# Pittsburgh Plastic Surgeon Brian Heil Shares Guidance on Choosing a Medical Spa

*Dr. Brian V. Heil, founder of Acqua Blu Medical Spa, outlines questions patients can ask about training, oversight, and safety before a med spa treatment.*


Acqua Blu Medical Spa in Pittsburgh

PITTSBURGH, PA, UNITED STATES, September 29, 2026 / EINPresswire.com/ -- Brian V. Heil, MD, FACS, a board-certified plastic surgeon and founder of Acqua Blu Medical Spa in Wexford and Pittsburgh, is sharing guidance on the questions patients can ask before booking injectable, laser, or body contouring treatments at any medical spa.

The guidance comes as fall begins. Fall and winter are commonly recommended for many laser treatments because patients have less sun exposure while their skin heals, which makes the season a busy time for medical spa appointments.

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>
> *Brian V. Heil, MD, FACS, Founder of Acqua Blu Medical Spa*

Why the Questions Matter

Medical spas perform procedures that use prescription injectables, lasers, and energy-based devices. These treatments carry real risks, including burns, pigment changes, and vascular complications from dermal fillers. How safely a treatment is performed depends on the training of the person performing it and the medical oversight behind it.

"Injectables and lasers are medical procedures, and patients should know who is responsible for their care before they book," said Dr. Heil. "A few direct questions up front will tell a patient most of what they need to know."

Questions Patients Can Ask

Dr. Heil recommends that patients ask the following before any medical spa treatment:

Who is the medical director, and what is their specialty? Board certification for physicians can be checked through the American Board of Medical Specialties at certificationmatters.org.

Who will perform the treatment, and what is their license? Medical spa treatments may be performed by physicians, physician assistants, nurse practitioners, registered nurses, or aestheticians, depending on the procedure and state rules.

Is a physician available if a complication occurs? Patients can ask whether a physician is on site or on call during treatment hours.

How are complications handled? For hyaluronic acid fillers, patients can ask whether the practice keeps hyaluronidase, the enzyme used to dissolve filler, on hand.

Is this laser appropriate for my skin type? Some lasers carry a higher risk of burns or pigment changes in certain skin types, so the provider should assess skin type before treatment.

Will there be a consultation first? A consultation gives the provider a chance to review medical history, medications, and goals before any treatment is scheduled.

About Dr. Brian V. Heil

Dr. Heil is board certified by the American Board of Plastic Surgery and is a Fellow of the American College of Surgeons. He earned his medical degree from the University of Pittsburgh School of Medicine. In addition to Acqua Blu Medical Spa, he operates Premier Plastic Surgery and Hair Restoration Pittsburgh.

About Acqua Blu Medical Spa

Acqua Blu Medical Spa is a non-surgical medical spa with offices at 14000 Perry Highway, Suite 300, Wexford, PA 15090, and 100 Siena Drive, Suite 295, Pittsburgh, PA 15241. Treatments are performed by physician assistants, laser specialists, and medical aestheticians under the direction of Dr. Heil. More information is available at acquablumedicalspa.com. Patient reviews are available at acquablumedicalspareviews.com.

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