



ASHLEY SIMPSON

Registered Nurse and Nurse Injector

Hi guys, I'm Ashley Simpson, a Registered Nurse and Nurse Injector at Robbins Plastic Surgery (RPS). I have been a part of the dream team at RPS since 2015. I spend most of my days injecting Botox® and dermal fillers, performing chemical peels and dermaplaning treatments, and injecting spider veins. I also spend time preparing patients for upcoming surgeries and helping them through their recovery. I love seeing the transformation that injectables and surgery can have in people's confidence. When I am not spending time with patients, I am checking out the hundreds of new restaurants in Nashville, reading, shopping, going to Barre class, traveling, and spending time with friends and family. (Pre-Covid)

Ashley's Fall Favorites



Where have you been all my life Brightening Pads? These daily pads encourage cell turnover while gently exfoliating as well as brightening the skin tone and texture.



I LOVE keeping the DEJ cream in the refrigerator. It is a treat for my eyes. The cool product helps reduce puffiness under the eyes. While also helping to reduce fine lines, sagging, redness, and hooding.



Revision Intellishade is an all in one product. It is not only an anti-aging moisturizer, but it can help correct the skin along with 45 SPF sunscreen!



The name says it all! Thirst Quencher enhances the skin's moisture while also reducing the premature aging of the skin. This is a must use for everyone. It is perfect under my make up or sunscreen.

BODYNOTES

Fall Newsletter 2020



**MOMMY
MAKEOVER**
Breast Implants
and Tummy Tuck

**ROBBINS PS
SKIN PRODUCTS**

STAFF SPOTLIGHT
Ashley Simpson



MOMMY MAKEOVER - BREAST IMPLANTS & TUMMY TUCK

The term mommy makeover refers to procedures that restore breasts and tummies to their pre-pregnancy state. A mommy makeover typically involves breast augmentation with or without a breast lift (mastopexy) and a tummy tuck (abdominoplasty). These procedures can be safely combined and are usually done at the same time. Many women feel frustrated after pregnancy despite diet and exercise. Their breasts have lost volume and can appear saggy, and their tummies are protuberant with loose skin. In most cases, these changes do not respond to diet and exercise. A mommy makeover can help make you feel more confident and like yourself prior to pregnancy. If you have a mommy makeover, it will be personalized during your consultation to reflect your needs. With that in mind, the following can give you an idea of what is involved in a mommy makeover:

An abdominoplasty or tummy tuck typically involves tightening abdominal muscles, removing excess skin and fat from the abdomen, and using liposuction on your love handles as needed. Dr. Robbins spends time contouring with liposuction, creating aesthetically pleasing belly buttons, and minimizing scars to achieve the best aesthetic outcome for each tummy

tuck. A pain pump is placed at the time of surgery, which drips numbing medicine into your abdominal muscles after they are tightened. This makes a big difference for patient's comfort level after surgery.

Breast augmentation involves the placement of silicone or saline breast implants to improve the breasts' volume and especially shape. Typically, the implants are placed under the pectoral muscle to achieve a more natural look. Women who have sagging skin may require a breast lift to improve the shape of the breast and raise the nipple into a more youthful position. A breast lift may require scars, however, Dr. Robbins takes painstaking care to ensure they are well concealed in swim suits or bras. Breast implants can be placed at the same time as a breast lift to restore shape and volume.

You will want to wait until after you are finished having children and breastfeeding before proceeding with a mommy makeover. This will give you optimum results. A mommy makeover done by Dr. Robbins can give you long-lasting and rewarding results. Inquire today if you would like to learn more about a mommy makeover and if it is right for you.

ABOUT FACE *Pore Refiner, Anti-Aging*



BRIGHTENING PADS *Brightens Skin, Reduces Discoloration*



C-SERUM *Plumps, Builds Collagen*



GOODBYE ACNE *Eliminates Active Acne Blemishes*



RESTORE *Hydrates with Growth Factor*



RETINOL SERUM *Boosts Collagen, Reduces Fine Lines and Wrinkles*



THIRST QUENCHER *Moisture Enhancer, Reduces Fine Lines*



WEEKLY PEEL PADS *Smooths Skin Texture, Reduces Pore Size*



ASK OUR SKIN SPECIALISTS FOR MORE INFORMATION