulder grooving; recurrent irritation beneath the breasts; difficulty exercising; or other functional limitations related to excessive breast weight. When medically appropriate, Dr. Capuano's team assists patients with the documentation and prior-authorization process required by their insurance plan.
- Aesthetic breast surgery, including breast augmentation, breast reduction, mastopexy, correction of asymmetry, and procedures that combine reshaping with restoration of volume and support.

- Individualized surgical planning that accounts for prior incisions, breast and chest-wall anatomy, tissue quality, radiation history, patient preferences, and whether a single-stage or staged approach offers the safest and most predictable result.

Facelift and Facial Aesthetic Surgery

- Comprehensive facelift and neck-lift surgery to address more advanced facial aging, using deep-plane techniques, SMAS plication, lateral SMASectomy, platysmaplasty, and individualized skin redraping to restore the cheeks, jowls, jawline, and neck.
- Dr. Capuano's micro- or mini-facelift, developed for selected patients who benefit from elevation of the deeper facial structures without incisions on the face or removal of skin.
- His hybrid facelift, which combines elevation and tightening of the deeper muscle and fascial layers with a limited, individually designed skin excision for patients with moderate skin laxity.
- Targeted facial fat grafting to restore volume where it has been lost, along with brow or eyelid surgery and selected skin-quality treatments when these procedures improve facial balance and complement the overall result.
- Individualized selection and design of each procedure based on the patient's facial and neck anatomy, pattern of aging, skin laxity, volume loss, prior procedures, scar considerations, recovery goals, and desired outcome.

Complex Abdominal Wall Reconstruction

- Complex abdominal wall reconstruction for patients with large, recurrent, or multiple hernias; loss or separation of fascial support; failed prior repairs; multiple previous operations; mesh-related problems; or associated contour deformity.
- Dr. Capuano has developed a customized, component-separation-based reconstruction method that applies principles of physics and engineering to restore the structure and function of the abdominal wall.
- Rather than simply bridging a defect with mesh or closing a defect, the repair is designed around the geometry of the hernia and the forces acting across the weakened abdominal wall. Restoration of abdominal wall continuity, strategic reinforcement, and soft-tissue advancement are used to reduce concentrated tension and create a stronger, more durable reconstruction.
- Each operation is tailored to the patient's anatomy, tissue quality, prior incisions, mesh history, and the effects of previous surgery. In Dr. Capuano's clinical experience, this approach has produced consistently strong outcomes, with fewer complications and recurrent hernias than typically reported for similarly complex abdominal wall reconstruction.

Abdominoplasty and Body Contouring

- Abdominoplasty and post-weight-loss body contouring to address excess skin, tissue laxity, abdominal contour, scar position, and changes following pregnancy, weight loss, or prior surgery.
- Each procedure is individually designed around the patient's anatomy, skin and soft-tissue quality, muscular condition, existing scars, aesthetic goals, and recovery priorities. Particular attention is given to creating or preserving a natural-looking umbilicus and restoring balanced, harmonious contours, with the goal of achieving an excellent result that looks natural and complements the patient's overall physique.

Additional Cosmetic and Reconstructive Experience

- Complex soft-tissue reconstruction following trauma, cancer treatment, radiation, wound complications, or prior surgery, including reconstruction of the scalp after neurosurgery and of the face and body following skin-cancer or soft-tissue-tumor removal.
- Reconstruction of facial, head, neck, and body defects using local tissue rearrangement, pedicled flaps, microsurgical free flaps, and replantation when appropriate.
- Hand and upper-extremity trauma, scar revision, and reconstruction of complex soft-tissue defects.
- Tummy tuck, mommy makeovers, thigh lift, brachioplasty, bra-roll and back lift, circumferential body lift, and gynecomastia surgery. Comprehensive body contouring, including liposuction, fat grafting, lipocontouring, and buttock lift
- Facial rejuvenation and contouring, including upper and lower blepharoplasty, brow lift, chin and other facial implants, cheek augmentation, injectable fillers, laser skin tightening and resurfacing, and combination treatments such as EyeTight.
- Skin rejuvenation and resurfacing treatments individually selected to improve skin quality, texture, tone, and overall appearance.
- Multidisciplinary surgical planning with neurosurgeons, breast surgeons, general surgeons, surgical oncologists, and other specialists when a coordinated approach is needed to achieve the safest and most complete reconstruction.

