

### APRIL 2016 NEWSLETTER



## Spring is the Time to Think About Your Summer Body!

Springtime is the ideal time to sculpt your body with plastic surgery. Dr. Chad Robbins from Nashville, TN says "spring is a very busy time of the year for those who are thinking about their summer bodies." He suggests that those who want to slim and tone their bodies should consider a healthy diet plan, liposuction and or a tummy tuck.

Many of those who are eating right and (sticking to their new year's resolutions) are exercising regularly, may be bothered by some minor imperfections. Addressing these concerns now with cosmetic surgery allows adequate recovery time so that you can have your body in shape for summer.

"Although many people who have plastic surgery may return to their normal routine in 7-10 days it can take up to 2 months for swelling and bruising to subside," Dr. Robbins says. "So for those who want to look great in their swimsuit by summer, spring is the ideal time for surgery."

Body contouring procedures are intended to help refine specific areas of the body that do not respond to diet and exercises. Dr. Robbins says, "plastic surgery is not a 'quick-fix' weight loss tool" and should be thoroughly discussed at your consultation visit.

Some of the most popular plastic surgery procedures for spring include liposuction, tummy tuck and breast augmentation. For people who have lost a substantial amount of weight, Dr. Robbins suggests considering procedures such as arm and thigh lift.

When people start thinking about warmer weather and wearing their bathing suits, they want to feel confident in the way they look. For many, plastic surgery is the perfect way to improve their body and self-image.

*To learn more about plastic surgery and the surgeries you may be considering, please call now for your consultation appointment.*

*Nashville's Best Nip and Tuck*  
**DR. CHAD ROBBINS,**  
will be doing a lunch and learn

*Thursday*  
MARCH 31  
11:00AM - 1:00PM

READY SET  
*hello summer*

\$10 RSVP by March 24th  
615.285-8068

Topics Include:

- Breast Augmentation & Liposuction
- Radiant Aesthetics –Auri Lyman, to discuss Laser Treatments

Our Drawings will be:

- FREE Silicone Implants – value of \$1900
- Laser Treatment for Stretch Marks/ package of 6 – value of \$1200
- Special discount on all ZO Skin Health Products



See Real Results! Before & After Pictures on Page 3



## Robbins' Procedure of the Month

# Capsular Contracture

### What is Capsular Contracture?

Capsular contracture is the term used to describe scar tissue that can form around breast implants which may cause the breasts to harden, look or feel different, and may cause some discomfort from the tightening of the capsule. Capsular contracture is the most common yet unpredictable complication following breast augmentation. Although we do not know what causes a capsular contracture to form in one woman and not in another, or why one breast may harden while the other remains completely soft and natural, there are some techniques that have reduced the risk in our patients.

Capsular Contracture can be associated with the following:

- Infection
- Hematoma
- Saline Implants
- Radiation
- Nicotine
- Diabetes
- Rheumatoid Arthritis
- Sjogren's Disease
- Lupus
- Collagen Vascular Disease
- Sub Glandular Placement of Implants

\*Although there are no scientific studies linking nicotine and capsular contracture however there are multiple studies that show harmful effects of smoking and nicotine itself on wound healing after surgery.

No one can predict the outcome or prevent capsular contracture however there are some things to consider that are low risk- a healthy patient, sub-muscular placement of implants, using textured and form stable implants.

### How is Capsular Contracture Diagnosed?

A capsular contracture is usually diagnosed on physical examination by a plastic surgeon. You may notice that one or both of your breasts are not as soft as they once were or may actually begin to harden, your breasts may begin to look or feel different, or you may experience some discomfort from the tightening of the capsule.

Dr. Robbins will examine you to determine if indeed you have a capsular contracture. The examination of each breast is classified on a Baker scale of I to IV:

Grade I: The breast is soft and normal

Grade II: The breast is less soft than normal, and the implant can be palpated

Grade III: The breast is firm, the implant can be palpated easily, and an asymmetrical distortion of shape can be appreciated

Grade IV: The breast is hard, tender, painful, and the shape distortion is pronounced or severe

### Treatment for Capsular Contracture

Capsulectomy (complete removal of the scar capsule)

For those patients without significant softening, the only other effective treatment is to completely remove the scar tissue surrounding the implant. Although this does not eliminate the possibility of future scar tissue forming around the implant, it does reduce the risk of subsequent capsular contracture.

*If you think you may have capsular contracture or would like more information, please visit us at [www.robbinsplasticsurgery.com](http://www.robbinsplasticsurgery.com) or call 615-237-5552 to schedule your appointment with Dr. Robbins.*



## Robbins' Patient of the Month

# Holly Burns

I was born in California, raised in Michigan, and relocated to Nashville, Tennessee for my dream job. Not long after, I met an amazing man, started a company, and published multiple bestselling books in the course of a year. At age 45, I was literally living my dream life. And that's when it happened.

It was a Friday morning like most others in our six month old marriage. My husband and I woke up early, and he took a shower and got ready to start his day while I lounged. We were talking casually about our labor day weekend, what we would do, where we would go for brunch, when he leaned over to kiss me and casually gave my breast a squeeze. As a newlywed, I often joke, I get plenty of free breast exams.

"Is that a lump?" He whispered.

"Probably." I laughed and reached to feel for the spot. I was used to my fibrous breasts, and had lived through two benign biopsies ten years earlier. When my hand reached the lump, my breath caught in my throat, and I instantly knew that this was different.

