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SPANISH INTERPRETER

Maria is from Cali, Colombia and came to the United States when she was 18 years old. She graduated with a Bachelor of Science from Aquinas College here in Nashville, as well as a degree in Fashion Illustration from Harris School of Art. Maria has 7 years of experience with language translation for medical and therapy patients throughout Middle Tennessee. She loves to form new relationships and help people with whatever obstacles they may come across. She still loves to illustrate and paint along with having a relaxing day at a spa for her free time!

PLASTIC SURGERY WORD SEARCH

M O D Z B R A Z I L I A N B U T T L I F T M X A
M A L W P X M V R E P I T C C X V O Z M S A A Y
S R T O I T S L K Q F P W W Y Z G Z E E N S F A
P M I Q H C M S P K U L A H Q N B R E C M T Z N
H A D N Y X Y P R B W O N G O G K Y P C B O Q X
R Y T I D E C T O M Y Q E Q L M A J V B R P N U
C P Z W K O J V N N B O S N V P N D P R O E Q V
Y N E C U B X W L M Q D T D H C M D B E G X R E
J T F E W I N M R N O W H L N R E Y R A M Y J J
J D A F A P T M L K E A E D O A F U A S Y C P F
L W T T L W J W Z K L M S R T O C X C T Z M R I
T Z P F X T M C I S F F I B W D Z V H A A V O M
G X R C T G G V X W J V A H Y P T R I U F X P K
B N Y M G Y N E C O M A S T I A E W O G W S O Z
B R E A S T R E D U C T I O N W Q U P M N E F J
Y L R U A B D O M I N O P L A S T Y L E F R O Q
A O B E O T O P L A S T Y K L J M H A N K U L F
M V V C T Y D G M U K M P Z Q V C O S T V M K C
Z U K J S P Z C W X U T S A C R C F T A I C E Y
I G J Y O X K S K N T L Y K Q W S K Y T H M X Z
P D R B N S X L F L E J G Z Q L F H D I R A B Y
G D X R Z F N D P C V B D V N L R E H O S G O H
S D K B K W P Z V Y X F B S D L B I K N Z E H Y
Q I T R M R S L W I N V A W F A T M V I S P L Y

Search for these plastic surgery words.

- mastopexy gynecomastia
- otoplasty breast reduction
- serum brazilian butt lift
- propofol brachioplasty
- anesthesia rhytidectomy
- abdominoplasty breast augmentation



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BODY NOTES



PLASTIC SURGERY
Biggest Trends of 2023

MOMMY MAKEOVER
All You Need To Know

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Spring Newsletter 2023

MOMMY MAKEOVER: ALL YOU NEED TO KNOW

The term mommy makeover refers to procedures to restore a woman to her pre-pregnancy figure. A mommy makeover typically includes:

- Breast procedures like breast implants, breast implants with a lift, a breast lift, or a breast reduction.
- Liposuction
- Abdominoplasty or tummy tuck

A growing number of women are choosing to have a mommy makeover along with other procedures like arm lift, thigh lift, or blepharoplasty or eyelid surgery.

Breast Augmentation

Breast augmentation is when implants are placed to restore volume that has been lost following childbirth, breastfeeding, or weight loss. Silicone breast implants are the most popular choice for breast enhancement. Silicone implants come in a round or shaped implant. The type of implant is determined by a patient's anatomy. Dr. Chad Robbins will guide you and make recommendations on this determination as well as the look you are wanting to achieve.

Mastopexy or breast lift will elevate droopy or saggy breasts. The breast tissue is pushed back into a more youthful or pre-pregnancy position again, excess skin is removed, and nipple and areolas are placed in the correct position again. Resulting in a perkier, more youthful appearance of the breast.

Breast reduction involves removing breast tissue to reduce the cup size and it includes a lift or mastopexy. The result of a breast reduction gives a perkier appearance as well as a smaller cup size.

Liposuction

Liposuction involves using a cannula to remove the fat from an area. Liposuction is performed in conjunction with a tummy tuck at Robbins Plastic Surgery. Liposuction gives a more hourglass appearance and in turn gives you the best aesthetic outcome when combined with an abdominoplasty.

Abdominoplasty

An abdominoplasty or tummy tuck tightens abdominal muscles as well as removes any excess skin. C section scars can be eliminated with a tummy tuck resulting in a smoother, flatter, tighter tummy.

Labiaplasty

A labiaplasty reduces the size of the labia minora. These are the flaps of skin on either side of the opening of the vagina. A labiaplasty also helps to reshape the labia. Typically, women may experience pain with intercourse, discomfort when riding a bike, and self-consciousness in yoga pants or bathing suits. A labiaplasty procedure is performed with dissolvable sutures and can be performed at the same time as an abdominoplasty or breast augmentation/lift.

What are the risks?

