



ROBBINS
PLASTIC SURGERY

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JUNE 2016 NEWSLETTER



All About SUMMER

The million dollar question...in what order do I apply my skin care products?

Sequence matters but, why?

The proper order of application allows your skin to receive the maximum benefits of each product. Therefore, the products will elicit the full amounts of efficacy as the products work synergistically to enhance your skin results.

Another important factor to consider is the time it takes for your skin to absorb your products. Order is important, but timing is more crucial. The main goal is results and efficacy and in order for that to be obtained the skin has to absorb the ingredients, so allow at least a minute between each application.

So, which product goes on top of what?

A simple tip is to apply your products from thinnest to thickest or from liquid to oil. During the day, most experts recommend a simple cleanser, scrub, toner, antioxidants, corrective products, skin strengthening products, eye creams and of course, sunscreen. At night, that's when you load up on skin care actives.

Step 1: Cleanse

Step 2: Scrub (2-3 times a week)

Step 3: Oil Control or Tone

Step 4: Correct

Step 5: Stabilize/Strengthen

Step 6: Stimulate

Step 7: Protect

This order of application allows for greater absorption of ingredients, it's very important to remember you have to support the skin before you stimulate the skin. The best analogy I have is, "You have to build the house before you install the windows". Which means, the skin needs to complete a 6-8 week cycle of these steps, cleanse-scrub-oil control or tone-stabilize which means strengthen and always protect. Once, that initial phase is complete then schedule a follow up to begin correction and stimulation.

My very best advice is to schedule an initial consult with one of Dr. Robbins' Skin Care experts to get started on this skin care journey and remember be kind to your skin, it loves you.

Moving On Up!

Same address
different suite
307 to 407



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2201 Murphy Ave., Suite 407
Nashville, TN 37203



Robbins' Procedure of the Month

Cosmetic Procedures for Men

Gynecomastia

Our society places a high value on looking young and fit. Today, men of all ages are having plastic surgery. The most common procedures in which men are requesting include a more balanced nose, a trimmer waistline, no more man-boobs and eyelid surgery.

On the contrary to what society may believe some men can be very self-conscious about their bodies. Men want to feel confident and look their best as many of us do.

Though women are generally relatively open about their cosmetic procedures, "men are incredibly secretive," said Dr. Robbins. As a result, men opt for cosmetic surgery procedures that are less obvious and for which healing can be carefully scheduled.

Some men start with non-invasive procedures such as Botox® to help erase crow's feet and brow lines. Botox offers a relatively low-cost, low-commitment options that appeal to some men.

Rhinoplasty (nose surgery), liposuction and gynecomastia (male breast reduction) are popular surgeries however, male blepharoplasty (eyelid surgery) is growing in popularity every year. Men know that eyes are often one of the first features to

show signs of aging. Droopy eyelids and wrinkles can cause you to look tired and older than you are. With eyelid surgery, you can reduce signs of aging in the eyes by removing excess skin and fatty tissue.

If you would like to discuss your cosmetic concerns, please call our office at 615-401-9454 or visit www.robbsinplasticsurgery.com to schedule your consultation.



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- » Promotes **healthy cell turn over** to provide a more even skin tone and healthy glow

KEY INGREDIENTS

Ultrasones and **Roxisomes**, Vitamin E, Retinol, Ceramide 6, Matrixyl 3000

DIRECTIONS FOR USE

Following cleansing, apply 2-3 pumps over your face and neck every morning. Massaging skin increases absorption, penetration and stimulation. Follow with sun protection.



Robbins' Patient of the Month

Christina Shepherd

Full body Lift

For as far back in my life as I can remember I only remember being overweight. I was the heaviest in my family, in my circle of friends and it

seemed I was the heaviest person in the room regardless of where I was. I learned young that if I didn't accept myself for who I was then no one would accept me, so I developed a comfort with my weight, an unhealthy denial almost. I convinced myself that I was "comfortable in my own skin", but honestly, it was very painful to walk through life at 285 pounds. I had convinced myself for years that I was okay with my weight; after all, I had a loving husband, 3 beautiful children, and a successful career in healthcare. I tried diet and exercise and after multiple failed attempts at weight loss I told myself "this must just be how God made me". There came a point when I realized that could not possibly be the truth. I began to gain more weight; I had severe heart palpitations, difficulty walking, and began to have anxiety about going out into public because of my weight.

After reaching my highest weight, I had decided it was time to make change. My husband and I began to research bariatric weight loss surgery. After years of procrastinating and trying to convince myself that I could actually lose weight on my own, I managed to muster up the courage actually go through with surgery. My health insurance didn't cover weight loss surgery so I worked two jobs and saved all summer to have the procedure performed in Tijuana, Mexico. Surgery is scary enough but surgery in Mexico, thousands of miles from my children, was petrifying. On Thanksgiving morning 2012, at 360 pounds, with a picture of my children hidden in my compression stockings I had a procedure that would save my life.

The weight loss happened rather quickly. Within a year, I had lost over 150 pounds and gone from a size 32 pant to a size 14. The one thing that you don't really realize is that even though you lose pounds, the skin is much more difficult to lose. Even

though had lost the weight of another person, there was so much extra skin that I had a hard time seeing the changes in my body. When I looked at myself I saw the same body I saw Thanksgiving morning 2012. In mid-2015, my husband and I began to research again, this time for plastic surgeons in the Nashville area. Regardless of who we asked the response was always consistent, Dr. Chad Robbins. Whether it was my OB, our dermatologist, and even our family physician the recommendation was the same. After my first consultation, it was clear why Dr. Robbins was so highly recommended. Everyone in his office was helpful and friendly and regardless of how trivial I felt the questions were they answered without hesitation.

In September of 2015 I underwent a modified body lift, inner thigh lift and buttock augmentation. Dr. Robbins was able to remove 15 pounds of excess skin during the procedure. Immediately after surgery I was able to see the results, going from a size 14 to a size 10 and finally hitting my goal weight of 180 pounds (actually 178 pounds but who's counting). During my recovery, I remember a Sunday when one of my sutures looked a little "off", and my husband asked me to call Dr. Robbins. I hated to bother him on a Sunday afternoon but I called and Dr. Robbins answered. He was hiking with his family, and I lost the call so I called back. His first response was "thank goodness you called me back I would have worried all day about you". That is just one example of the type of care I received, and continue to receive from Dr. Robbins and his entire team.

I am now completely healed from my procedures, and my scarring is minimal considering the extensive reconstruction that was performed. Every morning I look in the mirror I am amazed that it is the same person looking back at me. I never imagined after years of morbid obesity that could be the active, productive person I am today. Dr. Robbins far exceeded any expectations that I could have ever had. People that have seen my results have asked who performed my procedure and every time, without hesitation I recommend Dr. Robbins.

Christina's Before and After Pictures



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To schedule an appointment and learn how Dr. Robbins can help you look and feel your best, call

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