



ROBBINS PLASTIC SURGERY

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FALL 2016 NEWSLETTER



Nashville Fall 2016

Everybody loves Gummy Bears and Natural Looking Breast

The rise in breast enhancement surgery's popularity occurred when the silicone implant made its return in 2006. Now, with the addition of the new FDA approved Memory Shape™ implants by Mentor®, breast augmentation has become even more popular as women are given more options to choose from.

THE EVER SO POPULAR MEMORY SHAPE™ IMPLANT

The FDA approved a new silicone gel implant for breast reconstruction as well as augmentation on June 14, 2013. The new silicone gel implants sparked even further interest in breast augmentation as the implants boasted a proven track-record of safety, a more natural look and feel, and even a celebrity role model when Angelina Jolie chose the Memory Shape™ "teardrop" implants after her double mastectomy.

WHAT MAKES MEMORY SHAPE™ IMPLANTS DIFFERENT?

The Memory Shape implants have received the nicknames "teardrop" and "gummy bear" implants because of their difference in shape and texture. The implants are said to give women a more natural look and feel compared to previous silicone and saline implants. Dr. Chad Robbins of

Nashville, TN says "they allow women to achieve more subtle results and are ideal for both reconstruction and enhancement purposes".

Rather than the traditional cohesive gel, these new silicone implants use memory gel which holds together and resembles the texture of the popular gummy candy when cut in half. This provides women with added comfort and security, in case of rupture, the gel within the implant would stay in solid form therefore preventing the silicone from spreading.

ROBBINS PLASTIC SURGERY OFFERS MEMORY SHAPE™ IMPLANTS

Mentor®'s Memory Shape™ silicone implants are not offered everywhere and are not for everyone, so it is important that you check in with your plastic surgeon to make sure that the implant will be available for your breast augmentation and that you are a good candidate. We are thrilled to offer our patients the benefits of the Memory Shape™ breast implants here at Robbins Plastic Surgery in Nashville, TN. If you're ready to discuss your own breast enhancement goals, visit us at www.robbsplasticsurgery.com or call 615-401-9454 to schedule your free consultation with Dr. Chad Robbins.



Bringing People Together
Please Join Us for Happy Hour

Thursday, September 8, 2016
6:00 am - 8:00 pm

Casa Azafrán - 2195 Nolensville Pike,
Nashville, TN 37211

A presentation on breast augmentation and tummy tuck will be given by Dr. Chad Robbins.

Drawings for FREE implants, ZO® Skin Health products and everyone will receive a goody bag!

We will be hosting a Spanish Translator at this event!



*For adults only due to content that will be shown.

Robbins' Procedure of the Month **Sclerotherapy**

Spider veins are harmless though they can cause aching or burning and it is common for people to be self-conscious and seek treatment to remove them. People living in Nashville, TN and the surrounding areas, can turn to Robbins Plastic Surgery to seek treatment for spider veins with sclerotherapy.

What Is Sclerotherapy?

Sclerotherapy is a safe and effective treatment for spider and reticular veins in which medication is injected into the veins. This medication causes them to collapse over time and eventually disappear. Because the veins are no longer functioning, blood is rerouted to other working veins in the legs. Sclerotherapy is done in an office setting with the number of treatments varying depending on the extent of the spider veins. Most spider veins mostly appear on the legs but can be found on the face, feet, and ankles.

Am I A Good Candidate For Sclerotherapy?

To determine if you are a good candidate for sclerotherapy, you must have an evaluation by a trained physician or clinician. Some of the characteristics that indicate your ability to tolerate the procedure and benefit from the results include:

- Good physical health with no blood or vein issues
- No history of blood clots
- Have not had a child or breastfed within the last three months

How Does Sclerotherapy Work?

Sclerotherapy is a minimally-invasive procedure where our trained nurse injects a solution into each spider vein to cause it to contract and collapse. With this treatment, most patients typically see significant improvement after each treatment. Our trained nurse determines how many treatments are needed during an evaluation of your condition.

Benefits Of Sclerotherapy

Sclerotherapy is a very successful treatment for spider veins and small varicose veins and offers the following benefits:

- Treatment is performed in doctor's office
- Minimally invasive, non-surgical treatment
- Typically takes about 45-60 minutes to complete
- Very little discomfort
- Return to normal activities immediately following each treatment

How To Prepare For Sclerotherapy

Preparing for sclerotherapy is very simple as there is little preparation involved. The affected area and veins are evaluated to determine if sclerotherapy is the best option to treat them. Additionally, your physician may check for any underlying vein issues or other health conditions that may negatively affect sclerotherapy. It is necessary to abstain from any pain relievers such as ibuprofen or aspirin as well as blood thinners, vitamins and supplements that may cause excess bleeding for several days prior to the procedure. The day prior to and the day of treatment, you should not shave or apply lotion to the area or extremity to be treated.

How Much Does Sclerotherapy Cost?

The cost of sclerotherapy varies with each patient depending on the degree of the condition as well as the size of the areas to be treated. During a consultation, we can go over the costs associated with this procedure as well as our payment options. We offer financing through CareCredit® and Prosper® Healthcare Lending, and also take cash, checks, and major credit cards.

