

# THE *New You*

Summer 2014

Richard J. Greco, M.D. • William H. Dascombe, M.D. • John D. Paletta, M.D. • Thomas W. Horn, M.D. • Frederick C. Sailes, M.D.

## Introducing Dr. Frederick Sailes!

**W**e are pleased to announce that Dr. Frederick Sailes will be joining us this summer! He has an impressive educational background. He attended the University of California at Berkeley and then worked at Genentech doing research that resulted in valuable patents. This experience was followed by medical school at Morehouse, General Surgery training at Thomas Jefferson University Hospital, and then five additional years of plastic surgery training at the University of Mississippi and Chicago. He has worked and trained with nationally and internationally acclaimed masters in Plastic Surgery.

His education and training is distinguished by several publications and numerous awards. He was awarded the Robert Woodruff Scholarship on more than one occasion, the Pfizer Scholarship, the DV Starr Scholarship, The AT & T Bush Scholarship, and the James Harvey Hendrix, Jr. Prize.

His community service commitments while in Atlanta are vast and include the National Youth Leadership Foundation, The Whitehead Boys and Girls Afterschool Project, and the Atlanta High School Physical Program.

Dr. Sailes is skilled in all aspects of cosmetic and reconstructive surgery. He has additional training in hand surgery.

Please join us in welcoming Dr. Sailes!



### Come Meet Dr. Sailes!

*“New Ideas in Cosmetic  
& Reconstructive Surgery”*

**Location:**

The Georgia Institute For Plastic Surgery  
5361 Reynolds Street

**Date:**

Thursday September 25th – 6:00 PM

Call now to make your reservations!

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

## NECKLIFTS

Some patients want or need improvement only in the lower third of the face. A necklift is an excellent procedure for them to consider.

There are two options your surgeon will go over with you. If you have excess skin and fat at the center of your neck, it can be removed by "Direct Excision," leaving a solitary scar under the chin that is easily concealed with makeup.

In the majority of patients, the goal is to remove the excess skin and fat and tighten the muscles of your neck without a visible scar. Here a "Necklift" may be a better option. This involves a smaller scar under the chin and a scar behind the ear that extends slightly into the posterior scalp.

Both procedures are done on an outpatient basis with minimal pain. On average, you can return to work and be socially acceptable within 10-12 days.

Most patients achieve 60-70% improvement in the appearance of their neck. For those with great skin elasticity, the improvement may be greater.



*Before a Necklift*



*After a Necklift*

## TREATMENT OF BROWN SPOTS ON THE HANDS

Brown or pigmented lesions on the hands can be frustrating to treat. Creams almost always improve brown spots on the face, but not on the hands. We offer two different options for our patients. One is laser, which is performed by our physicians, involves minimum pain, and takes about 15 minutes. The treated areas are red for about three weeks.

The other option is to chemically peel the hands. This is performed by our aestheticians and involves mild to moderate discomfort. The

procedure takes about 50 minutes. The recovery is similar to that of a sunburn and the skin slowly sloughs off over the course of approximately two weeks.

With both procedures, it's very important to protect the treated areas with sunscreen. Sometimes more than one treatment is needed to obtain optimal results.



*Before Laser Treatment*



*After Laser Treatment*

## Common Misconceptions about Facial Waxing

*By Jocelyn and Wanda, Licensed Aestheticians*

***My facial hair is blonde so I don't need to worry about it.*** You would be amazed at how noticeable it looks in the unforgiving light of the sun! It's normal for women to have facial hair; if there is a higher concentration of hair in one area of the face in relation to another, you should consider waxing. Waxing also removes dead skin cells so your makeup will go on smoother.

***My hair will come back darker and thicker if I have it waxed.*** This is an old wives' tale that is absolutely not true! If waxing DID cause the hair to grow back darker and thicker, Jocelyn & Wanda would be wealthy women indeed, as they would have a cure for baldness. Imagine the men that would come in to have their bald spots waxed! The truth is that the hair will eventually become finer and thinner with repeated waxing.

***I will have stubble on my face after waxing.*** Waxing removes the hair by pulling it out by the root, so it has to start growing all over again. This ensures that the regrowth is nice and smooth. Shaving is what leaves you with a stubbly feeling if not maintained almost daily.

***Waxing is only for the brows and upper lip.*** Waxing can be used to remove hair from ALL areas of the face, including the sides of the face, the neck, chin, lower lip, forehead, etc. If you're not sure if you're a good candidate for waxing, Jocelyn and Wanda are always happy to help. You can also learn more about their services on our website under "Procedures."



