



# Personal Best

Cosmetic and Plastic Surgery Update  
Autumn 2006

**Dr. Sheila Bond, M.D.**

39 South Fullerton Avenue  
Montclair, NJ 07042  
973-509-0007

[www.bondplasticsurgery.com](http://www.bondplasticsurgery.com)

## Autumn Seminars

### September 21 - BOTOX, Restylane and Radiesse: Which Is Right For You?

Many cosmetic companies are offering products that claim to fill your wrinkles and relax your brow, no surgery, no needles. Much as we all would be optimistically happy to plunk down our credit cards at a chic department store cosmetic counter for a magic wrinkle-filling potion, the truth is that the only sure-fire way to fill a wrinkle is from the inside out with a dermal filler like Restylane or Radiesse. In this seminar, Dr. Bond will discuss:

- How do these products differ?
- How do they work?
- Which is better for you?
- Where can they be used?
- How much do I need?
- How long do they last?
- Safety of BOTOX and Fillers.

### October 19 - Middle Makeovers - Tummy Tuck and Liposuction of the Abdomen

- Which procedure is right for you?
- How Tummy Tucks are performed.
- How Liposuction can re-shape your middle.
- Special steps to ensure safety of both procedures.
- Timeline of recovery and results.
- Combining a Tummy Tuck with a medical procedure.

### November 16 - All About Breast Reduction

If you have heavy, overly large breasts, Breast Reduction can greatly change your life for the better. It is one of the few "cosmetic" procedures

that may be covered by insurance. Topics to be covered are:

- Who is a candidate for Breast Reduction?
- How the surgery is performed?
- How do I know if insurance will cover the surgery?
- Timeline of Recovery and Results.
- How a Breast Lift and a Reduction differ.

Our free monthly seminars are a great way to get to know the doctor and the procedures in a relaxed, informal setting. Dr. Bond will answer all your questions and you'll view "before and after" photos of our patients. Please call the office to reserve a place for these informative seminars.

## SEPTEMBER SURGERY DISCOUNT

Dr. Bond is offering 10% off her fees for surgeries performed in the month of September. This discount applies to surgeries over \$2000 (including ThreadLifts). If you have the flexibility to schedule your surgery in September, we'd love to have you take advantage of this generous discount!

## Time For New Skin

Labor Day hails the official end of the Summer season and the end of dry, sun-damaged skin - a perfect time to start one of our fabulous skin care regimens, Obagi or Jan Marini to refresh and resurface your sun-tired complexion. Call our office to discuss which products are best suited for you.

## **Restylane and Radiesse – More Is Better**

In conjunction with our Filler Seminar, we are offering a very special discount for multiple vials of Restylane and Radiesse. Your first Restylane vial is \$600, the 2nd is \$500 and the 3rd is a mere \$400. The first vial of Radiesse is \$900; the 2nd is \$750. Products must be purchased and paid for in advance; they do not need to be used in one visit. If you're a first time filler and you miss our seminar, ask to see the Restylane results book which shows before and after pictures of patients after 1, 2 and 3 vials. One vial makes a marked difference, 2 vials are "Wow" and 3 vials will set your face back 10 years in time. This is a great time to stock up on your fillers and look fantastic for the upcoming holidays.

## **Procedure of the Month Plastic Surgery for Men**

Have you noticed more men in our reception area lately? Maybe this is because of Dr. Bond's timely topic, "Liposuction: Men Are Doing It!", featured on her TV One special. (If you missed the special, there are several video clips on our website.) Our male patient, Tyrone, makes having Liposuction seem as natural as getting an oil change!

With competition from younger men in the workplace, more men are considering plastic surgery and minimally invasive techniques to rejuvenate and improve their appearance. ThreadLifts and NeckLifts can cure a sagging neck and firm up a jawline; an Eyelid Lift will open up heavy eyes and remove undereye bags and sags. Rhinoplasty can sculpt a less than perfect nose. Restylane and Radiesse can fill those aging nasolabial folds, and Botox will relax stress lines on the forehead.

Many men exercise consistently, but still have "love handles" and belly fat. Liposuction will remove these problem areas and reveal taut abdominal muscles. Embarrassing breast tissue (gynecomastia) can be alleviated with simple surgery.

Every woman has a list of changes she'd like to make to her body. If your better half or male friends have a wish list, please let them know that we are

offering men 50% off Dr. Bond's consultation fee until the end of November.

## **Bonus Update**

In the first half of 2006, 12 patients have earned a \$500 Patient Referral Bonus. Several patients have earned more than one and are already planning their next procedure. Refer your friends and you could get a \$500 credit toward plastic surgery. If you'd like to know how our Patient Referral works, please see Dr. Bond's website or call the office for details.

## **Jan Marini Eyelash Update – Long, Long, Longer!**

We have had some amazing success with the Jan Marini AI Eyelash product that is guaranteed to grow lashes and brows. From our patient, Jennifer: "After one month, I definitely see growth and filling in sparse areas." Judyann, our Patient Care Coordinator, has been using the product for 6 months: "I admit I was skeptical at first, but my lashes were short and thinning. There was no real change for the first 6 weeks, but right after that I noticed that they were definitely longer and starting to curl. I've been using the product for 6 months now and my lashes are thicker, fuller and crazy long! I threw away all my lash-lengthening mascaras." After 8 weeks, our patient Linda lifted her glasses and showed us her beautiful, thick and very long lashes. "This stuff really works!" Call us for more information, or if you'd like to order AI Eyelash which comes with a money back guarantee.

## **Please Confirm**

As most of you know, we always do our best to accommodate our patients who call for last minute appointments. We call 1-2 days in advance to remind you and confirm. We understand that our patients have busy lives and sometimes need to cancel, but we ask that you call us back to confirm your appointment, or if you need to cancel, that you do so as far in advance as possible. No shows and last minute cancellations create lengthy gaps in Dr. Bond's schedule and force new patients to wait several weeks for a consultation. If you do not call us back to confirm, we may overbook your appointment time.