

OCTOBER 2026

Robbins Plastic Surgery

PUTTING YOUR HEALTH, CONFIDENCE, AND CARE FIRST

OCTOBER IS **BREAST CANCER AWARENESS** MONTH



October is Breast Cancer Awareness Month, and while wearing pink is one way to show support, awareness goes beyond a single month. It's an important reminder to stay informed about your breast health, pay attention to changes in your body, and keep up with the screenings recommended by your healthcare provider.

RECOGNIZING EVERY STORY.

We also recognize the patients, survivors, families, and loved ones whose lives have been affected by breast cancer. Every experience is personal, and no one should have to navigate that journey without support.

This month, we're thinking of everyone who has been impacted by breast cancer.

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Q & A

WITH DR. ROBBINS



Q : ***Why do you prefer drains to a drainless technique?***

A : *The drainless technique may require coming to the office to have a needle injected and fluid drained. With the drain technique patients have the drain the space where fluid can accumulate. This drain is removed without anything surgically needing to be performed. The drain allows the fluid that builds up in the space to come out without requiring any needle sticks to remove the fluid.*

Q : ***What tests should be done before surgery, such as blood work?***

A : *We'll let you know during your consultation if any blood work is needed before your surgery and which tests may be required.*

Team Spotlight

Savannah



Clinic RN

Savannah is a Nashville native with over seven years of nursing experience. Since joining Robbins Plastic Surgery in 2023, she has worked in both the recovery room and operating room before transitioning into the clinic earlier this year.

She loves building relationships with patients and supporting them throughout their surgical journey, from preparation to recovery. Outside of work, Savannah enjoys spending time outdoors with her husband and their energetic boys!

We're so grateful to have Savannah on the Robbins Plastic Surgery team!

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The Details Matter



A successful surgery begins long before entering the operating room. From your first consultation through recovery, careful planning, preparation, and attention to detail are all important parts of your experience. We take the time to understand your goals, answer your questions, and create a surgical plan designed around you. We believe feeling informed and comfortable with your care is just as important as understanding the procedure itself.

Our goal is to make sure you feel confident in your decisions and supported every step of the way.

Schedule a consultation

Your Skincare Routine, Made Simple

A good skincare routine doesn't have to be complicated. Starting with a few essentials can go a long way in helping your skin feel clean, balanced, and refreshed.

Our Gentle Foamy Cleanser is a great everyday step for cleansing the skin without leaving it feeling stripped or dry, while Thirst Quencher helps deliver lightweight hydration for a smoother, refreshed look.



Cleanse
Gently cleanses without stripping the skin

Hyrdrate
Lightweight hydration for a refreshed look

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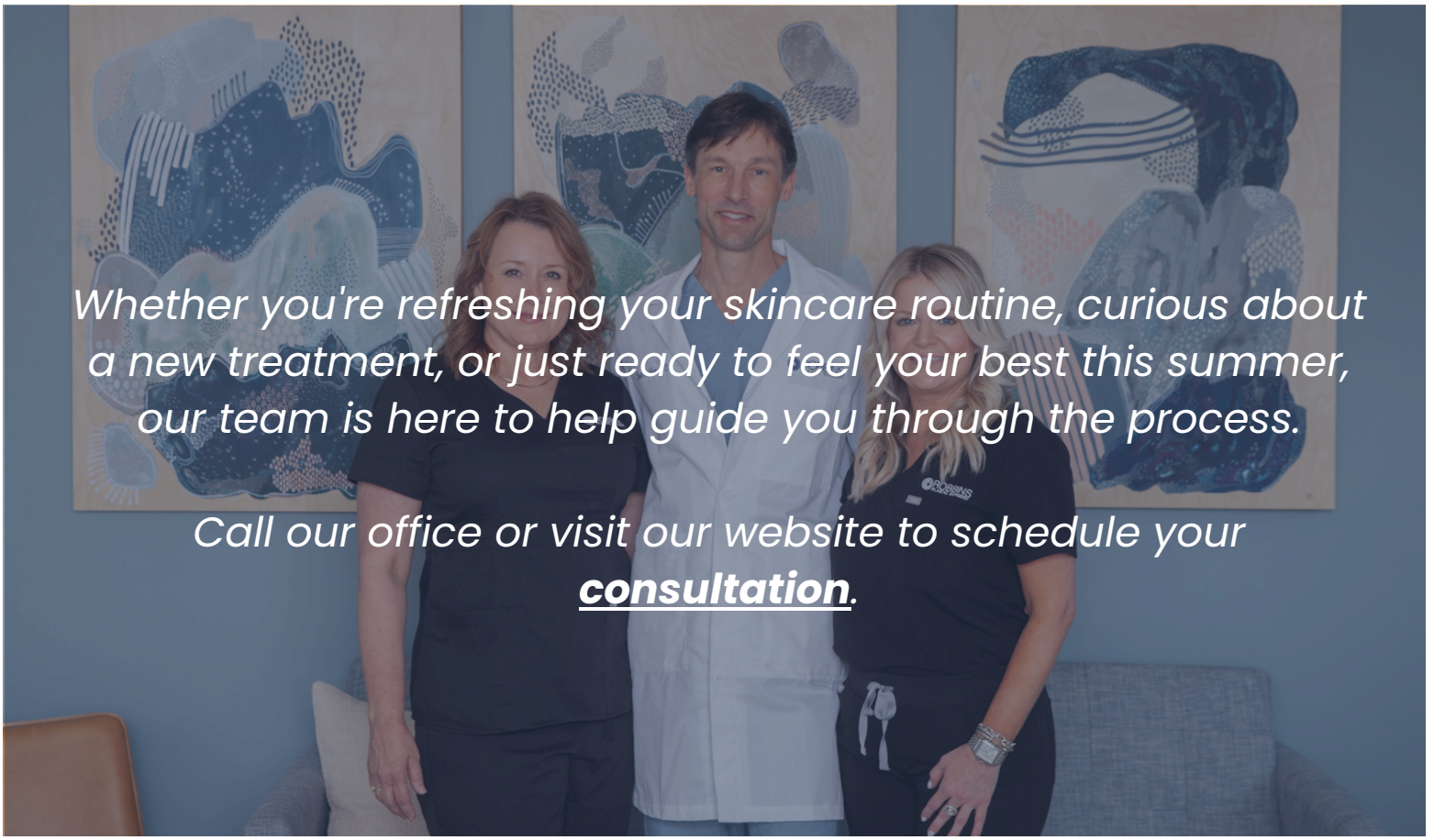
Body Contouring After Weight Loss



Losing a significant amount of weight is a major accomplishment, but loose skin and changes in body shape can sometimes remain.

Body contouring procedures can help remove excess skin, restore volume, and create a more defined shape in areas that diet and exercise alone may not address.

Depending on your goals, options may include skin removal, lifting procedures, or gluteal implants. We create a personalized surgical plan based on your body and desired results.



Whether you're refreshing your skincare routine, curious about a new treatment, or just ready to feel your best this summer, 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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