

OPEN HOUSE

THURSDAY, SEPTEMBER 13TH
FROM 5 PM TO 7 PM

Featuring a brief discussion on breast augmentation and tummy tuck

ENJOY THESE INCREDIBLE EVENT-ONLY DEALS:

GOODIE BAGS VALUED AT **\$200**

COMPLIMENTARY BREAST AUGMENTATION
AND TUMMY TUCK SURGICAL CONSULTATIONS
WITH DR. ROBBINS

15% OFF BREAST AUGMENTATION AND TUMMY
TUCKS FOR THOSE WHO SCHEDULE SURGERY
AT THE EVENT

25% OFF ALL SKINCARE PRODUCTS

BRING A FRIEND AND GET A **\$50 GIFT CARD** TO
USE ON MEDSPA SERVICES AND MORE!

STELLA AND DOT • FREE JEWELRY GIVEAWAYS

*Space is limited. Promotions valid 09/13/18 only.



Dr. Chad
Robbins



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ROBBINS
PLASTIC SURGERY

BODYNOTES

Robbins Plastic Surgery Newsletter Summer 2018



A ROBBINS STORY

FEATURED PATIENT

OPEN HOUSE - SEPT. 13

**NEW OFFICE
COMING SOON!
FALL 2018**



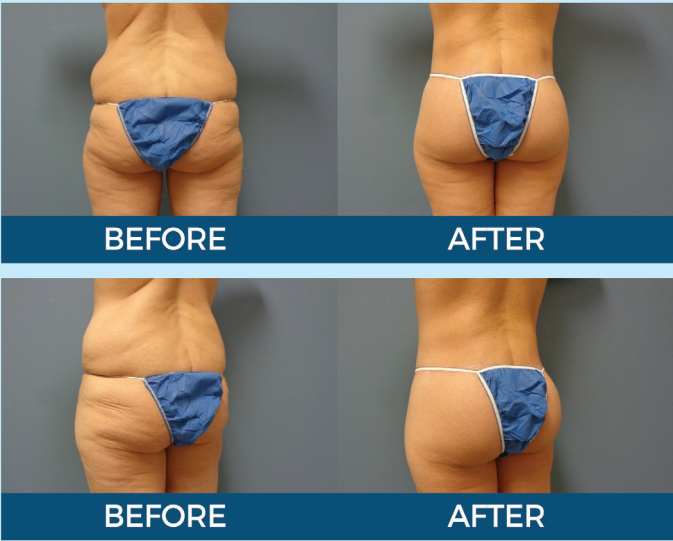
Hi everybody, I'm Jean Davis, one of the nurses at Robbins Plastic Surgery. I've been working in the plastic surgery industry for over 12 years. Known to many as a fun-loving plastic surgery nurse, I'm also passionate about non-surgical aesthetics. In my role as a nurse injector, I use products such as fillers (Juvederm®, Restylane®) and neurotoxins (Botox®, Dysport®) to treat signs of facial aging. I also enjoy using topical treatments, like chemical peels and dermaplaning, to achieve smoother, more youthful skin texture. Outside of the office, I'm an artist. I enjoy painting with acrylics, and some of my work can be found on the walls of Robbins Plastic Surgery! I also have two college-age daughters. They are my pride and joy. I enjoy seeing them as much as possible when they're home from school!

IT’S ALL ABOUT THE BOOTY!

With so many products and workout routines geared to enhancing your buttocks, it is no surprise that surgical enhancement of the gluteal area has become increasingly popular. Gluteal, or buttock augmentation, seeks to improve the contour, size and shape of the buttocks. It is the fastest growing cosmetic surgery in plastic surgery today according to American Society of Plastic Surgery.

