



Personal Best

Cosmetic and Plastic Surgery Update
Winter 2005

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Procedure of the Month: Eyelid Lift (Blepharoplasty)

Are your eyes making you look tired, sad or older than you really feel? Eyelid surgery can correct drooping upper lids, remove puffy bags below your eyes and tighten the lower eyelid skin. Excess skin, fat and even muscle can be removed to create a tighter, more youthful appearance, making you look more rested and alert.

In the upper eyelids, the incision follows the crease of the lid. Through this incision, excess skin and fatty tissue are removed and the scar is hidden in the natural crease of the eye. In the lower eyelids, the incision is made just below the lower lashes. Fat pads that cause puffiness can be removed or redistributed to remove bulges, and underlying muscle can be tightened if needed. A very effective pre/post operative bruise control regimen can be prescribed to keep bruising to a minimum. Healing of incisions will take 5 to 10 days at which time any sutures will be removed, if necessary. Any discoloration can be covered by makeup during the first week, and the scars will eventually fade to a thin, nearly invisible white line.

Blepharoplasty is performed on an outpatient basis in a hospital under general anesthesia. The procedure may be covered by insurance if it can be demonstrated that the droopy eyelids are substantially hindering the patient's peripheral vision.

An Eyelid Lift will reveal a smooth, firm contour of the eyelids and an appearance that matches the way you feel inside - bright-eyed and youthful.

Winter Seminars:

Because of their great popularity, Dr. Bond will be repeating her Breast Augmentation and Tummy Tuck Seminars to start the New Year.

January 18th - Breast Augmentation

- Is Breast Augmentation right for you?
- How the surgery is performed.
- Post-surgery timeline - what you can expect.
- Breast sensation and sensitivity after surgery.
- Safety of breast implants.
- Is breast-feeding possible with implants?

February 15th - Liposuction vs. Abdominoplasty (Tummy Tuck)

- Differences between Liposuction and Abdominoplasty
- Will Liposuction work, or is a Tummy Tuck needed?
- How a Tummy Tuck is performed
- Special steps to ensure the safety of the procedures
- Recovery - how long does it take?
- Combining a Tummy Tuck with a medical procedure

Dr. Bond will be available to answer all your questions about these procedures and you'll be able to view "before and after" of our patients. Seats for our seminars are limited, so please call our office to register for these informative seminars.

Holiday Gift Ideas

Do your loved ones need some subtle hints for your holiday gift? Want to give a special friend or relative an unforgettable, long-lasting token of your affection? Consider a gift certificate for a cosmetic procedure or treatment. Gift certificates are now available in our office and can be purchased for any amount, product or procedure. Nothin' says lovin' like a Tummy Tuck in your Christmas stocking!

Website News

Need to check a seminar date or reference an article or new office policy, but you don't have our newsletter with you? Our newsletter can be viewed online at www.bondplasticsurgery.com. The current seminar schedule is also posted prominently on our home page.

Body Contouring

Gastric Bypass surgery is becoming more prevalent, and Body Contouring procedures are often required after such a welcome, but drastic weight loss. Patients often need a full Tummy Tuck, as well as Thigh, Arm and Breast Lifts.

In addition to these procedures, Dr. Bond is also one of the emerging plastic surgeons performing Full Body Lifts. If you or a friend have had Bypass surgery, call our office for more information about Body Contouring procedures.

Our office can also work with you to determine if your insurance company will cover a part of your surgery.

Fill 'Er Up and Peel Out – Happy New You!

To make your holidays (and your complexion) even brighter, Dr. Bond is offering a complimentary Chemical Peel or Microdermabrasion with every BOTOX, Restylane or Radiesse treatment in December and January. Microdermabrasion and peels are the perfect complement to BOTOX and fillers. See our receptionist to schedule your next appointment for a more beautiful you in 2006!

Your Next Surgery Could Be FREE!

Dr. Bond would like to thank her patients who refer their friends for surgery with a \$500 credit toward a future plastic surgery procedure. This new program will begin in January 2006. To qualify for the \$500 credit, the referred patient must use your full name when scheduling their consultation appointment and complete their surgery within 6 months. We will credit \$500 for each referral and all credits can be applied to a single cosmetic surgery. Referral credit can be applied to Dr. Bond's fee only; hospital and anesthesia costs are the patient's responsibility. Referrals made before 2006 will not be eligible for this promotion. We hope that you will be as excited as we are by this generous offer – it may make your next surgery FREE!

Board Certification

Not all doctors that call themselves plastic surgeons are board certified and may not be fully educated and experienced.

In order to be certified, a plastic surgeon must graduate from an accredited medical school and complete a minimum of five years of surgical training following medical school, including a plastic surgery residency program. During this intensive program, surgeons learn to perform surgical procedures for the entire body and face.

After training, a surgeon must pass comprehensive oral and written exams before being granted certification. To maintain their certification, surgeons must pass exams at regular intervals to ensure that their knowledge of new techniques in plastic surgery is up to date.

A list of all board certified plastic surgeons can be found on the website of the American Society of Plastic Surgeons at www.plasticsurgery.org.

Holiday Wishes

Dr. Sheila Bond and all her staff extend to you our best wishes for a joyful holiday season and a healthy and happy New Year.