

FREQUENTLY ASKED QUESTIONS

Q. I want to schedule a mommy makeover.

How long do I need to stop breastfeeding before my surgery?

A. You should stop breastfeeding three months before breast surgery.

Q. I just had a facelift and love my results! I am ready to book my next surgery, how long do I need to wait between procedures?

A. You can book your next surgery three months post-operatively.

Q. Will I go home after my surgery?

A. Yes! Our surgeries are outpatient and do not require overnight stays, so you can have a good night's sleep in the comfort of your own bed.

Q. Where is my surgery performed?

A. Our surgeries are performed in our operating room on site.

Q. Will I have any dietary restrictions after surgery?

A. We encourage plenty of protein and full meals to promote quick healing time.

Q. Can I uber home from surgery?

A. No, for your safety you must be driven home by a trusted caregiver. This could be family, friends, or a caregiving service.

Q. How do I pick up medications for surgery?

A. Our nurses call in prescriptions to your preferred pharmacy after your pre-operative visit. You will pick up your filled prescriptions and bring them with you on your surgery day.

Q. When can I exercise after surgery?

A. To avoid any complications, patients must avoid vigorous activity until three weeks post operatively. It is important to let your body rest during those early days of recovery, and you will soon be back to your normal routine!

Q. When do I start using scar tape?

A. Three weeks after surgery you may begin using scar tape.

Q. When will I see my results?

Dr. Robbins will review outcomes around four months after surgery. While you see results early on, your body will continue healing for months. Check out the before and after page on our website to view photos taken from three to four months post-surgery. Scars are immature during this period but continue to fade.