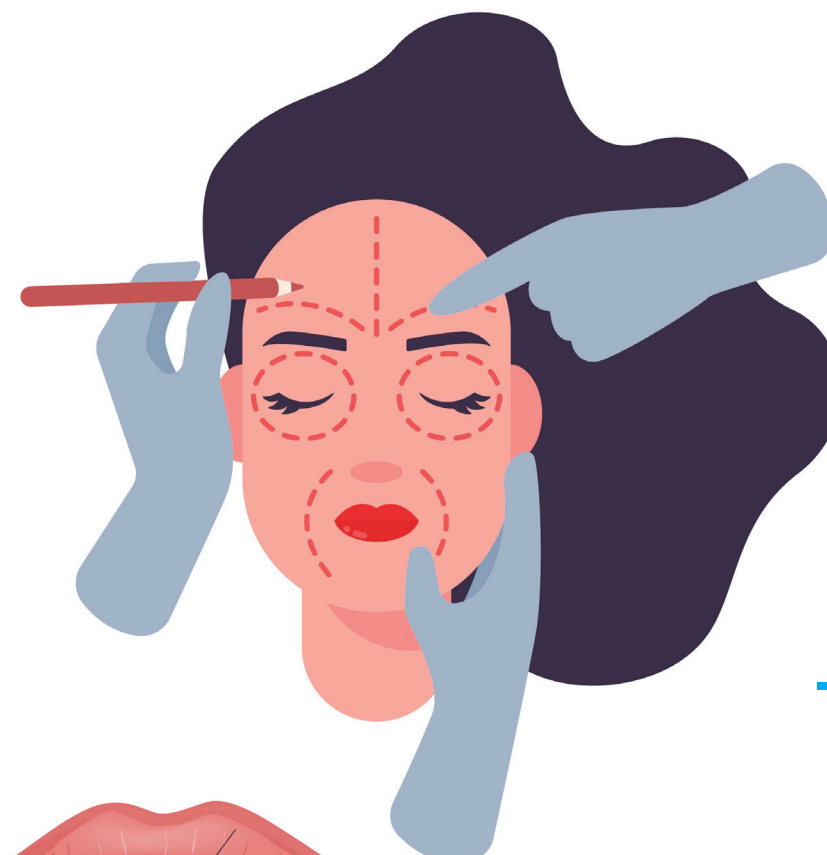
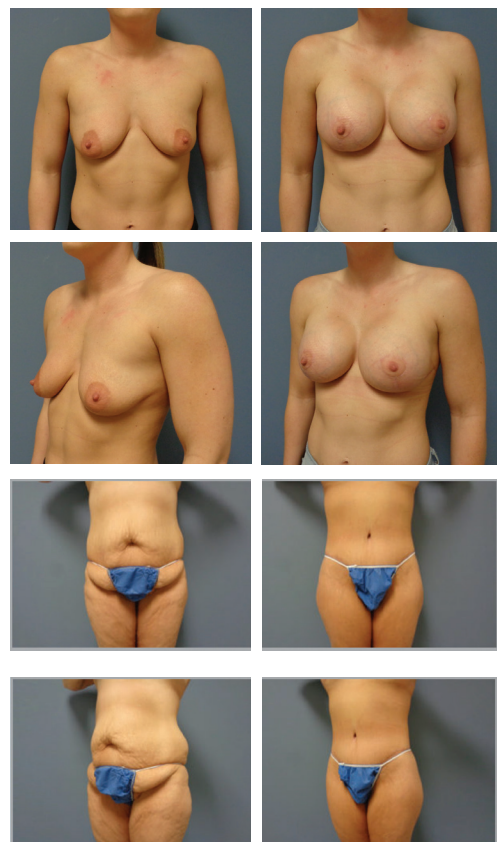
No surgery comes without risks. The risks involved with a mommy makeover could be healing complications, bleeding, infection, or fluid collection. Although these are fixable complications, you should be aware of them. Robbins Plastic Surgery does not perform mommy makeovers for women with a body mass index (BMI) over 30. Studies show there is an increased risk of complications with a BMI over 30.

Every patient's body type is unique. Dr. Chad Robbins will customize your mommy makeover that fits your body type and aesthetic goals. We are here for you throughout your mommy makeover journey.



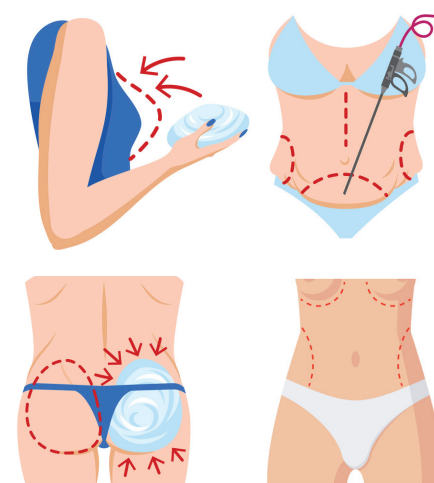
REAL PATIENT RESULTS

This patient underwent a tummy tuck as well as Breast Augmentation: silicone, round, moderate profile plus 405cc silicone implants.



INJECTABLES

Many people prefer to start with minimally-invasive treatments to delay the need for major plastic surgery services. Injectables are easy to customize and offer immediate results.

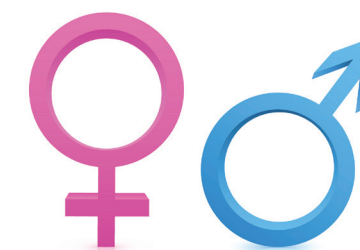


BODY CONTOURING TO ENHANCE FITNESS RESULTS

While watching what you eat and spending time in the gym is always important, some people hit a plateau and look to plastic surgery and minimally-invasive body contouring to lose those last stubborn pounds.

PLASTIC SURGERY BIGGEST TRENDS FOR 2023

Advances in surgical technology make it easier than ever to make cosmetic adjustments for noticeable results. Here are the top trends in plastic surgery this year.



TREATMENTS FOR MEN & WOMEN

Plastic surgery services are becoming more common for both men and women.

MULTIPLE COSMETIC PROCEDURES



Some patients are looking to have multiple cosmetic procedures in a short period of time. For example, the first cosmetic surgery may be breast augmentation. Then the next appointment is to improve the shape and contour of the stomach with a tummy tuck.