



# STAFF SPOTLIGHT: JO MILLER

If you have visited Robbins Plastic Surgery, you may recognize nurse Jo from your consultation, pre-op and post-op appointments. Jo's passion for helping people live their fullest lives inspired a nursing career which ultimately led her to Western Kentucky where she recently graduated as a Registered Nurse. At Robbins Plastic Surgery, you'll find Jo assisting Dr. Robbins as they guide patients through their surgical journey. When she isn't helping patients in clinic, Jo loves spending her time visiting friends, hosting painting parties, and catching the sun rays with her Australian Shepard, Hank.

## THE TEAM'S FAVORITE NASHVILLE RESTAURANTS WITH A PATIO



O-ku  
Superica  
Harriet's Rooftop  
Pelato  
Monday Night  
Brewing Company  
Epice

# BODY NOTES

Staff Spotlight:  
JO MILLER

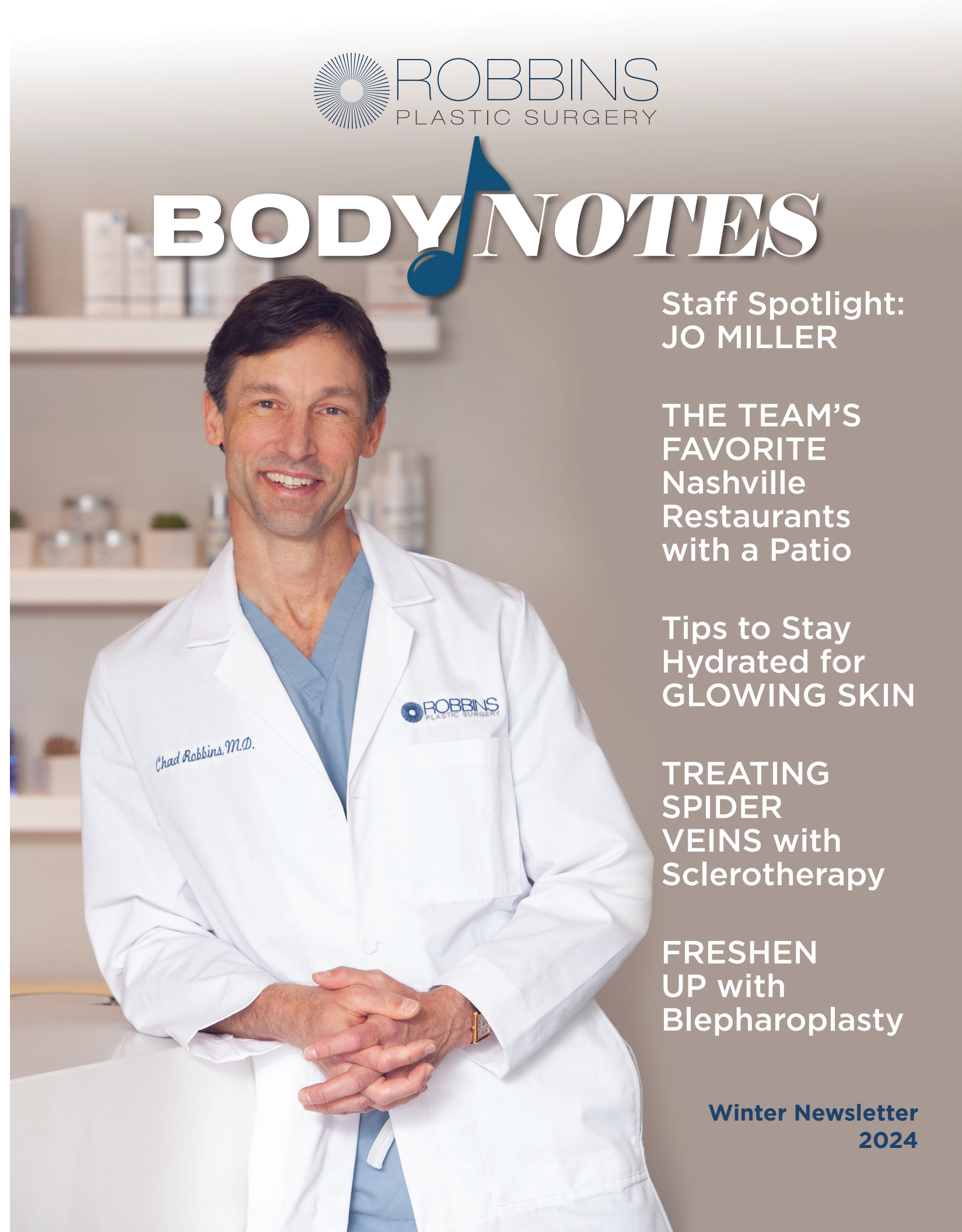
THE TEAM'S  
FAVORITE  
Nashville  
Restaurants  
with a Patio

Tips to Stay  
Hydrated for  
GLOWING SKIN

TREATING  
SPIDER  
VEINS with  
Sclerotherapy

FRESHEN  
UP with  
Blepharoplasty

Winter Newsletter  
2024





# FRESHEN UP! WITH BLEPHAROPLASTY

Blepharoplasty, or eyelid surgery, is designed for people who are frustrated with sagging eyelids and lower eyelid bags that won't disappear no matter how hard you try. Hearing someone say "You look tired" can feel defeating and lower one's self esteem over time. If you want to look refreshed and rested, it may be time to consider blepharoplasty.

