Meet the Surgeons

Dr. Cozzarelli, Chief Administrator of Essex Surgical Arts Surgery Center, graduated from Long Island University, Arnold Marie Schwartz College of Pharmacy with a Bachelor of Science degree in Pharmacy. He received his Doctor of Podiatric Medicine degree from the New York College of Podiatric Medicine. Dr. Cozzarelli is Board Certified in Podiatric Surgery by the American Board of Podiatric Surgery and a Fellow of the American College of Foot and Ankle Surgeons. In 2000, he became recertified in foot surgery. Dr. Cozzarelli is also Board Certified in Podiatric Acupuncture. Recently, he was named one of the 2008 Top Doctors in New Jersey by New Jersey Monthly Magazine. Dr. Cozzarelli maintains his private practice at Podiatry Associates of Belleville and was selected as one of the top podiatrists in the United States by the Consumers' Research Council of America.

Dr. Cione, Medical Director of Essex Surgical Arts Surgery Center, graduated from Rutgers University with a Bachelor of Science degree in Biological Sciences and Sports Medicine. He received his Doctor of Podiatric Medicine degree from the New York College of Podiatric Medicine. Dr. Cione is certified in Nerve Decompression Surgery, Podiatric Acupuncture and has received specialty training in Microsurgery Techniques. He is a member of the American Podiatric Medical Association and the New Jersey Podiatric Medical State Society. He is Board Certified by and is a Fellow of the American College of Foot and Ankle Surgeons. He is a Diplomat of the American Board of Podiatric Surgeons. He is in private practice at Podiatry Associates of Belleville. Dr. Cione was selected as one of the top podiatrists in the United States by the Consumers' Research Council of America.

Dr. Mullin, Assistant Medical Director of Essex Surgical Arts Surgery Center, earned his Doctor of Podiatric Medicine degree from the New York College of Podiatric Medicine. Dr. Mullin completed his surgical residency at Our Lady of Mercy Medical Center, Bronx, NY. Dr. Mullin has been in private practice since 1998. He is a member of the American Podiatric Medical Association and the New Jersey Podiatric Medical State Society. He is Board Certified by and is a Fellow of the American College of Foot and Ankle Surgeons. Dr. Mullin is certified in Diabetic Nerve Decompression and Peripheral Nerve Surgery. He is in private practice at Podiatry Associates of Belleville and Aberdeen, NJ.

Dr. Rivera, Director of Peripheral Nerve Surgery at Essex Surgical Arts Surgery Center, is a graduate of Farleigh Dickinson University, where he received a Bachelor of Science in Electrical Engineering. Dr. Rivera earned his Doctor of Podiatric Medicine degree from New York College of Podiatric Medicine. He is a Fellow of the Academy of Ambulatory Foot and Ankle Surgery as well as a Fellow of the Dellon Institute for Peripheral Nerve Surgery. He is Board Eligible in Podiatric Orthopedics. Dr. Rivera has taught and performed surgery for the needy in Mexico and Spain. He is bilingual and he speaks and writes English and Spanish fluently. Dr. Rivera maintains his private practice in Manhattan, New York City.
Peripheral Neuropathy

YOUR SYMPTOMS ARE...
- Tingling and numbness in both feet
- Burning, pain or shooting in both feet
- These sensations might be in the hands as well
- Cramping in the feet
- Curling of the toes
- Weakness or loss of control in the hands
- Instability in gait and balance
- Muscle atrophy

THE COMMON CAUSES ARE...
- Compression of multiple nerves
- Physical injury or trauma
- Diabetes
- Other causes might include:
  - Chemotherapy, Thyroid Disorders, Arthritis, Vitamin Deficiencies, Heavy Metal Toxicity, Drug-Induced, Leprosy and Alcoholism.
  - High cholesterol, high blood pressure, obesity - commonly known as “Pre-Diabetic”. Unknown causes are commonly referred to as “Idiopathic Neuropathy”

BREAKTHROUGH SURGICAL PROCEDURE
With breakthrough nerve decompression surgery, pioneered by Dr. A. Lee Dellon, patients can overcome the debilitating effects of peripheral neuropathy. Nerve decompression surgery relieves the compression that causes peripheral neuropathy. It restores blood flow to the nerves, allows nerves to recover, facilitates nerve regeneration and eliminates symptoms of numbness, pain and tingling.

