



Where Confidence is Beautiful

We think our patient's are the Best!
Thank you for your votes! 2nd place
for 2016 Best Nip and Tuck.



Dr. Chad Robbins performs both reconstructive and cosmetic surgery procedures with a focus on improving the quality of his patients' lives and increasing their self-confidence.



FACE | BREAST | BODY | SKIN | INJECTABLES



Schedule your appointment for your favorite procedure today!
Call **615-237-5552** or visit our website at
www.RobbinsPlasticSurgery.com.

2201 Murphy Avenue, Suite 407 Nashville, TN 37203

Sun Protection Matters In Every Season

EltaMD sunscreens help prevent sunburn and decrease the risk of skin cancer and early skin aging caused by the sun, when used with other sun protection measures. EltaMD sunscreens are formulated with transparent zinc oxide and are noncomedogenic, sensitivity-free, fragrance-free and paraben-free. All EltaMD sunscreens are recommended by The Skin Cancer Foundation as effective broad-spectrum sunscreens.



BODY NOTES

Robbins Plastic Surgery Newsletter Spring 2017

8 STEPS

To Reverse the Process
of Facial Aging

A ROBBINS STORY

DEMAND FOR MICRONEEDLING SURGES

FEATURED PATIENT

EltaMD sunscreens

SIP SIP
hooray

Dr. Chad Robbins is coming to Clarksville for a **FREE** seminar on Breast Augmentations and Tummy Tucks

Thursday, March 2nd • 5:30-7:30 pm

Old Glory Distilling

451 Alfred Thun Road, Clarksville, TN

**FREE
IMPLANT
GIVEAWAY!** 

R.S.V.P. by February 20th | Theresa at 615-401-9454 or Theresa@robbinsplasticsurgery.com

8 STEPS To Reverse the Process of Facial Aging

Non-Surgical

1. Skincare
2. Botox®/Dysport®
3. Injectable Fillers
4. Lasers

Surgical

1. Face Lift: Mini/Full
2. Neck Lift
3. Brow Lift
4. Blepharoplasty

Holding onto a youthful look gets more challenging as we grow older. Aging is a natural and inevitable process and can make us look tired, sad or even angry. But when exactly does that notice-it-in-the-mirror, complain-about-it-to-friends type of skin aging start? And can anything be done to delay it? Our goal at Robbins Plastic Surgery is to provide a refreshed and rested look, not an overdone look. Facial aging can be made up of 3 significant categories:

A. Changes to the facial skin, include development of fine lines and wrinkles, skin dryness, uneven pigmentation, loss of collagen and elastin leading to skin thinning and looseness, and loss of the skin glow. So, we always start facial rejuvenation with a home skincare regimen, facials, dermaplaning, chemical peels and facial lasers. Skin tightening is possible with the treatment of Vivace micro needling with radiofrequency (heat energy). For the unwanted crow's feet or frown lines, Botox® and Dysport® are the perfect solution.

B. As we age, there is a loss of facial volume. This leads to hollowing of the eyes and temples, deepening of the nasolabial folds and loss of lip volume leading to wrinkles and aging appearances. This occurs earlier in the aging process and is easily treated with use of facial fillers, such as Juvéderm®, Voluma®, Restylane®, or Radiesse®. We can add volume to the lips, cheeks, temples, lower eyes, nasolabial folds, perioral or unwanted wrinkles.

C. The final aspect of aging includes the much dreaded sagging of the facial structures, with the most complained about being the neck and jowls. Eyelids and brows also seem to sag over time leading to a very tired appearance. This may include an endoscopic brow lift, face lift, neck lift, upper or lower eyelid surgery. It is quite common to combine treatments in surgery, adding volume with fat grafting and treatment of the skin with chemical peels.

If you would like to talk facial aging with Dr. Chad Robbins, please call today at **615-401-9454** to schedule your free consultation. Let's start turning back the clock on facial aging so that you can put your best face forward!



Robbins Plastic Surgery NOW offers Vivace RF Microneedling

DEMAND FOR MICRONEEDLING SURGES

Microneedling is one of the top ten most searched topics in aesthetics. Microneedling (also known as collagen induction therapy) is a minimally invasive treatment to rejuvenate the skin. A device with fine needles creates tiny punctures in the top layer of the skin that triggers the body to create new collagen and elastin. The process of neovascularization and neocollagenesis causes improvement in skin texture and firmness, as well as reduction in scars, pore size, and stretch marks. Microneedling is a safe, chemical-free treatment to stimulate collagen growth. When combined with radio frequency, it becomes the newest revolution in contouring and tightening for the face, neck and body, producing optimal results and little downtime. The addition of the right products as part of the treatment process ensures desired outcomes.

THE PATIENT'S DESIRED EXPERIENCE

- Minimize fine lines and wrinkles
- Tighten skin
- Improve scarring
- Reduce spider veins
- Improve stretch marks
- Minimize pore size
- Improve skin texture and tone
- Evens skin color desired outcomes



A ROBBINS STORY

My first sleep away camp was when I was 11 years old. My parents sent me to Camp McDowell in Nauvoo, AL which was about 1 ½ hours from home. I remember being so excited to do all the camp activities, that being homesick was the last thing on my mind. Swimming, archery and being a typical boy gave me so many memories and I developed lasting relationships.

Through the rest of my 30+ years I continued going to Camp McDowell in the summer, working there while in college and my wife, Liz, and I were married there. Need I say that Camp McDowell is a very special place for me.

Liz and I take our family there every year and partake in different groups and experience camp life together as a family. My daughter, Bea, is 9 years old and will be going by herself for the first time this year! The boys will soon follow, but for now we will continue going with them as a family.

I personally think camp offers unique opportunities for children to succeed; work together, make choices, take responsibility, build independence and gain confidence beyond school and home.



FEATURED PATIENT

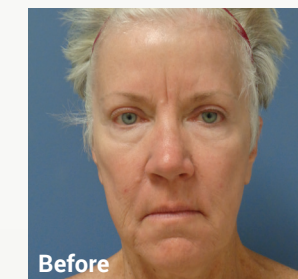
Two months ago I made the best decision... to begin a new chapter in my life with confidence and joy. With the advice and skilled hands of Dr. Chad Robbins, I look 10 years younger.

After completing breast cancer treatments, I knew I wanted to put the past behind me. Several people to include previous patients and nurses recommended Dr. Robbins. After considering other doctors, I knew Dr. Robbins was the perfect choice.

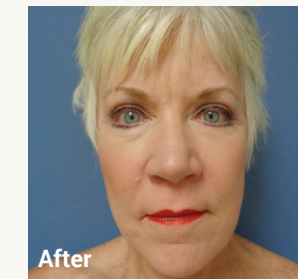
When it was time for the reconstruction, I asked him about a facelift. He meticulously discussed my options. Once I made the decision to move forward, I was anxious to proceed. I was ready to remove the tired looking me. After a short healing process, I knew I had made a great choice. My wrinkled brow was gone, the sagging under my eyes erased, my cheeks and lips were fuller, and my neck looked like a forty year old.

I now look in the mirror and see the new me and am loving the compliments. Choosing a total facelift has erased the journey of the past 15 months, and I am grateful to begin again. Thank you, Dr. Robbins and team!

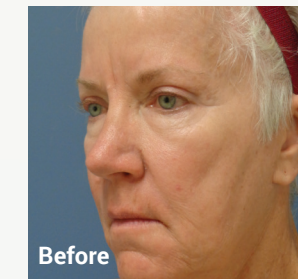
Sherran Allen



Before



After



Before



After