

THE *New You*  
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## ***LOWER EYELID SURGERY WITHOUT VISIBLE SCARS***

When we evaluate lower lids, we think about at least 3 things:

- Does excess skin need to be removed?
- Does extra fat inside of the eyelid need to be removed?
- Does the eyelid need to be tightened.

When only FAT needs to be removed and there is minimal excess skin, we work from the **INSIDE** of your eyelid. There are no external scars and the texture of the eyelid skin can be improved with the use of chemical peels and/or topical creams.

If you and your physician determine that SKIN needs to be removed as well as fat, the process becomes a bit more involved. This decision will be made during your consultation.

While the surgery can be performed with anesthesia and an IV, many are now opting to do without. Instead, we simply give you something to help you relax. This way you don't have to stop eating or drinking prior to surgery. Surgeries that don't require IV anesthesia are significantly more affordable.

There is minimal discomfort after the surgery and recovery time to social acceptability is usually 7-10 days.



*Before*

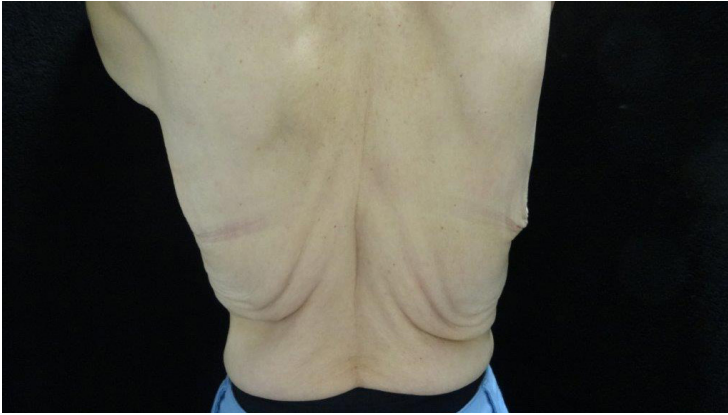


*After*



## UPPER BACK LIFT

Some patients develop excess skin on the back and under the arms beside the breasts. This is usually due to significant weight loss or the natural reduction in elasticity that some people experience as they mature. To address this excess skin, we do an UPPER BACK LIFT. We remove skin from the upper back and lift up the lower back skin as much as possible. The scar is hidden in the bra line.



*Before Upper Back Lift*

This operation is done as an outpatient. We often inject Exparel (an extended-release pain reliever) to help manage discomfort.

This operation is frequently done in conjunction with other surgeries such as breast augmentation, breast lift, and arm lift or tuck.



*After Upper Back Lift*

## LIPOSUCTION OF THE SADDLEBAGS

*...to look better in clothes*

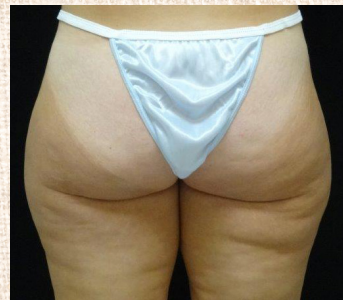
There are times when a simple outpatient procedure is the ideal solution to a specific concern. The ultimate goal may be a lift or a tuck but time doesn't allow for a



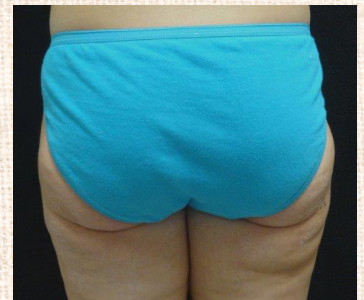
*Before Liposuction*



*After Liposuction*



*Before Liposuction*



*After Liposuction*

longer recovery period. In a case like this, liposuction of the saddlebags can be used to help your clothes fit better. It is ideal because it involves minimum pain and you're able to return to work quickly.

Pictured above is a before and after photo of a woman who wanted something simple with a quick recovery. You can see that she is smaller yet NOT smoother and tighter. She knows that when she has more time to recover, lifting and tucking procedures are options that remain available to her.

