

*Happy Holidays from all of us at  
Robbins Plastic Surgery*



**615-401-9454 • [www.RobbinsPlasticSurgery.com](http://www.RobbinsPlasticSurgery.com)**  
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# BODY NOTES

Winter Newsletter 2018



**STAFF SPOTLIGHT**  
Shelby Debettencourt

**TOP 5 PROCEDURES**  
to look your best for the Holidays

**A DAY IN THE LIFE**  
of Dr. Chad Robbins

**HAPPY HOLIDAYS**  
from all of us



## Shelby Debettencourt *Front Desk Receptionist*

Hey y'all! My name is Shelby Debettencourt and I am the front desk receptionist here at Robbins Plastic Surgery. I'm the first smiling face you will meet when you walk into our office. I have been a part of the Robbins Plastic Surgery team since early 2018 and have enjoyed every second of it!

I graduated from Western Kentucky University in 2017 with a bachelor's degree in Fashion Merchandising but have always been intrigued by the medical field. I am a Nashville Native and love everything this city has to offer.

On the weekend, I spend my time working as a wedding coordinator and floral assistant for Ruffled Feathers Events. My favorite part is seeing a bride hold her bouquet for the first time in her wedding dress. It brings me joy to see the happiness on the bride's face. I spend my free time shopping, hanging out with friends and family, and enjoying the Nashville city life.



## TOP 5 PROCEDURES to Look Your Best for the Holidays

The holidays are quickly approaching and who wouldn't want to look their best for holiday parties? It takes time, so plan for the upcoming season. Keep in mind some techniques give immediate results, but most take weeks to see the full results. Here are the top 5 procedures that will ensure you look your best for upcoming holiday festivities!

### 1. Breast Augmentation: Plan 1-3 months

A breast augmentation adds volume and shape to achieve a more proportionate figure. Breast implants vary in size depending on an individual's desired look. Get started soon. Improvements to shape and volume are visible immediately after surgery. However, it can take 2 months for implants to settle into their final position and for swelling to subside. We recommend scheduling a consultation with Dr. Chad Robbins as soon as possible for your breast augmentation.

### 2. Liposuction: Plan 1 month ahead

Stubborn fat can deposit in areas that are undesirable. Liposuction removes fat through a small incision and is performed on an outpatient basis. Arms, thighs, abdomen, chin, and love handles are the most commonly treated areas. Liposuction can cause swelling, so we recommend allowing approximately 4-6 weeks before you see your best result.

### Blepharoplasty: Plan 2-3 weeks ahead

An eyelid lift or blepharoplasty addresses excess skin to upper and lower eyelids, as well as fat deposits, or "eye bags". Blepharoplasty can help patients who feel they appear tired or aged around the eyes. The benefits of a blepharoplasty are a brighter, more rested appearance. Bruising and swelling are generally mild after a blepharoplasty and resolve within 2 weeks.



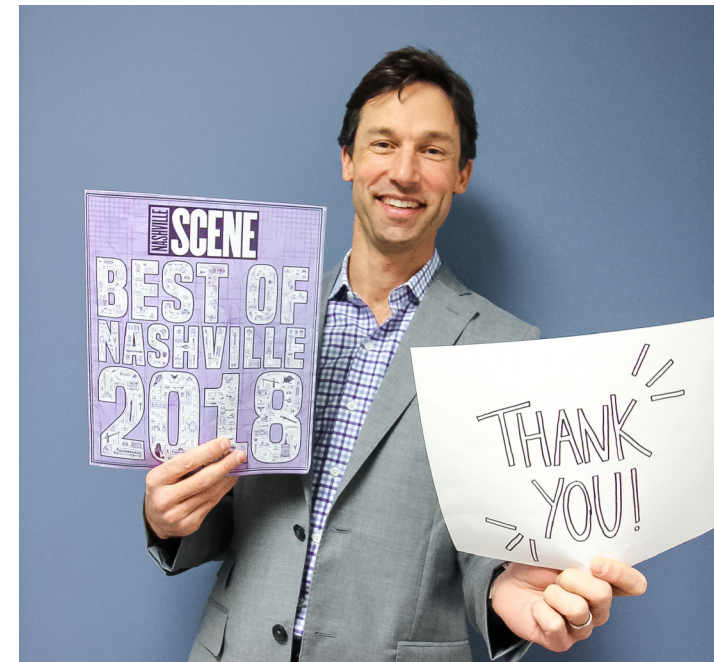
### 3. Botox® and Dysport®: Plan 1 week ahead

Botox® and Dysport® temporarily relax muscles and soften wrinkles. Dynamic facial lines or repetitive expressions like Crows' feet, forehead creases and frown lines can be addressed with Botox® and Dysport®. The procedure takes only a few minutes, and results last up to 3-4 months. It can take about 1 week to see the results of Botox® or Dysport®.