SURGICAL RISKS
The “team approach” that the surgeons at Essex Surgical Arts Surgery Center utilize to reverse the symptoms of Peripheral Neuropathy offer the best chance for relief of your symptoms. Risks related with this procedure may include:
- Anesthesia
- Bleeding
- Infection
- Scar formation
- One year for sensory recovery
- Pain - requiring the use of pain medication
- The stitches in the foot or ankle may break during walking, extending the approximate time for wound healing.
**Our Facility**

*Essex Surgical Arts Surgery Center, LLC* is a state of the art facility dedicated for ambulatory foot surgery and diabetic nerve restoration surgery. Essex Surgical Arts has a staff of seven podiatrists who perform same day foot and ankle surgery. With our registered nurses, there is 1-on-1 care and immediate attention for each patient when needed. A full-time board certified anesthesiologist is on staff to administer three kinds of anesthesia: local anesthesia, local anesthesia with intravenous sedation and general.

A specialty of Essex Surgical Arts Surgery Center is Diabetic Peripheral Nerve Restoration procedure, to reverse the symptoms of Peripheral Neuropathy, such as lower limb numbness and burning pain. This is the only center in New Jersey that has a diabetic nerve surgery restoration team on staff. Doctors Cozzarelli, Cione, Mullin and Rivera are the New Jersey Peripheral Nerve Surgery Restoration Team. The team was trained by Dr. A Lee Dellon, a pioneer of the procedure of diabetic nerve decompression surgery. He trains physicians all over the world to perform this delicate surgery. To date, there are 350 surgeons trained globally.

In order to provide the necessary state of the art podiatric surgical care, Essex Surgical Arts houses top of the line equipment on-site:

- Ankle Arthroscopy
- Endoscopic Plantar Fasciotomy
- Radio Frequency Thermal Neurolysis Generator
- Flash Lamp Pulsed Dye Laser
- Radio Wave Unit
- Fluoroscopic Imaging
- Surgical Microscope
- Pin-Point Foot Laser for nail fungus

A transportation service is available for all patients. There is ample parking on the grounds and the entrance is at the rear of the multi-use building. Our staff is also fluent in Spanish.

For a free consultation, please call Kim at Essex Surgical Arts Surgery Center at 973.450.1600.
Various studies have proven that overall, 80% of patients with diabetic neuropathy experience improved sensory and motor functions, reduced pain and improved balance after having nerve decompression surgery.


The Team Approach

Essex Surgical Arts Surgery Center is the only center in the tri-state area with a Peripheral Nerve Surgery Restoration Team on staff. Doctors John Cozzarelli, Joseph Cione, Christopher Mullin and Gregory Rivera are the New Jersey Peripheral Nerve Surgery Restoration Team. This team was assembled due to the complexity of the surgery and the meticulous surgical techniques used during this procedure. The doctors were trained by A. Lee Dellon, M.D.

Dr. Dellon is the founder of The Dellon Institutes for Peripheral Nerve Surgery. He is an accomplished Plastic Surgeon as well as a Professor of Plastic Surgery and Neurosurgery at the prestigious Johns Hopkins University School of Medicine, at the University of Maryland in Baltimore, Maryland and at the University of Arizona in Tucson.

He specializes in the treatment of diabetic neuropathy as well as other painful peripheral nerve disorders and has trained many surgeons worldwide in the procedures he has developed to relieve pain. Dr. Dellon completed his BS at John Hopkins University and received his Medical Degree from Johns Hopkins University School of Medicine in 1970. He completed General Surgery, Plastic Surgery and Hand Surgery Residencies at Columbia Presbyterian Hospital, John Hopkins Hospital and Union Memorial Hospital respectively. He has been in practice since 1978 and has been on the faculty of Johns Hopkins since that time.

To date, there are 350 surgeons trained globally. Dr. Dellon was present at Essex Surgical Arts when the procedure was introduced. He observed five operations, all of which had successful outcomes.

The New Jersey Peripheral Nerve Surgery Restoration Team offers relief from diabetic neuropathy symptoms through decompression of multiple peripheral nerves. Like all surgical procedures, nerve surgery is a delicate procedure. Therefore, the doctors at Essex Surgical Arts Surgery Center utilize a “team approach” to ensure the greatest benefits to the patient.