There are three different techniques used to augment the buttock. Brazilian Butt Lift, or BBL, is the most common technique used in buttock augmentation. This involves transferring fat from other areas on the body to the buttock. Many find this compelling as it is the least invasive and uses your own tissue to achieve results. The best candidates must have good donor sites (places to harvest fat), good recipient sites (places to inject the fat), and good skin elasticity. The second technique uses FDA approved silicone, gluteal implants. These can be placed under or on top of the gluteal muscle. For many, especially those without sufficient fat for grafting, this is the preferred method. Lastly, gluteal auto-augmentation is a truly fascinating technique that uses skin and fat from the lower back and buttock to achieve a more contoured buttock. The fat in this technique is preserved on its native blood supply so that 100% of the repurposed volume is maintained. This surgery is ideal for those who have had significant weight loss and have laxity of the skin and tissue over the buttock.

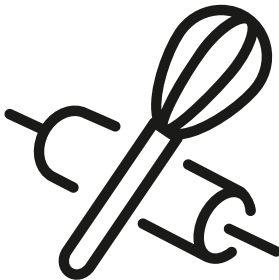
A consultation with Dr. Chad Robbins can let those interested know more about these techniques. He helps hundreds of patients achieve a naturally contoured and enhanced buttock. Check out his amazing before and after results at www.RobbinsPlasticSurgery.com!



“I dearly love each and every one of Dr. Robbins’ staff, and I miss them now that I’m released. I am very happy with my results!”

- *Natasha*

A ROBBINS STORY
TOMATO PIE RECIPE, A ROBBINS FAMILY FAVORITE



Ingredients:

- 1 cup all-purpose flour
- 3/4 cup yellow cornmeal
- 3/4 teaspoon fine salt
- 1 stick cold unsalted butter, cut into 1/2-inch pieces
- 3/4 cup plus 3 tablespoons shredded manchego cheese
- 2 tablespoons extra-virgin olive oil
- 1 large onion, thinly sliced
- 2 1/4 pounds mixed heirloom tomatoes
- Kosher salt
- 3/4 cup shredded mozzarella cheese
- 1/4 cup mayonnaise
- 3 tablespoons breadcrumbs
- 3 tablespoons chopped fresh chives
- 3 tablespoons chopped fresh parsley
- 1 teaspoon chopped fresh thyme
- Freshly ground pepper



Directions:

Make the crust: Pulse the flour, cornmeal and fine salt in a food processor to combine. Add the butter and 3 tablespoons manchego; pulse until the mixture looks like coarse meal with pea-size bits of butter. Drizzle in 4 tablespoons ice water and pulse until the dough comes together; add 1 more tablespoon ice water if necessary. Turn out onto a sheet of plastic wrap and pat into a disk. Wrap and refrigerate until firm, about 45 minutes.

Put the dough between 2 sheets of parchment paper and roll into a 13-inch round. Transfer the dough to a 9 1/2-inch deep-dish pie plate. Fold the overhang under itself and crimp the edges. Pierce the bottom of the crust all over with a fork. Refrigerate until firm, about 20 minutes. Meanwhile, preheat the oven to 350 degrees F.

Line the crust with foil, then fill with dried beans. Bake until the edges are golden, about 20 minutes. Remove the foil and beans and continue baking until golden all over, 10 to 15 more minutes. Transfer to a rack to cool.

Make the filling: Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the onion and cook, stirring, until golden, about 15 minutes. Let cool. Meanwhile, thinly slice the tomatoes; toss with 1 teaspoon kosher salt in a colander. Let drain, gently tossing occasionally, about 30 minutes.

Increase the oven temperature to 375 degrees F. Combine the remaining 3/4 cup manchego, the mozzarella, mayonnaise, breadcrumbs, 2 tablespoons each chives and parsley, the thyme, 1/4 teaspoon each kosher salt and pepper, and the sauteed onion in a bowl. Spread in the crust. Arrange the tomatoes on top. Drizzle with the remaining 1 tablespoon olive oil and season with pepper. Bake until the tomatoes are browned, about 50 minutes. Top with the remaining 1 tablespoon each chives and parsley. Serve warm and ENJOY!