

THE *New You*

THE
GEORGIA INSTITUTE
FOR PLASTIC SURGERY

feel better about yourself®

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Total Resurfacing Laser (TRL) for Facial Rejuvenation

As we get older, our skin starts to look less vibrant. We start to develop “sunspots” and “age spots”. The texture of our skin is not as youthful, and we get some early laxity. Although we love the Retin-A based systems of skin care, like Obagi sometimes we need more. The Sciton Laser TRL is a type of Erbium/ YAG blend laser that does a great job of resurfacing facial skin. It not only helps remove the aging stains of your skin, but it also gives a healthy, smoother appearance to your looks.

Recovery time is typically 5 to 8 days, while the healing process can take up to 2 weeks. The treated areas are pink for a few weeks until the healing is complete.



Before



After



Before



After



Before



After

Check us out at www.mycosmeticsurgeon.md

BREAST REDUCTION “NO VERTICAL SCAR”

Some of our happiest patients are women who undergo breast reduction surgery.

In addition to relieving their symptoms of back/neck pain, poor posture and rashes beneath their breasts, the result is smaller, perkier breasts. The comment we hear most is, “I should have done this years ago”.

With standard breast reduction surgery there is a tradeoff: smaller, perkier, more comfortable breasts. In exchange, you will have a scar. The typical pattern of

scars is around a new smaller areola, a vertical scar and a scar beneath the breast, much like a boat anchor.

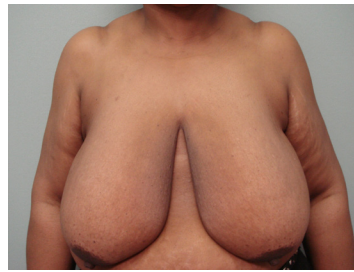
In patients with very long or pendulous breast, we can sometimes perform the operation without the vertical scar. It turns out, this leads to a result with a more natural appearance and less visible scars. If you have considered the idea of relieving your back/neck pain and having smaller breasts – call 912-355-8000 to schedule a consult with one of our doctors.



Before



After



Before



After

No More “Bat Wings”



Before



After

One of the side effects of massive weight loss is loose skin. Our weight loss patients come to see us with multiple complaints, and one of the most obvious of these complaints is the excessive skin of their upper arms. They ask us if we can get rid of their “bat wings”. The operation for this is called a Brachioplasty. This procedure consists of removing the excess skin on the lower border of your arms, giving an improved contoured look to the upper arm. The removal of the floppy, loose skin does leave a visible scar. Patients are happy with their results, but it is a significant consideration.



Before



After



COVID 19 - A Plastic Surgery Update

COVID-19 is a very serious disease that has led to many changes in the way we practice. Wearing masks, the screening of all patients, reducing the number individuals coming in our office, and testing individuals before surgery just to name a few. Working from home and wearing masks has become very common to everyone across the country.

Many of our patients are on Zoom conferences and have become very aware of some signs of facial aging. Wearing masks brings into focus the appearance of our eyes and forehead. These trends have led to an increase in facial rejuvenation, both non-operative and operative.

The fact that most people cannot easily travel and are spending more time at home have led to more discretionary spending and more focus on the appearance of their face. This has led to an increase of safe facial aesthetic enhancements. The wearing of a mask also hides the post-operative signs of facial surgery.

Hot Topic

Hand Surgery

Did you know that plastic surgeons are also well versed and well trained in hand surgery?

We spend over 30% of our training also learning the intricacies of hand surgery and better, safer approaches to treating conditions such as Dupuytren's disease.

Dupuytren's disease is caused by an over-abundance of scar tissue just under the skin on your palm which leads to painful bent finger joints. The fingers can become so bent and contracted that a surgical intervention is often recommended. The scar tissue is removed while protecting the nerves, arteries, and tendons of the finger.

This is an outpatient procedure that can be performed under local anesthesia or conscious sedation. Even better, is that it is usually covered by your insurance provider. If you feel you may have Dupuytren's disease, give our office a call at 912-355-8000 for an in-person consultation today!



Before



After

DIEP Flap Breast Reconstruction (following mastectomy)

When a patient is faced with a breast cancer diagnosis, they have multiple options when it comes to reconstruction.

The most common techniques involve the use of implants or skin, muscle, and fat. The abdomen has become the most common place to harvest fat and skin to reconstruct a natural appearing and feeling breast.

The deep inferior epigastric perforator flap (DIEP) is a muscle-sparing microsurgical procedure that allows transfer of the skin and fatty tissue from the abdomen to

re-create the breast. This technique allows preservation of the abdominal muscles and function while creating a natural appearing breast. This also allows the patient to avoid the use of artificial implants.

Additional benefits include the opportunity to remove abdominal fat and skin, as is commonly removed during a tummy tuck, to allow contouring of the abdomen.

Not all patients are candidates for this type of procedure due to previous surgery or lack of abdominal tissue, so a personalized consultation is essential.



Before



After



Before



After



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