Returning To Normal Activities After Sclerotherapy

Depending on the extent of the treatment, most patients return to their normal activities immediately following sclerotherapy treatments. You may be required to wear compression stockings for up to two weeks to keep the area compressed. It is very important to walk immediately following the treatments to keep the blood flowing and prevent any clotting. The results from sclerotherapy are usually visible within a few weeks to a few months depending on the severity of the spider veins and how many treatments are needed to adequately treat the spider veins.



*Is Summer Still
Written All Over
Your Face?*

Repair and Rejuvenate
Your Skin With Our

VI PEEL SPECIAL!
SAVE \$25

VI Peel™ improves several skin issues including acne, uneven skin texture, uneven tone, fine lines, wrinkles, acne scarring, sagging skin, hyperpigmentation, enlarged pores, as well as sun spots.



The VI Peel™ provides a more youthful look by brightening the overall appearance of your skin and improving collagen production.



Robbins' Patient of the Month

Maria Arbelaez-Lopez

Mommy Makeover

Spanish

I was born and raised in Colombia, South America, and moved to the U.S. 17 years ago. I first lived in Florida and relocated to Nashville in 2002.

Five years ago, I gave birth to a beautiful set of twins; it was not easy to carry twins with a height of 5'1", and pregnancy really took a toll on my body, especially on the abdominal area and breasts. I was really unhappy with the way I looked and kept staring at my body in the mirror wishing it could all be different.

I had considered plastic surgery before but was really scared of doing it. I guess what I was afraid of was not finding the right doctor or having a horrible experience like many doctor reviews read. My primary care physician recommended Dr. Robbins, and I am really thankful she did. Reading his reviews online and looking at the before and after pictures of his patients gave me the confidence I needed to make the decision to make an appointment to see him. It was by far, one of the best things I have ever done. From my first call to make my consultation appointment, I felt welcomed and understood. The office staff and nurses were and still are, after my follow up visits, exceptional. I am always treated with respect and feel much appreciated. They are diligent and courteous and always ready and eager to help and address any question or concern you may have. The same and much more can be said about Dr. Robbins. The care and treatment he gives his patients is extremely rare to find. He provides the right advice too and never does anything that is not in the best interest of his patients.

Dr. Robbins performed three different surgeries on me. He did an abdominoplasty (tummy tuck), a breast lift with augmentation, and liposuction in the inner and outer thighs. The results could not have been better. I honestly feel like he performed a miracle. Dr. Robbins gave me a body that I could now look at the mirror and be happy with, and most importantly, he helped me build my self-esteem back up. For all Dr. Robbins, his staff, and nurses have done for me, I will be forever thankful.

Nací y crecí en Colombia, Sur América y me vine a los Estados Unidos hace 17 años. Primero viví en el estado de la Florida y luego me mude a Nashville en el 2002. Hace cinco años, di a luz a un par de gemelos hermosos. Mi embarazo no fue fácil, ya que solo mido cinco pies y una pulgada; a la vez, mi cuerpo sufrió cambios severos, especialmente el área del abdomen y los senos. Me encontraba bastante triste con mi apariencia física y me la pasaba mirándome al espejo, deseando que todo fuera diferente.

Anteriormente había considerado cirugía plástica pero tenía temor a hacerlo. Creo que lo que me asustaba era el no poder encontrar a un buen doctor o tener una horrible experiencia como muchas de las críticas de otros doctores lo decían en la red. Mi doctora general me recomendó al doctor Robbins y estoy muy agradecida por haberlo hecho. El leer por internet los comentarios y mirar las fotos de antes y después de sus pacientes, me dio la confianza necesaria para tomar la decisión de hacer una cita para verlo. Hasta el día de hoy, ha sido una de las mejores cosas que he tomado. Tan pronto hice la llamada para programar mi consulta inicial, me sentí bienvenida y comprendida. El personal de la oficina y sus enfermeras fueron y siguen siendo, después de varias visitas, excepcionales. Siempre me tratan con respeto y me hacen sentir apreciada. Todos son atentos, cordiales y siempre están dispuestos a ayudar y a responder cualquier pregunta o inquietud que uno tenga. Lo mismo y mucho más se puede decir acerca del doctor Robbins. El cuidado y tratamiento que él le brinda a sus pacientes es demasiado difícil de encontrar. Él siempre aconseja de manera adecuada y nunca recomendaría algo que no sea lo mejor para el bienestar de sus pacientes.

El doctor Robbins me hizo tres operaciones: el estiramiento de abdomen o "tummy tuck", el levantamiento y aumento de busto y la liposucción del área interna y externa de los muslos. Los resultados no podrían ser mejores. Honestamente, siento que él ha hecho un milagro. El doctor Robbins me dio un cuerpo al que ahora miro con agrado en el espejo y más importante aún, me ayudó a reconstruir mi auto-estima. Estaré eternamente agradecida por todo lo que el doctor Robbins, su personal y sus enfermeras han hecho por mí.

Maria's Before and After Pictures



Confidence is Beautiful



Voted Best of Nashville 2015

Dr. Chad Robbins is Nominated Again For Best Nip & Tuck Doctor.

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

DON'T FORGET TO VOTE!



FACE | BREAST | BODY | SKIN | INJECTABLES

Schedule Your Appointment for Your Favorite Procedure Today!

Call **615-401-9454** or visit our website at **www.RobbinsPlasticSurgery.com**.

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