*"Quidvis recte factum quamvis humile praeclarum"*

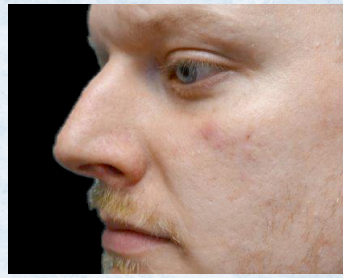
**"WHATEVER IS RIGHTLY DONE, HOWEVER HUMBLE, IS NOBLE."**

*Sir Henry Royce*

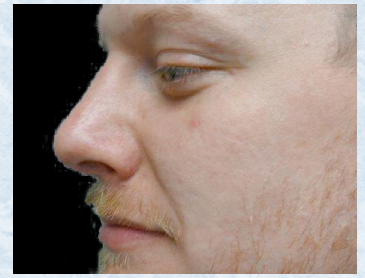


## *Changing the shape of your nose AND improving your breathing*

Rhinoplasty is an operation that includes surgical modifications to the shape and size of the nasal bones and cartilages to obtain the desired appearance. After a thorough discussion with you about the changes you would like to see, we will use computer imaging to demonstrate what we can technically do, and see if those changes communicate what you would be satisfied with as an end result. It is not a guarantee - but a teaching tool to see if we are trying to reach the same goal. Some of the changes possible include making the tip smaller, reducing the bump on your nose, and making your nose shorter, longer, straighter, and sometimes more narrow. Some patients have breathing issues, and there are 3 - 4 issues that could be addressed at the same time as your cosmetic procedures are being performed. After your exam, if we can determine a



*Before Nasal Surgery*



*After Nasal Surgery*

medical structural problem is the cause, we will submit a claim to your insurance company for review. In these cases, the insurance company may be willing to fund the changes necessary to improve your ability to breathe. Call 912-355-8000 for an appointment and we can begin an evaluation for any cosmetic AND breathing issues.

## *HAVE YOU CONSIDERED THE BENEFITS OF A FACIAL?*

Facials can be designed to meet the specific needs of the client - provide pure relaxation, as a post-surgical , or for blackhead removal. They are individualized for men, women and teens. Facials generally fall into three categories.

The "Feel Good Facial" is regularly enjoyed by many patients to relieve stress and rejuvenate the skin. In about an hour they have softer and smoother skin; it's like a mini-vacation for the face and the mind!

The "Post-Recovery" Treatment is for surgical patients and is designed to minimize bruising and swelling, reduce the appearance of scarring, speed up the healing process, stimulate the growth of healthy new skin cells, increase nerve regeneration and provide relief from discomfort. Treatments typically begins 14 days after surgery and are performed once or twice a week while your physician feels they are necessary.

The "Ultimate Facial" is for patients in need of the safe removal of breakouts and lasts about 90 minutes. Appropriate

care is used to try to prevent dark splotches, scarring and the spread of bacteria. Be prepared for the possibility of some redness that generally resolves in 24 hours or less. Breakouts that are more severe will require regular treatments but as the blemishes are reduced, the need for frequent visits will decrease.

Realistic expectations are important when considering a facial. While facials do not have the ability to permanently tighten skin, reduce pore size or remove wrinkles, the very temporary appearance of improvement in these areas is possible. A good facial will increase the blood supply, help to remove toxins, relieve stress, exfoliate and soften the skin, and in some cases, safely remove blemishes.

To get the most from your facial, please let us know of any additional services you're interested in (such as brow tinting or facial waxing) when you schedule. It's important that our Aestheticians, Jocelyn Johnson and Wanda Hanneman, have adequate time to meet your needs.

## *Plastic Surgeons and HAND SURGERY*

Most plastic surgeons spend at least 20% of their training studying the HAND. Should you have a hand problem, please consult with us. We may be able to help you.

In the pictures here, we repaired tendons that were injured.



*Before Tendon Repair*



*After Tendon Repair*



# Free Seminar

**“Innovations in Plastic Surgery”**

Given by Dr. Joseph Campbell

&

**“10 Quick & Easy Ways to Improve Your Makeup Routine”**

given by Jocelyn, Licensed Aesthetician

Location:

The Georgia Institute For Plastic Surgery  
5361 Reynolds Street, Savannah, GA 31405

Date:

**Thursday, May 10th, 6pm**

Seating is limited!

Call now to make your reservations!  
**912-355-8000 or 800-260-7135**

## April Obagi Specials!



**Throw These In Your Beach Bag!**

**Pick up Obagi Sunscreen + On-The-Go Cleansing Wipes for \$60.00! (plus tax)**

*\*The first 25 patients to purchase will receive gift with purchase. (While supplies last.)*

**Purchase an Obagi CLENZiderm Acne System and get a pack of On-The-Go Acne Wipes for FREE!**



*Don't forget Mothers' Day is Sunday, May 13<sup>th</sup>*

*Call or stop in for great gift ideas including gift certificates!*

**Help us be green and share this newsletter with a friend before recycling it!**



**Office Locations**

[www.mycosmeticsurgeon.md](http://www.mycosmeticsurgeon.md)  
(912) 355-8000 • (800) 260-7135  
5361 Reynolds Street • Savannah, GA 31405

*feel better about yourself*

**THE GEORGIA INSTITUTE FOR PLASTIC SURGERY**

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