

BODYNOTES

Summer Newsletter 2019



STAFF SPOTLIGHT
Amy Roddick

MOMMY MAKEOVER
What You Need To Know

Q & A
with Dr. Robbins

FALL FLING EVENT
Thursday, September 19th

AMY RODDICK *Receptionist*



Hi guys! My name is Amy, and I am one of the receptionists at Robbins Plastic Surgery. I have been a part of this team since 2016, and I am proud to work with such awesome professionals every day! I also create and share the social media posts and videos you may have seen on our website. My goal with our social content is to show potential patients who we are and educate them on what we do. This outreach helps to familiarize folks with our practice and makes them more comfortable and confident before they even step foot in our office. One of my favorite parts about working here is being able to connect with our patients. I love

getting to know our patients and hearing their stories. I'm a people person!

I moved to Nashville in 2015 from Milwaukee, Wisconsin. I fell in love with the southern charm, culture, and, of course, the weather! Over the last four years, I met the love of my life, bought a house, and got engaged. We are getting married next May at Loveless Barn in Nashville! Together, we adopted 3 LARGE dogs - Gunner, Dewie and June. They sure do keep us busy, but we wouldn't trade life with them for anything. We spend a lot of our weekends enjoying the outdoors, gardening, and some good ole chillin'.

EVERYTHING YOU NEED TO KNOW BEFORE A MOMMY MAKEOVER:



As a mom, you are always putting the needs of your children and others before yourself, despite the fact that taking care of yourself will help you take better care of the people around you. It's time to do something for yourself! At Robbins Plastic Surgery, we strive to help you look and feel your best with a mommy makeover. Here are a few tips to help you on this journey in making the right decision if a mommy makeover is right for you.

- 1. Always make sure you see a board-certified plastic surgeon.**
- 2. Ask to see before and after pictures of other women who have had a mommy makeover.** Reviewing these photos and seeing women of similar ages and body types will give you a better idea about the appearance of your outcomes.
- 3. Maintain your weight prior to your mommy makeover.** While many of us may not reach our goal weight, it is important that your weight be relatively stable to achieve ideal results.
- 4. Plan your mommy makeover when you are finished having children.** This will allow your surgeon to realign the abdominal muscles to achieve the flattest tummy and tightest waist. For women who have recently been pregnant or breastfeeding, we recommend waiting at least 6 months before proceeding with your mommy makeover.
- 5. Plan for downtime following a mommy makeover.** Most moms are back to their roles in some form after 9-10 days; however, the exact time off depends on the type of work one performs and will be discussed with Dr. Robbins at your consultation.
- 6. We find it helpful for caregivers to attend a pre-operative clinic visit.** (*This is not the initial consultation, but the visit just before surgery.*) During this visit, we will review the details of your aftercare with you and your caregiver so that you have a smooth recovery.

At Robbins Plastic Surgery, we are here to help you through your entire cosmetic journey! Check out Dr. Chad Robbins' amazing before and after results, and call today to schedule your consultation to find out if a mommy makeover is right for you.



Q&A with Dr. Robbins

Dr. Chad Robbins, M.D., FACS
Board Certified Plastic Surgeon

1. Q. What is your greatest achievement?
A. *Starting a family with my wife, Liz.*
2. Q. What is your dream innovation?
A. *A good skin tightener.*
3. Q. What is your happiest professional moment?
A. *My acceptance into the Mayo Plastics Program.*
4. Q. What is your moto?
A. *RESPECT*
5. Q. What new services are you excited to offer in the future?
A. *Resurfacing Laser.*
6. Q. How do you make the best first impression?
A. *I try to listen.*
7. Q. What do you love most about your profession?
A. *My patients and my co-workers.*
8. Q. How would you spend your time if you had extra in a day?
A. *I would spend more time with my wife.*
9. Q. What are 3 words that best describe you?
A. *Genuine, fun-loving and conscientious.*





FALL FLING

THURSDAY, September 19th, from 5 pm to 7 pm

**ENJOY THESE INCREDIBLE
EVENT-ONLY DEALS:**

15% OFF

breast augmentation and tummy tuck
for those who schedule at the event
and pay deposit

25% OFF

skincare products

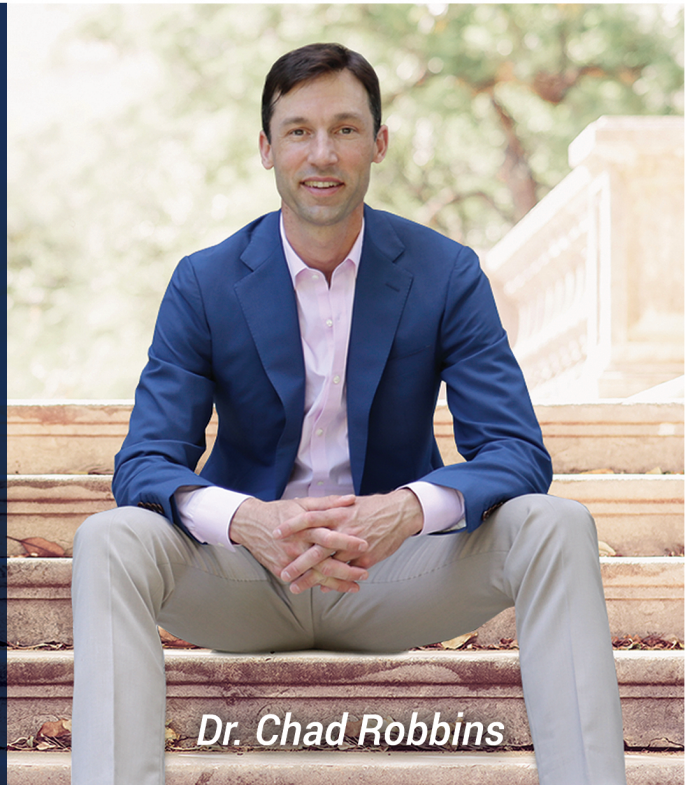
Bring a friend and get a

\$50 gift card

towards Medi Spa services

Also, exclusive artwork and jewelry for sale!

*Space is limited. Promotions valid 9/19/19 only.



Dr. Chad Robbins

Come check out our new space!



503 Spruce Street, Nashville, TN 37203



Call today to RSVP! 615-401-9454 | www.robbinsplasticsurgery.com