Blepharoplasty treats the upper and lower eyelids by surgically removing excess skin and fat. Dr. Robbins will make incisions in the crease of the upper eyelid and underneath the lower lashes, meticulously hiding any scarring. Blepharoplasty also improves the texture of the eyelid skin, correcting crepey, wrinkled skin as well as discoloration.

As for injecting topicals and other 'solutions' for this stubborn problem, many consumers have been misled and disappointed. If you are wondering why these products aren't working, it is because you cannot de-puff fat and excess skin. Unless treated surgically, the fat pads and hanging skin are permanent features that worsen with age.

During eyelid surgery, Dr. Robbins removes the redundant skin and fat to create a smooth, even surface. Blepharoplasty plays a large part in facial rejuvenation and can be a wonderful addition to other facial procedures. For example, if you are seeing Dr. Robbins for a facelift or brow lift, you may want ask about your eyelids if it is something that bothers you.

While assessing your features, Dr. Robbins will ensure that the outcome will be natural and harmonious. He will consider and discuss with you all your options and help create a plan that meets your specific goals. Dr. Robbins and our staff will thoroughly explain the details so that you will have both a great outcome and experience. Plan on recovering for 7 days, at which time your sutures will be removed. Once healed, your refreshed, youthful appearance should reflect the way you feel! If you have any questions regarding blepharoplasty, please call our office at 615-401-9454



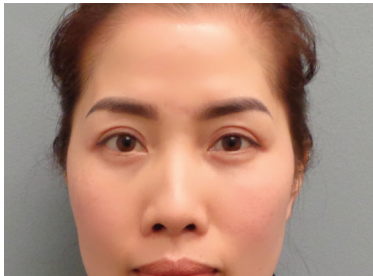
before



after



before



after

# THANK YOU AGAIN!

We want to say a big **THANK YOU** to our wonderful community for voting Robbins Plastic Surgery Best of Nashville's Best Plastic Surgeon 2024!

We are thrilled to take home the name two years in a row and could not have done it without our amazing patients. Our team is beyond grateful for the continued support and time taken to vote for Robbins Plastic Surgery each year. To book your consultation with Dr. Chad Robbins today, please call our office at 615-401-9454. We can't wait to hear from you!



# TIPS TO STAY HYDRATED FOR GLOWING SKIN

Drink your electrolytes. As it heats up outside, our bodies lose electrolytes through sweating which can quickly lead to dehydration. Drinking one electrolyte packet a day helps our bodies replenish nutrients such as potassium and sodium quickly, allowing us to enjoy the beautiful warm weather without feeling tired and depleted.

Eat fresh fruit. Eating juicy fruits like watermelon and strawberries hydrates us because they are mainly made of water. Hence the name, a watermelon consists of 92% water!

Add lemon to your water. Not only does it taste refreshing, but lemons contain vitamin C which is an antioxidant that fights off free radicals and stimulates the production of collagen, adding a youthful glow to our skin.

Stay on top of your skin care game! Consistently applying the right products will keep your skin looking youthful, so let's walk through some of our favorites that you can add to your routine today. In the morning, we like to start by washing our face with the RPS Gentle Foamy Cleanser. This cleanser is wonderful for all skin types and will leave your skin feeling clean and soft. Next, apply our beloved Thirst Quencher serum, which is full of hyaluronic acid to boost hydration in the skin's barrier. Following Thirst Quencher, you can apply our vitamin C-serum to increase collagen growth and fight against hyperpigmentation. After you are done applying your serums, always be sure to wear your sunscreen. RPS loves and carries the Elta MD sunscreen as well as Revision's Intellishade sunscreen in Matte and Original. At night, lose the C serum and switch out the sunscreen for a tretinoin or retinol. Our team at RPS is here to help personalize your skin care steps to fit your unique needs!



# SCLEROTHERAPY FOR SPIDER VEINS



**What is Sclerotherapy?** Sclerotherapy involves injecting a solution into "spider veins" to close the damaged blood vessels and re-route blood flow to healthy veins. This causes the spider veins to disappear. If the appearance or feeling of spider veins is bothering you, call 615-401-9454 to book a consultation with our trained nurse who will determine if you are a good candidate for sclerotherapy.

**Do I have spider veins?** Spider veins are small and appear blue, red, and purple. Spider veins affect a large percentage of the population, studies show over 50% of women and around 40% of men are affected by spider veins. They are mostly present on the legs.

**What is my downtime?** A huge perk of sclerotherapy is that you won't need downtime, and the treatments are painless and quick. Sclerotherapy usually takes 45-60 minutes in the office with our trained registered nurse. After treatment, wearing compression stockings and walking can help promote blood flow. If you are scheduling in the summer months, avoiding sun exposure and wearing SPF may prevent the vessels from scarring. Our nurse will review all post care instructions with you during your consultation.

**How many treatments do I need?** The number of treatments varies from patient to patient depending on the amount and severity of spider veins. Usually, patients need anywhere from two to four treatments to achieve desired outcomes. Our nurse will thoroughly assess each individual and personalize a treatment plan based on your medical history and unique needs.

If you are considering sclerotherapy, call our office at 615-401-9454 to book your complimentary consultation!