Through breakfast and the beginning of my day with clients, I tried to stay calm. I was young, healthy, and had no family history. The chances, I told myself a dozen times, were slight. And yet, instinctively I knew that I was in trouble. I made an appointment to see my family physician that afternoon. I hoped that I would go in, she would schedule a mammogram and a biopsy, and that it would all be okay. But that's not quite what happened.

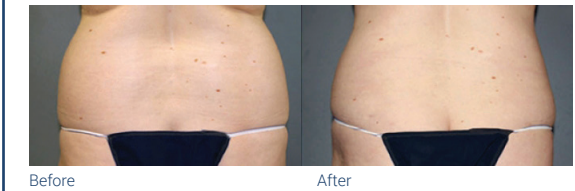
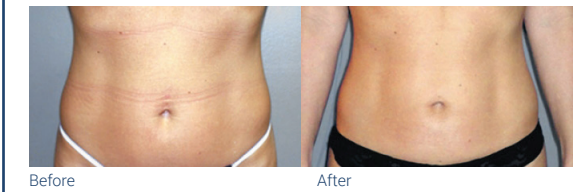
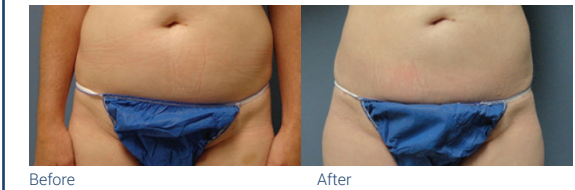
I was officially diagnosed with Stage 2 breast cancer a week later. Everything happened very quickly after that, and I knew that I would opt for a double mastectomy and reconstruction. My surgeon recommended that I see Dr. Robbins. From that moment on, I heard nothing but good things about Dr. Robbins and his staff. And as soon as I met him, I understood why. He truly cares. He has sat and talked with me at the hospital, spent countless hours with me at his office, and given me a level of compassion and understanding that I didn't know you could get from a medical professional.

He and his staff have guided me through multiple surgeries as if I were family, and it's the first time in my life that I actually look forward to having a doctor's appointment! We're not done with my reconstruction yet, but I have complete faith in Dr. Robbins' abilities as a surgeon and feel so fortunate to have him and his entire office on my team.

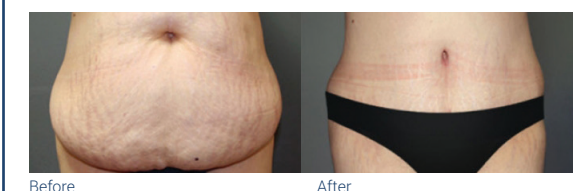
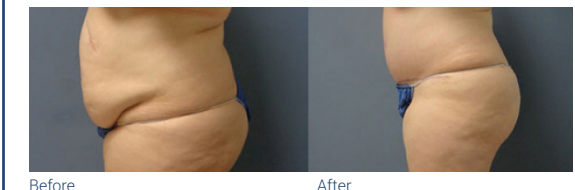
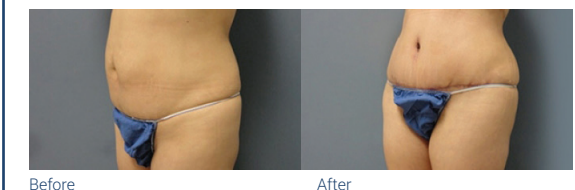
My husband and I are doing great, and I'm proud to say I'm cancer free. I've even written a couple more bestsellers while going through all of this, and I plan to continue living my dream life.

# Before & After Patient Gallery

## Liposuction



## Tummy Tuck



## Robbins' Product of the Month

# Nectifirm

Your neck ages differently than the skin on your face. Nectifirm is formulated with powerful peptides and other anti-aging ingredients specially for the skin on your neck. With regular use, this ultra-rich cream:

- Helps the skin appear more firm and lifted
- Reduces the appearance of rough, crepey skin.
- Lessens the look of fine lines and wrinkles



Robbins' March Special

## Fillers, Botox<sup>®</sup> and Dysport<sup>®</sup>

**\$100 OFF**

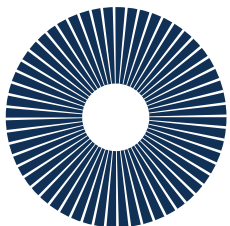
1 syringe of Juvederm<sup>®</sup>, Restylane<sup>®</sup>, Perlane<sup>®</sup> and Radiesse<sup>®</sup>

**\$150 OFF**

2 syringes of Juvederm<sup>®</sup>, Restylane<sup>®</sup>, Perlane<sup>®</sup> and Radiesse<sup>®</sup>  
+ 1 area of Botox<sup>®</sup> or Dysport<sup>®</sup> FREE

**\$200 OFF**

2 or more syringes of Juvederm<sup>®</sup>, Restylane<sup>®</sup>, Perlane<sup>®</sup> and Radiesse<sup>®</sup>  
+ 1 area of Botox<sup>®</sup> or Dysport<sup>®</sup> FREE



ROBBINS  
PLASTIC SURGERY

Chad Robbins, MD, FACS  
Board Certified Plastic Surgeon  
615-237-5552

[www.robbsinplasticsurgery.com](http://www.robbsinplasticsurgery.com) • 2201 Murphy Avenue, Suite 307 • Nashville, TN 37203