# LIPOSUCTION OF THE "LOVE HANDLES"

Despite proper diet and exercise, many men and women continue to be unhappy with the appearance of their "love handles." Liposuction of the "love handles" or flanks is very successful in treating the fat in these areas. It can be done alone and is frequently performed in conjunction with a tummy tuck. The procedure usually takes less than two hours and is commonly performed as an outpatient when done alone. Scarring from the procedure is minimal. About two weeks after surgery, we offer an in-office treatment called Endermologie, which helps to shrink the skin and smooth out suctioned areas. Patients can return to work that doesn't involve heavy lifting after 3-5 days with a return to all forms of exercise after 1 month.



*Female Pre-Liposuction*



*Female Post-Liposuction*



*Male Pre-Liposuction*



*Male Post-Liposuction*

## NUTRITION AND YOUR HEALTH

Here are some tips about what we can eat and the impact it has on our health:

- Eat Nuts**  
 Researchers have studied over 100,000 adults and those who ate one ounce of any kind of nuts each day were 20% less likely to die of any cause over a 30 year period than those who didn't eat nuts.
- Eat Fruit**  
 Eating three cups of strawberries each day may lower your triglycerides and LDL {bad cholesterol} perhaps because they are rich in anthocyanins.  
  
 After guava, watermelon may be one of the best fruits you can eat. It is loaded with vitamins A and C, lycopene, and potassium.
- Eat Sweet Potatoes**  
 Sweet potatoes are one of the best vegetables you can eat. They are packed with carotenoids, vitamin C, potassium, and fiber.
- Eat Chickpeas {garbanzos}**  
 They are up there with soybeans and pinto beans in terms of nutritional value. They are rich in protein, fiber, iron, magnesium, and zinc.
- Eat unsweetened Greek yogurt**  
 Non-fat plain Greek yogurt is high in protein and low in sugar. You can add sweetness by adding your favorite berries to the yogurt.
- Eat seeds**  
 Chia seeds-sprinkle on cereal and salads. They are high in fiber, protein, and Omega-3 fatty acids.  
  
 Flaxseeds-sprinkle on cereal and salads. They are rich in Omega-3 fatty acids and SDG lignans.

*\*The above information obtained from excerpts from Bottom Line Health, Nutrition Action Newsletter, TSN Enterprises, and Nutrition Action Healthletter.*

## In the News

Dr. Dascombe, his wife Maria, and The Georgia Institute For Plastic Surgery will be sponsoring the opening concert of the Savannah Philharmonic on Saturday, September 13, 2014. Join us at the Lucas Theater for a wonderful evening of music that will include:

Brahms  
Academic Festival Overture  
Op. 80

Rachmaninoff  
Rhapsody on a theme by Paganini  
Op 43

Dvorak  
Symphony No. 7  
Op. 70



WELCOME TO OUR 2014-15 SEASON!  
**LIVE THE MUSIC**

**2014-2015 SEASON HIGHLIGHTS INCLUDE:**  
 Rachmaninoff's *Rhapsody on a Theme of Paganini*  
 Excerpts from Bizet's *Carmen Suites Nos. 1 & 2*  
 Internationally acclaimed tenor Anthony Kearns of The Irish Tenors  
 Haydn's *The Creation*  
 Music from the Stage and Screen  
 Brahms' *Piano Concerto No. 1*

TO REQUEST A SEASON BROCHURE CALL OR EMAIL  
 912.232.6002 | [info@savannahphilharmonic.org](mailto:info@savannahphilharmonic.org)

THANK YOU TO BILL & MARIA DASCOMBE, OUR 2014-2015 OPENING NIGHT PREMIER SPONSOR!




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Buy one syringe of Juvéderm and get one syringe free.

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Call for Appointment: (912) 355-8000  
Quantities are limited.



\*One free syringe per patient. Offer cannot be combined with any other discounts/rewards.

## Susan G. Komen Race

Many of you know Wanda Hanneman as one of our Aestheticians. She is also one of the first breast reconstruction patients Dr. Greco operated on when he came to Savannah. Wanda was honored at the race for celebrating TWENTY YEARS of survival this year! We congratulate her and wish her continued good health!

Dr's Greco, Horn, and Paletta have been helping patients with breast cancer reconstruction since 1993 when Dr. Greco helped to develop the first Breast Cancer Center of Excellence in Savannah. Since that time, well over 2,000 The Georgia Institute For Plastic Surgery patients have had breast reconstruction, restoring harmony and balance to their bodies after surgery for breast cancer. The practice enjoyed participating in the annual Komen's Walk. We look forward to having our patients join our team next year.



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