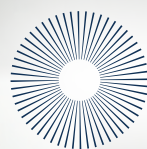


BODYNOTES

Winter Newsletter 2019



ROBBINS
PLASTIC SURGERY



STAFF SPOTLIGHT
Tammy Faucette

ANATOMY OF THE OR
What You Need To Know

Achieving Stunning
Results with a Facelift

Favorite Winter
Skincare Products

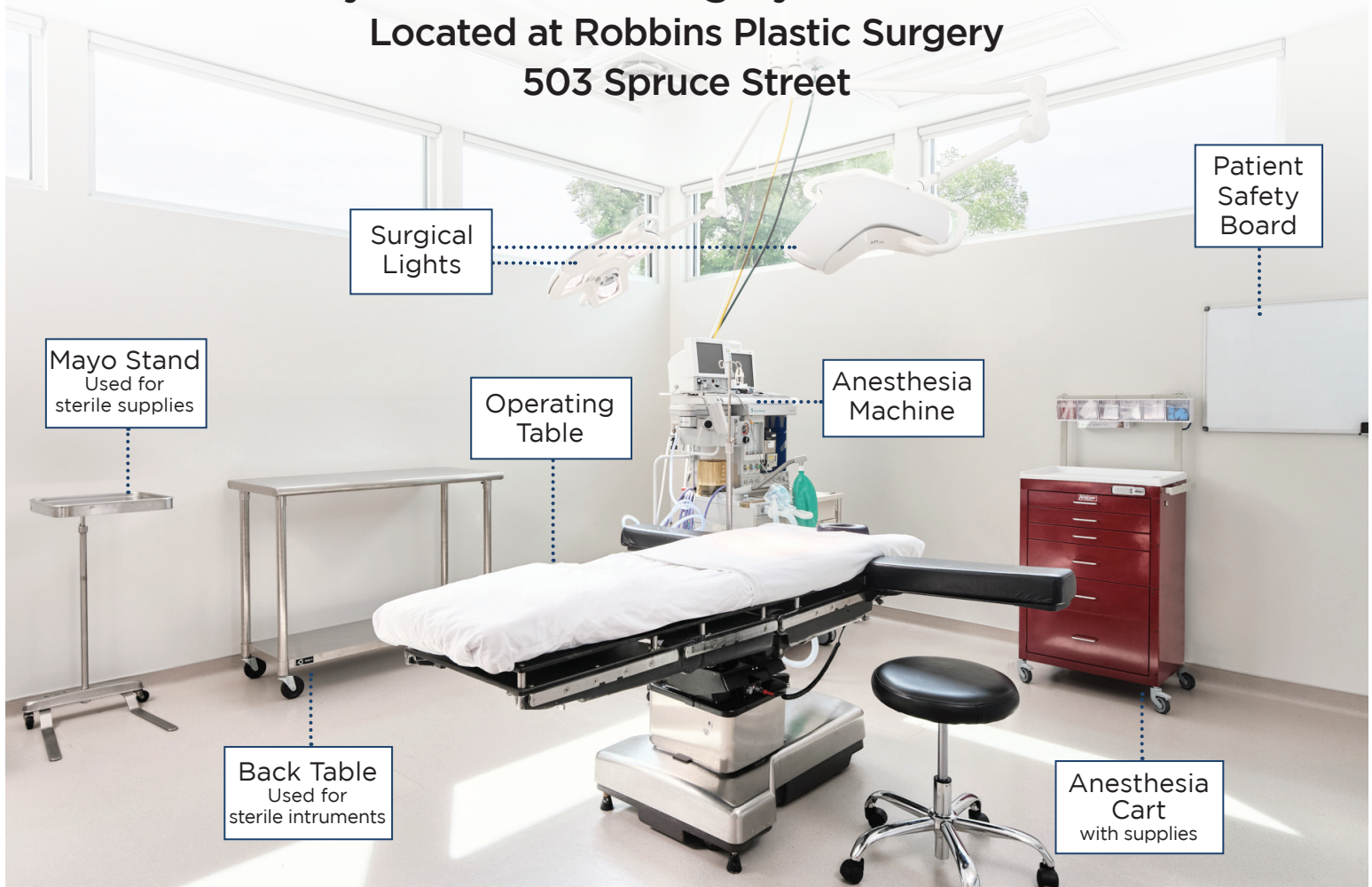
TAMMY FAUCETTE *RN, First Assistant*



Tammy, a Mississippi native, graduated from the University of New Mexico with her first assistant nursing degree. She brings 20 years of plastic surgery experience to Robbins Plastic Surgery. Tammy is passionate about helping patients reach their aesthetic goals in her role assisting Dr. Robbins in surgery and in the clinic. In her free time, she enjoys spending time with her daughter who is also in medicine, hiking, and reading books by her favorite author, Karen Kingsbury. Her sweet southern charm comforts patients before and after their surgery.

ANATOMY OF THE OR

Anatomy of Cosmetic Surgery Center of Nashville Located at Robbins Plastic Surgery 503 Spruce Street



Achieving Stunning Results with a Facelift

Do you look in the mirror these days and think “Who is this person?” or “How did I come to age so much?” If the signs of aging are taking a toll on your confidence, a facelift may be right for you. Those with unwanted wrinkles, jowling to lower face, and sagging skin often opt for a facelift to achieve a more youthful and refreshed look. Deciding to get a facelift is not something to be taken lightly. After reading this, we hope you will feel better and more informed about the risks, recovery, and outcome after a facelift.

A facelift does not mean that you are going to look “windblown” or overdone. Many struggle with self-esteem through aging, especially when the signs of aging become more noticeable. Scars are placed behind the ear and in the front of the ears for maximum concealment. A facelift removes excess sagging skin. It enhances and defines facial features to minimize fine lines and wrinkles. Facial aging is the process of losing skin elasticity and volume. To correct volume loss, many people need fat grafting to the cheeks, lips, nasolabial folds, and even the temples. If fat grafting is needed, it is generally recommended at the time of a facelift in order to maximize your results. Skin resurfacing with lasers can also