DEVELOPMENT AND REFINEMENT OF SURGICAL APPROACHES

- Developed minimally invasive mini-facelift and hybrid facelift techniques designed to rejuvenate the face while keeping incisions discreetly concealed. The mini-facelift uses specialized instruments introduced through small incisions above the hairline, behind the earlobe, and behind the tragus to elevate and reposition the deeper facial tissues and fascia without visible incisions on the face. The hybrid facelift provides more extensive elevation and support of the facial fascia through limited incisions carefully hidden around the ear. These techniques complement his comprehensive facial-rejuvenation

approach, which also includes deep-plane facelift, SMAS plication, lateral SMASectomy, platysmaplasty, and targeted facial fat grafting.

- Helped establish a formal oncoplastic breast conservation program at Englewood Hospital, coordinating cancer surgery and reconstruction to preserve the breast whenever oncologically appropriate and improve contour and symmetry following partial mastectomy.
- Developed customized, component-separation-based abdominal wall reconstruction techniques that apply principles of physics and engineering to restore fascial continuity, redistribute tension, and improve the durability of complex hernia repairs. In tracked clinical experience, the approach has achieved complication and recurrence rates below published benchmarks for comparable reconstructions.

Revision as a Distinct Surgical Discipline

Dr. Capuano approaches revision surgery as a distinct form of reconstructive problem-solving. A revision is not simply a repeat of the original operation. It requires identifying why the prior result failed or no longer meets the patient's needs, determining which tissues remain available, and selecting a correction that does not create a new problem while attempting to solve the existing one.

EDUCATION, SURGICAL TRAINING, AND CERTIFICATION

American Board of Plastic Surgery

Board Certification in Plastic Surgery

American Board of Surgery

Board Certification in General Surgery

American College of Surgeons

Fellow (FACS)

Wayne State University / Detroit Medical Center

2010–2012

Residency in Plastic and Reconstructive Surgery; clinical training included reconstructive and aesthetic surgery across affiliated institutions.

Monmouth Medical Center / Drexel University College of Medicine

2005–2010

Categorical General Surgery Residency; Administrative Chief Resident, 2009–2010.

Sloan Kettering Cancer Center

2007

Surgical Oncology Resident. Breast, Thoracic, Head and Neck, Gastric Mixed Tumors, and Hepatobiliary

St. George's University School of Medicine

2001–2005

Doctor of Medicine; Iota Epsilon Alpha International Medical Honor Society.

Georgetown University

1998–1999

Master of Science in Physiology and Biophysics, cum laude, with master's thesis.

Syracuse University

1994–1996

Bachelor of Science in Biology with a concentration in Biochemistry, cum laude, with honors thesis.

Arizona State University

1994–1996

Freshman and sophomore year, transferred to Syracuse University for junior year.

SCIENTIFIC AND RESEARCH FOUNDATION

Before medical school, Dr. Capuano worked in academic and pharmaceutical research. This background shaped the way he evaluates new technology and surgical techniques: by examining the biological rationale, available evidence, risks, and relevance to the individual patient rather than adopting a treatment simply because it is new or promoted on social media.

Brown University School of Medicine / Rhode Island Hospital, Department of Orthopedics

1996–1998

Research focused on tissue engineering, pathways of endochondral ossification, cartilage biology, and the effects of pulsed electromagnetic fields on cellular differentiation and musculoskeletal tissues.

Pfizer Global Research and Development, Discovery Biology

2000–2001

Associate Scientist in the Cardiovascular and Metabolic Diseases division, with work in osteoporosis, skeletal muscle, and age-related frailty research.

Syracuse University, Department of Biochemistry

1994–1996

Research on the isolation and characterization of a cholesterol-binding and transport protein; recipient of the Donald G. Lundgren Memorial Award for Excellence in Research and Academic Achievement.

Clinical Research During General Surgery Training

2005–2010

Research in surgical outcomes, trauma, minimally invasive surgery, abdominal wall closure, remote patient evaluation, and clinical decision-making. Multiple projects received resident research and manuscript awards.

