

# THE *New* *Tou*

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## *Parting Comments from a Career Remembered...*

It is with mixed emotions that I am announcing my plan to step down from the practice of plastic surgery in mid July or August. This June will mark 45 years since I graduated from medical school, and the realities of medicine today make working "part time" unfeasible.

I wish to thank all of my patients for granting me the responsibility and privilege of becoming a part of their lives, some briefly, some not so briefly. A particular joy to me has been my patients born with facial clefts, and seeing them grow and develop into fine young men and women. Please know that I have endeavored to be as close to perfection as possible.

All surgery, but particularly plastic surgery, is a constantly challenging and humbling art that I have been blessed to have been able to pursue. For that I thank all of you, including colleagues, nurses and surgical technicians – for giving me a wonderful 34 years!

Sincerely,  
David H. Smith, M.D.



Dr. Smith will always be remembered for his masterful work with cleft lip and palate patients, as well as enviable results in facial, cosmetic breast, and torso surgery. Those of us who have worked with Dr. Smith will miss his pursuit of excellence in everything that he did, as well as his lively discussions on travel and entertainment!

Dr. Smith is happy to have excellent partners to continue his level of care for his patients after he retires.

***We will miss you Dr. Smith!!!***

# Individualizing Breast Augmentation

There are many reasons a woman might choose to have breast augmentation surgery. As women reach maturity some may find that they have significantly smaller breasts than they desire. Other patients who have had children and have participated in breast feeding sometimes find that their breasts have lost volume, leaving one with an "empty bag of skin." Regardless of the reason, we listen to you closely and try to understand the breasts you would like us to create for you. Some of the questions that we address with patients are:

- What cup-size would you like to be after surgery?
- Do you want a natural look or a "perky" look with ample upper pole fullness?
- Do you want the implant above or below the muscle?
- Do you want a saline or silicone implant?
- Do you think that you need a breast lift?
- Is there anyone else involved with the decision making process?
- What are your biggest fears and concerns about undergoing the surgery?
- Do you have any health issues that may be a contraindication for having the surgery?

After addressing these questions, we have you look at before and after photos of previous patients, remarking on outcomes that you like and don't like. You may elect to try different size implants in your bra to see what may seem best for you. Final decisions about breast implant size are often made in the operating room after the nature of your skin and pectoralis muscle have been assessed and a test implant has been inserted.

What our patients tell us they like most about breast augmentation is that their clothes fit better, and they now feel proportionate with the rest of their body when wearing bathing suits - without any additional "padding"!!! They feel better about themselves.

## BEFORE



## AFTER



## Skin Grafts To Reconstruct The Nose After Skin Cancer



Skin cancers of the nose are very common for those living in the south. Our physicians help over 250 patients each year reconstruct their nose after skin cancer. The nose is a challenging area of the body to reconstruct as there is little extra skin that can be used to fill or rebuild lost tissue as a result of skin cancer excision. The skin cancers are excised in our office with the help of immediate "frozen section" analysis of the margins until the entire tumor is removed. Additionally, patients who have competently had their nasal skin cancers excised by a dermatologist with or without Moh's surgery often send their patients to us for reconstruction after cancer removal.

One way to reconstruct the nose is with a skin graft. The forehead is a wonderful site for skin grafts as the color, texture, tone, and thickness of the forehead skin closely resembles that of the nose. Other sites such as the skin in front of or behind the ear are also favored sites. The grafts require several months to completely heal, but the final results can be quite appealing.

## Combination Aesthetic Procedures are Sometimes Necessary to Achieve Facial Harmony



**BEFORE**



**AFTER**

As we help patients evaluate possible changes to their facial harmony we utilize video imaging. In this patient it was determined that a better result would be obtained from her rhinoplasty surgery, if she had a subtle augmentation to her chin. This created better facial harmony and balance. Using video imaging we can evaluate the improvement of different "surgical options" to obtain optimal outcome.

## You Are Invited to an Informative **FREE** Seminar

**SPEAKER:**

**John Paletta, MD**

**TOPIC:**

**"Getting Ready For The Summer"**

**LOCATION:**

**5361 Reynolds Street**

**DATE:**

**Thursday, April 28th at 6:00 PM**

A gift certificate for a Free Cosmetic Consultation will be given to all attendees and door prizes will be awarded!

Call now to make your reservations!  
Seating is limited!

**(912)-355-8000 (800) 260-7135**

## Plastic Surgery And Complex Wounds

Complicated wounds that are the result of traumatic injuries or treatment for other medical conditions (breast cancer, melanoma etc.) have long been the focus of plastic surgeons. It is the treatment of complex problems that continues to propel plastic surgery forward, whether that be the TRAM flap to reconstruct the breast of a mastectomy patient, or the advent and proliferation of the free flap to reconstruct the head and neck cancer patient. While free flaps have revolutionized the treatment of patients with difficult wounds, they still remain challenging operations for patients, surgeons and hospitals.

Another tool pioneered by plastic surgeons is tissue expansion. Tissue expanders (a balloon like object similar to a breast implant) are placed under the skin and are slowly filled with fluid, enlarging the expander and stretching the overlying skin. The new skin that is created can then be used for a variety of reconstructive procedures. The tissue expanders cannot be used in open wounds because the risk of infection; furthermore, to stretch the skin to the point it will be usable for reconstruction can take months.

The PROXIDERM device allows the use of tissue expansion technology to treat open wounds. The device functions as an external tissue expander, stretching the skin over an open wound. The device applies constant pressure on the skin, which causes the edges of the skin to creep closer together. The devices are changed one to three times per week. Wounds that were only treatable with a flap or free flap in the past can now be treated with a much simpler procedure.



*Did you know that we do  
"Hand" surgery?  
Here are just some of the  
procedures that we perform:*

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

Financing options at our office

Care Credit  
[www.carecredit.com](http://www.carecredit.com)

Surgery Loans  
[www.SurgeryLoans.com](http://www.SurgeryLoans.com)

Advance Care  
[www.advancecarecard.com](http://www.advancecarecard.com)

Visit us at [www.mycosmeticsurgeon.md](http://www.mycosmeticsurgeon.md)

## Obagi Skin Care for a Multitude of Reasons!

The Obagi skin care system is an excellent choice for individuals who desire improvement with their skin. For most individuals, the program takes around five minutes in the morning and evening, and is tailored to the patients needs. Listed below are some of the problems that the Obagi skin care program improves:

- Sun-damaged skin and precancerous skin lesions.
- Fine lines and wrinkles.
- Acne {Obagi Clenziderm System}
- Fine lines of the lower and upper lids. {Obagi Elastiderm}
- Discoloration and fine lines of the neck and chest. {Obagi Decolletage System}

If you have questions about what might be the best program for you, please call our office for a consultation with one of our physicians or aestheticians. Call today to get started on your Obagi skin care system.

**912-355-8000 or 800-260-7135**



BEFORE



AFTER

## OBAGI PATIENT APPRECIATION WEEK

Monday, April 25th - Friday, April 29th

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