

THE  
GEORGIA INSTITUTE  
FOR PLASTIC SURGERY

*feel better about yourself*®

THE  
*New You*

Fall 2020

Richard J. Greco, M.D. • William H. Dascombe, M.D. • John D. Paletta, M.D. • Thomas W. Horn, M.D. • W. Joseph Campbell, M.D. • Patrick J. Buchanan, M.D.

## COVID - 19 AND KEEPING OUR PATIENTS SAFE

The Georgia Institute For Plastic Surgery is committed to helping all patients in the Low Country and surrounding areas we serve. Each day, our practice sees cosmetic and skin cancer patients as well as covering local injuries and emergencies. Throughout the **COVID-19** crisis we have remained open and continue to practice safe medicine and safe surgery by adhering to the following precautions:

1. **Screening before you can access our office** - You will be asked appropriate questions about your potential exposure risk, any possible **COVID-19** symptoms, check your temperature and ask that you to apply hand sanitizer. A mask is required to be worn inside our office.
2. **Limited access to our office** - To reduce exposure risks to all patients, only the actual patient and one (1) guardian are allowed into the building. Under certain circumstances an additional support family member may accompany patients into the office for discussion after examination.

3. **Testing** - All patients undergoing general anesthesia for surgery are tested for **COVID-19** prior to surgery. Any patients testing positive are rescheduled to keep all surgical staff from being exposed.
4. **Staff screening** - All staff members have been tested for **COVID-19** and were negative. We continue daily screening of employees for **COVID-19** symptoms, checking temperature and asking about any possible **COVID-19** exposure. Any staff members showing symptoms of illness remain home until it can be confirmed with testing that they are negative. All staff are required to wear a face mask inside our office.

Now that elective surgeries are allowed to proceed, we are using these principles to safely treat all of our elective breast cancer patients, hand surgery patients and our cosmetic surgical patients.

If you are ready to schedule surgery or an appointment, please call us at 912-355-8000.

*Thank You!*

The Georgia Institute For Plastic Surgery has won  
“Best of Savannah 2020”  
for EXCELLENCE in Breast, Body, Face, Neck & Reconstruction

We also received “Best of Savannah 2020 - Runner Up” award  
for EXCELLENCE in Hand & Wrist Surgery!

BEST of  
SAVANNAH

2020 WINNER

Savannah  
MAGAZINE

BEST of  
SAVANNAH

2020 RUNNER-UP

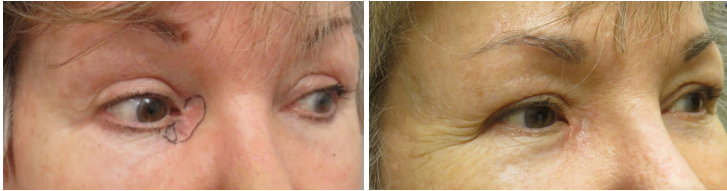
Savannah  
MAGAZINE

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

# WHAT IS OCULOPLASTIC SURGERY?

Oculoplastic Surgery is the treatment of injuries, diseases, and the appearance of the upper and lower eyelids. Plastic Surgeons and Ophthalmologists with special fellowship training share the treatment of these patients. As Plastic Surgeons, we try to refine the results and improve the final appearances. We perform a wide variety of cosmetic and reconstructive eyelid surgery. Some of the UPPER eyelid operations that we perform include:

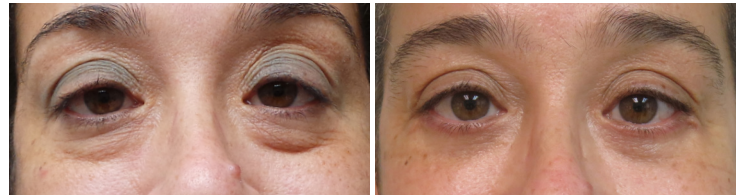
1. Blepharoplasty – removal of excess skin of the Upper Eyelid – for cosmetic or functional reasons.
2. Ptosis repair - elevation of “lazy” eye to improve vision.
3. Upper eyelid cancer reconstructive surgery.



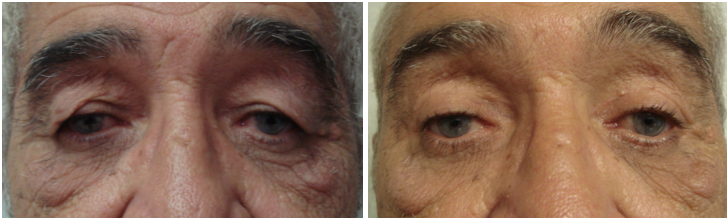
*Before/After Eyelid Cancer Surgery*

We also perform LOWER eyelid procedures that include:

1. Removal of excess skin and fat bulges from the lower lid. Sometimes we simply remove fat bulges without external scarring.
2. Correction of lower lid sagging with a procedure called canthopexy.
3. Lower eyelid cancer reconstructive surgery.
4. Correction of saggy lower lids with eyeball irritation– or Ectropion.



*Before/After Upper and Lower Eyelid Surgery*



*Before/After Upper Eyelid Surgery*



*Before/After Upper Eyelid Surgery*

## Why not take a walk?

*{Inspired by the writing of Ryan Holiday in “Stillness is the Key”}*

Walking isn't simply about burning calories, enhancing strength, and building endurance. It is an affordable luxury available to almost all of us that can be cleansing to both the mind and soul. Kierkegaard stated that “Every day I walk myself into a state of well-being and walk away from every illness; I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.”

