

THE GEORGIA INSTITUTE FOR PLASTIC SURGERY
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THE *New You*



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What Can Be Done to Improve My Profile?

Patients often ask us to evaluate their neck and chin area. There are three questions that we need to answer in order to provide you with the best solution. They are: Is there too much fat in the neck area? Is the chin too short? Is there too much skin in the neck area? Many times, patients will have a combination of issues. A popular consultation technique involves digital imaging. This way, you can see the changes that are possible and how your appearance might change with the operations that are contemplated. One's options include:

- **Liposuction of the Neck** — This is for patients who have little excess skin, have an adequate chin, and simply have a small amount of excess fat in the neck. This is often an inherited trait. The procedure is done with minimal anesthesia as an outpatient with a usual return to work in 2-4 days.
- **Chin Augmentation With or Without Liposuction of the Neck** — A small implant is placed along the outer surface of the chin to create a more defined chin profile. It is most commonly performed through a small incision under the chin. Liposuction of the neck may be performed at the same time. The procedure is done with minimal anesthesia as an outpatient with a usual return to work in 3-5 days.
- **Neck Lift** — This is for individuals who have excess skin on the neck that wouldn't shrink appropriately after liposuction. A neck lift can include fat removal, tightening of the neck muscles and removal of excess skin around the ears, all in one procedure. It can leave very small scars that fade beautifully over time. The procedure can be performed as an outpatient and one typically returns to social acceptability in 7-10 days.

BEFORE

AFTER



Insufficient chin and neck

Liposuction of neck and chin augmentation



Poor definition of neckline

Neck lift

BREAST REDUCTION FOR WOMEN: A PROCEDURE THAT SIGNIFICANTLY IMPROVES THE HEALTH OF WOMEN!

PROBLEMS IMPROVED BY BREAST REDUCTION IN MOST WOMEN:

At the Georgia Institute For Plastic Surgery, we perform over 500 breast reductions each year! After meeting any co-pays or deductibles, insurance generally pays for the remainder of the surgery, which is often done on an outpatient basis. Most patients are able to return to work in 1-2 weeks, as long as they avoid heavy lifting.

Back pain
Neck pain
Headaches
Shoulder strap grooving
Rash under the breasts
Tingling in the hands
Chest pain
Inability to exercise because of pendulous breasts



Before

After



Before

After



Before

After

BREAST REDUCTION FOR MEN: A PROCEDURE THAT IMPROVES SELF-IMAGE

There are many males that have large breasts. Whether they are children or grown men, it can be a source of great embarrassment that causes them to feel self-conscious. Some examples include undressing in a locker room or swimming without a shirt in a public place. At your evaluation in our office, we will start with health issues. Since 1% of breast cancers occur in men, we will rule that out first. We will then check your blood levels for different hormones to ensure that your pituitary and adrenal glands are functioning properly. Assuming that all is normal, reduction of the breasts is possible through excision of the breast tissue and/or liposuction. In extreme cases involving excess skin, skin removal is also necessary. On rare occasions, the procedure is covered by insurance. It is performed as an outpatient with minimal discomfort and a return to work or school within one week.



Before



After

HAND SURGERY PERFORMED AT THE GEORGIA INSTITUTE FOR PLASTIC SURGERY

- Carpel Tunnel Release
- Trigger Finger Release
- Dupuytren's Correction
- Tendon and Nerve Injuries
- Acute Lacerations
- Rheumatoid Hand Problems
- Wrist Injuries
- Fractures of the Hand
- Children's Hand Problems
- Joint Problems of the Hand
- Nerve Reconstruction of the Hand
- Skin Cancers and Tumors of the Hand

Visit us at www.mycosmeticsurgeon.md

A NEW TUMMY TUCK TECHNIQUE THAT GIVES WONDERFUL RESULTS!

In selected patients, it is now possible to safely perform liposuction of the anterior abdominal wall AT THE SAME TIME THAT A TUMMY TUCK IS PERFORMED! This results in a more significant improvement in the UPPER abdominal area. Liposuction of the sides or flanks is often performed at the same time as the "LIPOTUMMYTUCK" to give even more improvement in one's waistline.



Before

After



Before

After



Before

After

SLOW DOWN THE AGING PROCESS!

An excerpt from Bottom Line Natural Healing by Dr. Mark Stengler, July 2009.

We don't have complete control of how long we live but the following is a list of things that may improve your health and longevity.

- Eat healthfully.
- Take supplements wisely (speak with your health care provider).
- Eat less.
- Continue to learn.
- Exercise.
- Get enough but not too much sleep.
- Maintain a spiritual foundation.
- Be optimistic.
- Connect with others.

CAN YOUR BREAST RECONSTRUCTION BE MADE BETTER?

Our practice has performed over 1,000 breast reconstructions. In the past, we have noticed a pattern of defects that we have not been able to correct. The most significant defect has been a "hollowness" of the upper pole of the reconstructed breast. Fat grafts and the use of stem cells transferred from another part of the patient to the upper pole of the breast and other defects of the breast have improved our patients results. They also can be used to obtain better size symmetry.

If you have an isolated defect from a lumpectomy or have "hollowness" in your reconstructed breast, call for an evaluation for possible improvement in your results. The surgery is done as an outpatient with minimal downtime.



A young woman with an isolated lumpectomy defect. Treatment with fat grafting.



After fat grafting.



A woman after bilateral TRAM flap reconstruction with bilateral upper pole "hollowness". Fat grafting was performed to improve the roundness of the breasts.



After fat grafting.





October is Breast Cancer Awareness Month!

Please encourage your friends and loved ones to have a mammogram! For every Botox and/or Dysport injection done in October, a \$5.00 donation will be made to breast cancer research. This donation will be made on behalf of our patients by the physicians of The Georgia Institute For Plastic Surgery!

OBAGI PATIENT APPRECIATION WEEK

Monday, October 18th - Friday, October 22nd

All OBAGI products 15% off!

Call In Orders Accepted
8am to 5pm or stop by our
Savannah Office!

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Tired of long Emergency Room waits? We are available to sew any lacerations to you or your family members between the hours of 8am-5pm, Monday through Friday. If you cut your hand after hours, give our office a call. Most laceration repairs can wait 12 hours, and we will make arrangements for you to come to the office the next morning! Almost all insurance companies pay for plastic surgery repair of your lacerations.



STARTING TO THINK OF A CHRISTMAS PRESENT FOR YOUR LOVED ONES?



You can purchase a gift card from The Georgia Institute for Plastic Surgery! Stop by our office at 5361 Reynolds Street or call 912-355-8000 or 1-800-260-7135 for more information.



Help us be green and share this newsletter with a friend before throwing it away.

Visit us at www.mycosmeticsurgeon.md

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