

THE *New You*

THE
GEORGIA INSTITUTE
FOR PLASTIC SURGERY

feel better about yourself®

Spring 2013

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Preparing for a "Special Occasion"

Do you have a special event coming up this year - a reunion, a wedding or a graduation? Do you look as good as you feel? Do you have time to "freshen up" for this special day? Everyday, our practice helps people look as good as they feel. If you only have a few days before your event a brow shaping, BOTOX, fillers, or makeup lesson might be for you.

Patients that plan ahead often have cosmetic surgical procedures to improve the shape of their nose, remove excess skin and bags from their eyes or rejuvenate their face or body. To help you get some idea of recovery times, we have listed some of the procedures we offer and what to expect in regard to your recovery time:

- **1-4 hours** Waxing, Brow Makeover, Makeup Lessons
- **3 days** Fillers (Juvederm/Restylane etc..)
- **7 days** BOTOX, Some Chemical Peels
- **3 weeks** Liposuction of Neck
- **4 weeks** Eyelid Surgery (upper and/or lower)
Forehead Lift
Rhinoplasty (nose job)
Breast Augmentation, Reduction or Lift
Tummy Tuck
Liposuction of the Body
- **6 weeks** Facelift
Obagi Skin Care

For more information, please call (912) 355-8000 and schedule a consultation with one of our physicians or aestheticians.

Makeup Lesson & Brow Makeover



Before

After

Facelift



Before

After

BREAST AUGMENTATION

Why do women continue to choose The Georgia Institute For Plastic Surgery to have breast augmentation?

Breast augmentation is poorly understood by most people - they have the tendency to think that women choose to have their breasts augmented to draw attention to themselves; quite the opposite is true. Most women in our practice have breast augmentation for the following three reasons:

- To help their *clothes fit better*.
- To create *better balance and harmony* with their overall body. (Pregnancy and breast feeding have a way of reducing the original volume of the breast and creating imbalances in their figure.)
- To *feel better about themselves*.

Actually, most women are afraid that after breast augmentation it will be obvious they have had the surgery performed! They want it kept private. In most cases, the woman can control the perceived size of her breasts by the clothing choices she makes. If she wears a top that is extremely form fitting, the breast size will be accentuated. If she wears a business suit or loose fitting clothing, no one will ever know the surgery was performed. Being able to control the perceived size of their breasts brings comfort and reassurance to our breast augmentation patients.

Why do so many women choose our practice to have the surgery performed? EXPERIENCE. Between the five surgeons of The Georgia Institute For Plastic Surgery, well over 5000 breast augmentations have been performed in the last 20 years. The surgery is performed in our sterile surgery center. From start to finish, your experience in our surgery center will last about 4 hours. You can generally return to work that doesn't involve heavy lifting in 3-4 days.



BREAST REDUCTION

Helps your neck, back, and shoulders. GET RELIEF FAST!

Breast reduction surgery helps to improve numerous symptoms related to enlarged breasts. The symptoms improved with breast reduction surgery include neck pain, back pain, rash under one's breasts, headaches, and breast pain while exercising. The surgery is performed as an outpatient procedure with minimal blood loss and discomfort. Your insurance company may pay for a portion of the fees associated with your surgery. One can usually return to work that doesn't involve heavy lifting in 1-2 weeks. A return to full exercise and activity occurs after 4-6 weeks. After a breast reduction, many women find it much more comfortable to exercise. This newfound freedom of motion empowers them to lose weight.

Breast Reduction at The Georgia Institute For Plastic Surgery

- Outpatient Surgery
- Minimal discomfort
- Usually covered by insurance
- Return to work that doesn't involve heavy lifting in less than 2 weeks
- Experience-Surgeons at the Institute have performed over 5000 breast reductions in the last 20 years.

NUTRITION AND YOUR HEALTH: *The first in a series.*

MOMMY MAKEOVER. *Prepare yourself and get your kids involved as well!*

You have had your children. They are now in school most of the day! Viola! Some time for mother to spend a few moments on her health! Many women come to us for breast and tummy surgery after having children. Preparing for the surgery sometimes involves simply organizing help to take care of the children's needs. Other times, weight loss and improved fitness are part of the preparation phase.

KEY POINT: *Get yourself ready and help establish healthy eating and exercise habits for your children at the same time!*

How do you get yourself ready? You get yourself ready through a combination of dietary changes and exercise. You help your kids and their health by teaching them about healthy food choices and exercising together after school or during the weekends. Your preparation and their health become a family activity.

When it comes to weight loss, your diet is far more important than physical activity. The type of calories you consume and the total number of calories you consume are important. While working on these issues, get your children involved! Being involved in what they eat is important to their overall health and will help prevent the development of childhood obesity.

It takes time, energy, and plenty of economic resources to eat healthy. One issue that may come up is whether to buy organic foods that may be more costly than non-organic foods. Each year, the Environmental Working Group creates a Shopper's Guide to recommended foods that may have high pesticide levels where buying organic may make sense. You can visit their website www.ewg.org to review the complete list, but the following is a good start.

- **BUY ORGANIC** – Apples, Grapes, Peaches, Strawberries, Blueberries (domestic), Celery, Sweet Bell Peppers, Spinach, Lettuce, Cucumbers
- **Less Important** – Mangoes, Watermelon, Grapefruit, Kiwi, Pineapples, Onions, Avocado, Cabbage, Sweet Potatoes, Sweet Peas



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*Don't forget Mothers' Day
is Sunday, May 12th*

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



FINANCING AVAILABLE

Do you need help with partial or complete financing of your surgery?

For the information you need, within an hour, research your options at:

www.carecredit.com

If you need further assistance, please call one of our patient care coordinators at (912) 355-8000.

The Georgia Institute For Plastic Surgery would like to invite all of our patients and friends to the Annual **Susan G. Komen Race for the Cure** event on Saturday, April 13th. Call today for more details. (912) 355-8000



Helping You Look as Young as You Feel:

A Passport to Aging Gracefully

Your Guide:
Richard J. Greco, MD

Location:
The Georgia Institute For Plastic Surgery
5361 Reynolds Street

Date:
Thursday, April 4, 2013
6:30 PM

SEATING IS LIMITED!

Call now to make your reservations!

912-355-8000 or
800-260-7135

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