be combined with a facelift. The prevalence of sun damage in the south is a contributing factor.

A facelift is an outpatient surgery meaning you go home the same day as your surgery. You return the following day to have a compression wrap removed. At your one week visit, you will have sutures removed in front of the ears and will return at 2 weeks to have the remaining sutures removed behind the ears. You may resume physical activity and return to social events at 3 weeks. However, you will be out and about prior to that 3 weeks’ time. The biggest complaint patients have after surgery is their face and neck feel tight, but they do not experience much pain. You will be up walking after surgery, just stay away from heavy lifting or strenuous activity.

Many people have additional procedures performed like an upper and lower eyelid lift, brow lift or fat grafting at the same time as a facelift. Dr. Chad Robbins is a board-certified plastic surgeon in Nashville, TN. Dr. Robbins trained at the world-renowned Mayo Clinic in Rochester, MN. Check out Dr. Robbins’s Before and After gallery at www.robbinsplasticsurgery.com. Call us today at (615) 401-9454 for a consultation to see if a facelift is right for you!



Dr. Robbins’ Favorite Skincare Products for the Winter

1 ZO® Skin Health Hydrating Cleanser

This cleanser hydrates as well as minimizes dryness to get you through those temperature extremes we associate with winter.



2 Robbins Plastic Surgery Retin-A cream

Reti- A is a form of vitamin A that helps the skin renew itself. It helps in reducing fine lines and wrinkles, discoloration and makes rough skin feel smoother. I use this each evening all over my face.



3 ZO® Skin Health Exfoliating Polish

Tiny crystals exfoliate dead skin cells for those extra dry days.



4 Elta MD® UV Clear, Untinted, SPF 46 sunscreen

This sunscreen blocks UV, ultraviolet rays from the sun, and infrared rays (IR), which combats these free radicals through zinc oxide. It also has a pleasant scent and, because it’s clear, it doesn’t look like you’re wearing sunscreen at all.



*Happy Holidays and
Happy New Year from*