### 4. Dermal Fillers: Plan a few days ahead

Dermal fillers include products like Restylane®, Juvederm®, Voluma® and many more. Fillers are hyaluronic acids that are injected to correct fine lines and wrinkles on the face and hands. Results can be seen immediately after and last anywhere from 6-12 months. Don't wait until the last minute for fillers as it can take 3-4 days to see results.

*We're serious when we say get started now to look your best for the holidays. Dr. Chad Robbins and his staff are here to help you look your best before the holidays, and remember, Confidence is Beautiful.*



*We want to thank the Nashville community for voting Dr. Robbins the Best Nip and Tuck Doctor, as part of the "Best of Nashville" poll by the Nashville Scene. We sincerely appreciate it and strive to continue providing patients with the highest quality care!*

## A DAY IN THE LIFE OF DR. CHAD ROBBINS

Many of us have seen the lives of surgeons depicted on hit TV shows like Grey's Anatomy or Private Practice. But what does a typical day really look like for Dr. Robbins?

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|---|--|
| <b>5:30 am:</b> Wake up and go for a run.   | <b>3:18 pm:</b> Sign orders for patients.  |
| <b>6:25 am:</b> Return from running and shower.   | <b>3:25 pm:</b> Dictate third operative report.  |
| <b>6:40 am:</b> Have breakfast with my family, and drink a smoothie that my middle son helps make.  | <b>3:37 pm:</b> Check on patients in recovery and discharge each home.   |
| <b>7:05 am:</b> Get a quick game of soccer in before heading to work.   | <b>3:49 pm:</b> Head to office.  |
| <b>7:15 am:</b> Drive to my daughter's school to drop her off.  | <b>3:51 pm:</b> Chat with Katie, Amy and Shelby about their day at the office.                                   |
| <b>7:45 am:</b> Head to the hospital to see my first patient before surgery.  | <b>3:58 pm:</b> Laugh with nurses while watching a funny YouTube video.  |
| <b>8:00 am:</b> Enter operating room to start my first case: <i>gynecomastia correction.</i>  | <b>4:06 pm:</b> Answer patient phone calls and nurses' questions from patients seen in the office that day.      |
| <b>9:33 am:</b> Walk out of the operating room and head to see my next surgery patient.   | <b>5:29 pm:</b> Open desk drawer to find fake spider office staff has hidden.                                    |
| <b>9:36 am:</b> Dictate operative report from first surgery.  | <b>5:59 pm:</b> Leave office.  |
| <b>9:48 am:</b> Check on my patient in recovery.  | <b>6:03 pm:</b> Head to daughter's school to pick her up from volleyball practice.                               |
| <b>9:55 am:</b> Chat with nurses at the hospital about an upcoming concert at Ascend.   | <b>6:37 pm:</b> Have dinner with my family at home.  |
| <b>10:01 am:</b> Enter operating room to start second surgery of the day: <i>tummy tuck.</i>  | <b>6:59 pm:</b> Help kids with homework.   |
| <b>12:05 pm:</b> Walk out of operating room.  | <b>7:30 pm:</b> Play soccer outside with my 2 sons, and sometimes my daughter and wife.                          |
| <b>12:11 pm:</b> Dictate operative report from second surgery.  | <b>8:04 pm:</b> Read bedtime stories to sons before they head to bed.  |
| <b>12:32 pm:</b> Grab a sandwich, pretzels, Honey 'N Oats bar with peanut butter for lunch. Answer phone calls from office staff and hospital staff while eating lunch. | <b>8:17 pm:</b> Review paperwork from office and clinic notes of patients seen in the office.                    |
| <b>12:44 pm:</b> Check on my patients in recovery.  | <b>9:12 pm:</b> Spend time talking with my wife about our day.   |
| <b>1:03 pm:</b> Enter operating room to start third case of the day: <i>breast augmentation with lift.</i>  | <b>10:00 pm:</b> Head to bed.  |
| <b>3:12 pm:</b> Walk out of operating room.   | <i>Is this plastic surgeon's life as glamorous as those portrayed on the big screen? We'll let you decide...</i> |