Martin Luther King Jr. took an hour walk each day while a seminary student to “commune with nature.” Nikola Tesla discovered the rotating magnetic field on a walk through a city park. Earnest Hemingway, Charles Darwin, Steve Jobs, Gustav Mahler, and Ludwig van Beethoven all attribute walking as a key to some of their wonderful and creative contributions to humanity.



Why not consider taking a walk without your cell phone when you are burdened with excessive information and perhaps walk away those thoughts that need to be walked away from while awakening the new ideas that may be blossoming in your mind?!

## BREAST IMPLANTS



*Before/After Explant Breast Surgery*



*Before/After Explant Breast Surgery*

What are my options for Breast Implants placed over 25 years ago? It depends upon your goals. Many women have gained some weight with time and are actually larger than they hoped to be. Others may have concerns that their implants are ruptured. As a screening tool, we will order a mammogram and any pathology to see the status of your implants. Sometimes a MRI is necessary to determine if the implants are intact. If your implants are ruptured or should you decide to remove your implants, your options include:

1. Remove the implants and do not place new implants.
2. Remove the implants, do not place new implants, and do a breast lift.
3. Remove the implants and place new implants.
4. Remove the implants, place new implants, and do a breast lift.

All of these options can be reviewed with you at the time of your consultation. If the implants are ruptured, your insurance may pay for removal of the implants while you would be responsible for the cost of implant reinsertion and breast lift should you decide upon those options.

These procedures are done outpatient, and you can return to work with no heavy lifting after one week.

## Hand Surgery at The Institute

Injuries don't stop during pandemic times. Below are the pictures of a patient who had her little finger amputated during a boating accident.

Our doctors reattached her finger and she is doing well!



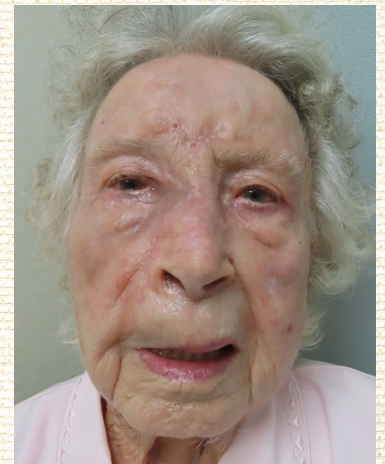
*Before/After Replant Surgery*

## Plastic Surgeons helping out in challenging situations

We are often called upon to care for patients that sustain serious injuries. We try our very best to restore, rebuild and to recreate a normal appearance and function to injured tissue. An injured child and adult were repaired in the pictures below.



*Before/After Child Laceration Repair*



*Before/After Adult Laceration Repair*

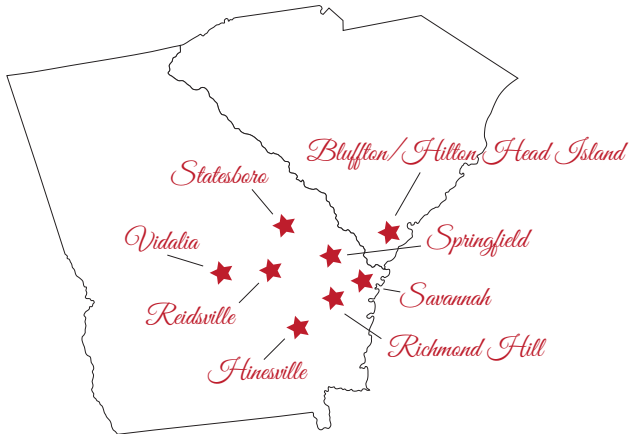
THE  
GEORGIA INSTITUTE  
FOR PLASTIC SURGERY

*feel better about yourself®*

5361 Reynolds Street • Savannah, GA 31405  
(912) 355-8000 • (800) 260-7135

[www.mycosmeticsurgeon.md](http://www.mycosmeticsurgeon.md)

## Office Locations



*Disclaimer: This newsletter contains graphic photos of injuries and surgery.*

PRSRST STD  
U.S. POSTAGE

**PAID**  
CLAXTON, GA  
PERMIT #1010



Our QUICKSTITCH program makes it possible for you to have injuries and lacerations repaired without going to the Emergency Room or an Urgent Care Clinic!

Our Quick Stitch program is widely known as being an efficient means of having accidental cuts, play ground injuries and even dog bites repaired in our office from 8 am -5 pm Monday through Friday.

At The Georgia Institute For Plastic Surgery, we are now expanding this program to include all hand and finger injuries, including:

- Skin injuries
- Tendon injuries
- Nerve injuries

Accidentally cut yourself while preparing dinner? Get your finger caught in the saw while on the job or performing home improvements? Call us at The Georgia Institute For Plastic Surgery during the hours of 8 am-5 pm Monday-Friday and avoid those long wait times in the Urgent Care Clinic or Emergency Department.

*\*If you cut yourself after 5pm, please call our office at 912-355-8000, speak to our answering service and we will arrange for you to come in the next day to see one of our physicians.*

*\*Only for laceration repairs that can be safely delayed for 24 hours without any unwanted risks.*



*Beauty*

**“I just want one simple thing to put on my skin that will improve skin texture and tone. What can I use?”**

*Try our new “Glycolic Gel”!  
It is 10% glycolic acid combined with hydrating peptides!  
Please follow the instructions on the bottle!*