BODY NOTES

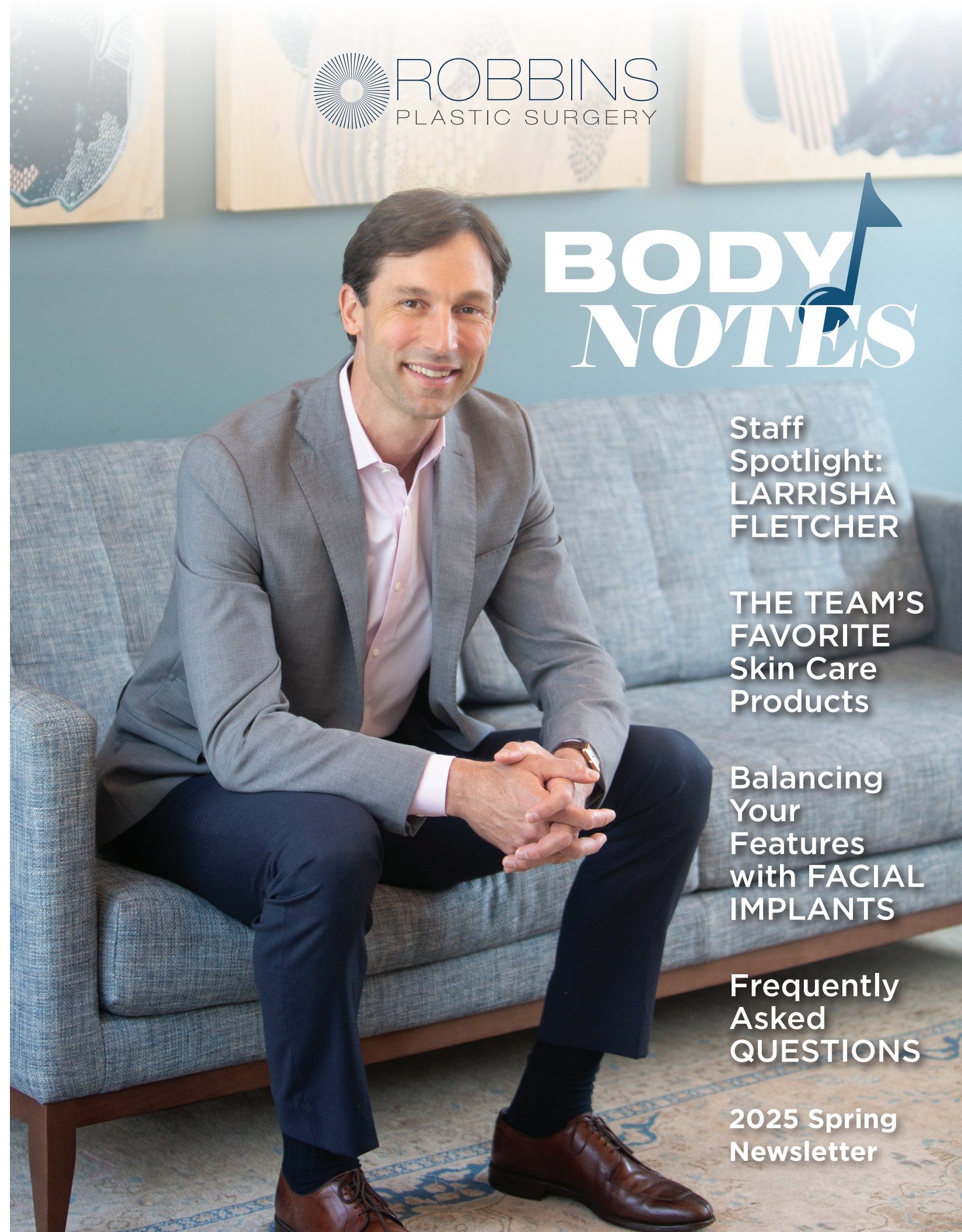
Staff
Spotlight:
**LARRISHA
FLETCHER**

THE TEAM'S
FAVORITE
Skin Care
Products

Balancing
Your
Features
with **FACIAL
IMPLANTS**

Frequently
Asked
QUESTIONS

2025 Spring
Newsletter



STAFF SPOTLIGHT

LARRISHA FLETCHER, RECEPTIONIST

Originally from Knoxville, Larrisha moved to Murfreesboro after high school to major in fashion at MTSU. She loved the area and decided to plant roots, eventually leading her to join the RPS team! Her favorite thing about working at Robbins Plastic Surgery is being involved in each patient's experience from the moment they schedule a consultation to their return of their annual follow up. She loves watching patients' progress and excitement as they begin to see results. In her free time, Larrisha uses her impressive design skills to create a wide range of fashion pieces, including formal gowns during prom season. When she isn't designing, visiting family, or trying new Nashville hot spots, she loves traveling. Larrisha's most recent adventure included meeting elephants in their sanctuary while she was visiting beautiful Thailand.



AESTHETIC SPOTLIGHT

OUR TEAM'S FAVORITE SKIN STORE PRODUCTS

Jean: "I love the Brightening pads because they give my skin a nice subtle glow."

Ashley: "About Face is the perfect all in one antiaging product."

Larrisha: "RPS Gentle Foam Wash. It removes all my makeup and leaves my skin feeling so soft."

Allie: "Thirst Quencher. I love how it moisturizes without feeling heavy."

Jo: "IntelliShade Sunscreen, great tinted coverage for everyday use."

Tammy: "Restore, it brightens and moisturizes my skin."

We love a good skin care routine over here at Robbins Plastic Surgery! For more information about our favorite products, please call our office at 615-401-9454.



BALANCING YOUR FEATURES WITH FACIAL IMPLANTS

Have you ever adjusted your position when having your photo taken to capture your 'good' side? Most of us are probably thinking "Yep, every time!" Why do some of us prefer one side of our face to the other? Well, there may be a simple answer to that question. Nobody is perfectly symmetrical, whether it's due to genetics, trauma, or simpler factors such as sleeping on one side of your face more than the other. While asymmetry is normal, many people are bothered by disproportional features enough to seek surgical and nonsurgical solutions as we will discuss below.

Nonsurgical options like fillers are often injected to correct volume deficits but are not always recommended or safe depending on the facial region. It is important to meet with a board-certified plastic surgeon to know if your goals would be met with nonsurgical solutions alone or if you are ready for surgical alternatives. Silicone implants need no replacement, nor do they shift or lose their efficacy over time as scar tissue forms around the implant to hold it in place. Augmenting volume deficits along the bony structures of the face draws less attention to your problem areas and ensures a well-proportioned outcome.



Facial implants are commonly used in conjunction with other procedures to rejuvenate the face, such as blepharoplasty, face or neck lift, and rhinoplasty. For example, many patients with a recessed chin worry that their nose is large and disproportionate to their other features. While this could be true, the lack of shape in the lower face causes the nose to appear over projected. Adding a chin implant to balance your front and profile view ultimately draws less attention to the nose. Midface implants, also known as cheek or malar implants, work to smooth the transition from your eyelids to the cheeks and is commonly paired with a facelift and lower blepharoplasty surgery. To sum up, facial features must work harmoniously to reach a rested and natural result!

BEFORE & AFTER CHIN AUGMENTATION BY DR. ROBBINS

