

JUNE 2026

Robbins Plastic Surgery

A SEASON OF CELEBRATION, PREPARATION, AND FEELING YOUR BEST

SUMMER CONFIDENCE STARTS HERE

Whether you're spending weekends at the pool, traveling, or simply enjoying the sunshine, healthy skin starts with daily protection. Here's what our team recommends for keeping your skin looking its best all summer long



YOU CAN'T MAKE IT
THROUGH SUMMER WITHOUT...

SUNSCREEN

SUMMER SKIN RECCOMENDATION

- ✓ Reapply every 2 hours
- ✓ Don't forget your neck and chest
- ✓ Daily SPF is just as important on cloudy days



The Perfect Pair For Sunscreen



Daily sunscreen is one of the most important steps in protecting your skin from premature aging and sun damage, but it works even better when paired with Vitamin C.

As a powerful antioxidant, Vitamin C helps brighten the appearance of skin, support collagen production, and defend against environmental stressors.

Together, this skincare duo helps keep your complexion healthy, radiant, and protected all summer long.

Myth vs. Fact: Botox

MYTH

Botox will make your face look frozen

FACT

When administered properly, Botox is designed to soften lines and wrinkles while maintaining natural facial expressions.

The goal isn't to change how you look but rather to help you look refreshed, rested, and like the best version of yourself.





Q&A WITH DR. ROBBINS

Q: What do you recommend for having done for stretch mark removal?

A: Where are the stretch marks? On the abdomen? If they are on the abdomen a tummy tuck can remove some of the stretch marks and then what is remaining is typically pulled down lower to below the belly button. It is all dependent on the person and where their stretch marks are located.

Q: Hello! Do you offer online consultations? I'm interested in a procedure but I live in Miami. Please let me know, thank you.

A: Yes, we do offer virtual consultations. However, we would require that you stay in Nashville following surgery, if you did decide to move forward. How long you would need to stay after depends on the procedure performed.

TEAM SPOTLIGHT

Ashley Simpson **Practice Manager**

Meet Ashley Simpson, a dedicated member of the Robbins Plastic Surgery team with over 20 years of nursing experience. Ashley is certified in Botox, dermal fillers, and spider vein treatments, combining clinical expertise with a personalized approach to patient care.

Ashley is passionate about helping patients feel confident in their own skin while guiding them through every step of their aesthetic journey.

When she's not caring for patients, Ashley enjoys spending time with family and friends, traveling, and volunteering with the Nashville Rescue Mission



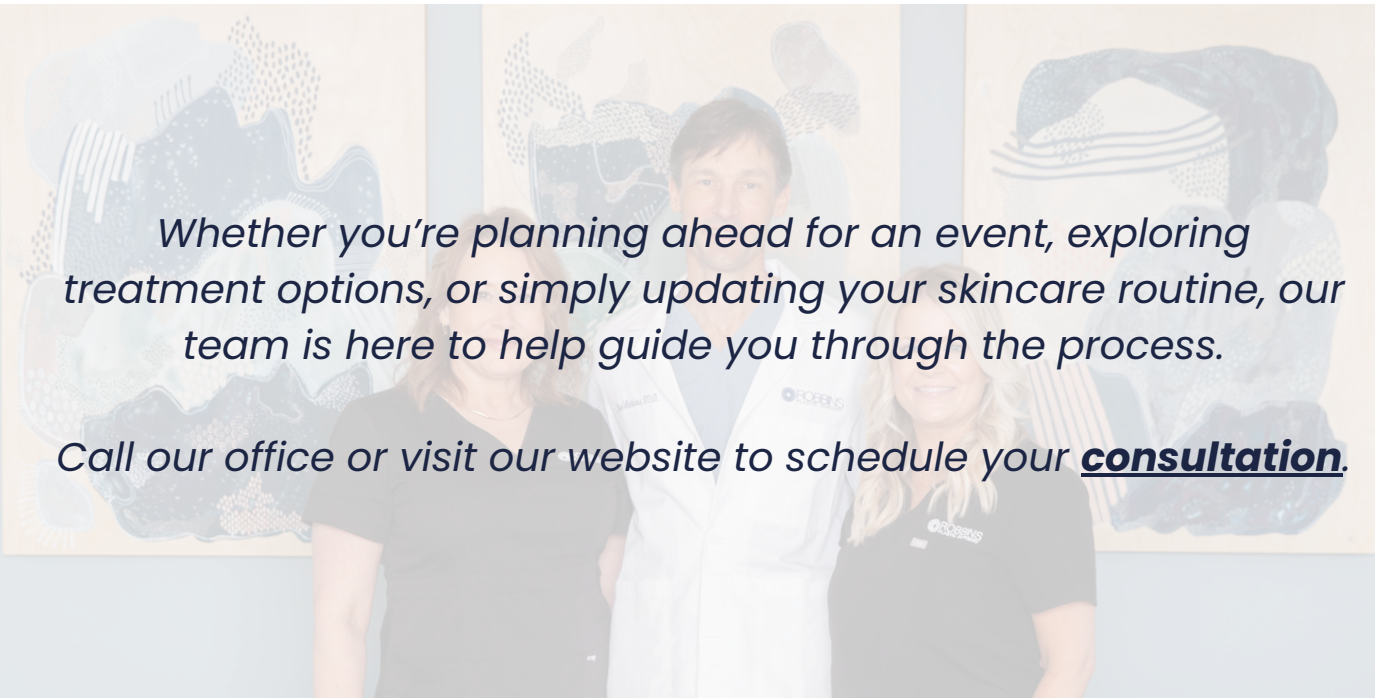
A man with short grey hair, wearing a light blue button-down shirt, is shown from the chest up. He is looking directly at the camera with a slight smile. The background is a softly lit room with a white desk, a pink orchid plant, and two white ceramic containers with gold accents.

BREAST LIFT OR BREAST AUG WHICH ONE DO I CHOOSE?

BREAST LIFT OR BREAST AUGUMENTATION?

There is no one-size-fits-all answer when it comes to breast enhancement. Factors such as breast volume, skin elasticity, and personal goals all play an important role in determining the best approach. In this featured video, Dr. Robbins discusses why a consultation with a qualified plastic surgeon is the best way to become informed about your options and create a plan designed specifically for you

[Watch Here](#)

A group of three people, two women and one man, are standing in front of a wall with large anatomical diagrams of the human body. The man in the center is wearing a white lab coat with 'ROBBINS' on it. The two women on either side are wearing black polo shirts, also with 'ROBBINS' on them.

Whether you're planning ahead for an event, exploring treatment options, or simply updating your skincare routine, our team is here to help guide you through the process.

*Call our office or visit our website to schedule your **consultation**.*



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