Selected Peer-Reviewed Publications

- Borao F, Gorcey S, Capuano A. Prospective single-site case series utilizing an endosurgical operating system for revision of post-RYGB stomal and pouch dilation. *Surgical Endoscopy*. 2010;24:2308–2313.
- Campbell AM, Capuano A, Chan SH. A cholesterol-binding and transporting protein from rat liver mitochondria. *Biochimica et Biophysica Acta*. 2002;1567(1–2):123–132.
- Aaron RK, Ciombor DM, Keeping H, Wang S, Capuano A, Polk C. Power-frequency fields promote cell differentiation coincident with increased transforming growth factor-beta 1 expression. *Bioelectromagnetics*. 1999;20(7):453–458.

Selected Research Honors

- Winner, Resident Manuscript Competition, American College of Surgeons New Jersey Chapter, 2007 and 2009.
- Multiple first-place awards in the Ellen Cosgrove, MD, House Staff Research Competition for work in surgical outcomes, trauma evaluation, and minimally invasive revision surgery.

CLINICAL LEADERSHIP, QUALITY, AND PROFESSIONAL ADVOCACY

The Valley Hospital — Vice Chair, Department of Plastic Surgery

2021–Present

Contributes to physician credentialing, peer review, clinical quality, departmental standards, interdisciplinary collaboration, and mentorship within plastic surgery.

New Jersey Society of Plastic Surgeons

2016–Present

Board Member; President, 2023–2024; Immediate Past President, 2024–2025. Led and supported statewide work involving patient safety, professional standards, public education, and appropriate care by qualified, board-certified plastic surgeons.

American Society of Plastic Surgeons Political Action Committee

2025–2026

Served as the New Jersey representative, contributing the state perspective to national advocacy affecting plastic surgery, patient safety, and the practice environment.

Northern Center for Plastic Surgery — Founder, Owner, and President

2013–Present

Founded and leads a patient-centered plastic surgery practice providing aesthetic and reconstructive care, coordinated preoperative planning, continuity through recovery, and long-term follow-up.

PROFESSIONAL EDUCATION AND AFFILIATIONS

Professional Affiliations

- American Society of Plastic Surgeons
- The Aesthetic Society
- American College of Surgeons
- New Jersey Society of Plastic Surgeons
- Medical Society of New Jersey

Clinical Education and Industry Roles

- Clinical educator oncoplastic breast surgery.
- Clinical faculty and medical advisory committee participation with ZO Skin Health.
- Former national clinical trainer for ZO Skin Health.
- Lecturer on plastic surgery, aesthetic safety, surgical technique, and clinical quality at professional and regional meetings.

ADDITIONAL HEALTHCARE LEADERSHIP

Private Practice Access, Inc. — Founder and President

2022–Present

Founded a physician-led healthcare initiative focused on improving access to qualified plastic and reconstructive surgeons and supporting clinically accountable specialty-care pathways. This work is separate from, and secondary to, Dr. Capuano's clinical practice and professional responsibilities as a plastic surgeon.

Hospital Affiliations

Dr. Capuano maintains hospital affiliations across northern and central New Jersey, allowing him to coordinate care for patients requiring cosmetic surgery, breast reconstruction, complex wound management, and multidisciplinary reconstructive procedures.

His affiliations include:

- The Valley Hospital, where he serves as Vice Chair of Plastic Surgery
- Englewood Health
- Holy Name Medical Center
- Pascack Valley Medical Center

- Chilton Medical Center
- Morristown Medical Center
- Monmouth Medical Center

Public Service and National Advocacy

Englewood Cliffs Board of Health — Former President

Served as President of the Englewood Cliffs Board of Health during and following the COVID-19 pandemic, helping guide the community’s public-health response during an unprecedented period.

American Society of Plastic Surgeons Political Action Committee — National Board, New Jersey Representative | 2025–Present

Currently serves on the national ASPS PAC Board representing New Jersey and contributing to national advocacy involving patient safety, access to qualified plastic surgeons, and the professional practice environment.

Hospital de la Familia, Guatemala — Volunteer Surgeon

Participated in a surgical mission providing care to patients with limited access to reconstructive surgical services.

PRACTICE INFORMATION

Northern Center for Plastic Surgery	Aaron M. Capuano, MD, FACS
700 East Palisade Avenue, First Floor Englewood Cliffs, NJ 07632	680 Kinderkamack Road, Suite 300 Oradell, NJ 07649
201.820.5280 • ac@ncpsmd.com	njplasticsurgerycenter.com

This professional profile is intended to present Dr. Capuano’s clinical background, training, areas of practice, and professional experience for patient reference.