



# Personal Best

Cosmetic and Plastic Surgery Update  
Winter 2007

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## Winter Seminars

### January 25 - Middle Makeovers - Tummy Tuck and Liposuction of the Abdomen

- How Tummy Tucks are performed.
- How Liposuction can re-shape your middle.
- Steps to ensure safety of both procedures.
- Combining with a medical procedure
- Timeline of recovery and results.

### February 22 Breast Implants: Saline vs. Silicone. What's Right for You?

If you're planning to have Breast Augmentation, this seminar will help you choose the implant that is best for you. Now that silicone implants have been approved by the FDA, women are considering the pros and cons of silicone over saline. Questions to be answered are:

- Cost and safety.
- Comparative deflation rates.
- Size of scar.
- Breast symmetry.
- Monitoring after both procedures.

### March -29- Middle Body Makeover

Dr. Bond will discuss the benefits of this beautiful combination Liposuction and Fat Graft procedure that can completely re-sculpt your abdomen, waist and buttocks.

- Who is a candidate for Middle Makeover?
- How the surgery is performed.
- Results you can expect.

Our complimentary educational 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.

## Procedure of the Month

### Middle Body Makeover

Dr. Bond is premiering her newest procedure, the Middle Body Makeover. If you can imagine yourself with a flat tummy, a trim waist and beautifully rounded buttocks, the Middle Body Makeover is for you. The procedure involves liposuction of the upper and lower abdomen, both sides of the waist and more lipo to the lowest part of the back. The fat is processed and injected into the buttocks to give them a rounder, fuller look. Minimizing the area above the buttocks gives an appearance of even more projection. The effect is stunning from all angles! Next time you're in the office, ask to see our beautiful "before and after" pictures.

### Fill Your Stockings

If Santa hasn't filled your stockings, we will be continuing to fill your wrinkles for less with our Multiple Vial discount for Restylane and Radiesse. Restylane is \$600 (1<sup>st</sup> vial), \$500 (2<sup>nd</sup> vial) and \$400 (3<sup>rd</sup> vial). Your first vial of Radiesse is \$900; the second is only \$750. Products must be paid for and purchased in advance. Look younger in 2007!

## **Restylane Redux**

Many of our patients have taken advantage of the Restylane Rewards program. While we've heard that many have received checks, we've also gotten feedback about checks not received. If you have filed for a Restylane Reward and not received a check, please contact Judyann in our office with your approximate treatment date. We will compile a list and attach duplicate bills and the company has agreed to issue checks for any omissions to patients who were registered in the program at the time of filing and met the requirements.

Just a reminder of the Rewards Rules:

- Forms must be mailed within 30 days of the treatment date.
- To be eligible for the next reward, treatments must be over 30 days apart, but not longer than 6 months between treatments.

Restylane Rewards don't end when you reach the final \$200 voucher. See the Restylane website ([www.restylaneusa.com](http://www.restylaneusa.com)) for info on Restylane Premium Status program.

## **Younger Eyes**

Do your eyes need some sparkle for the New Year? Try Obagi's new product, ELASTIderm, a revolutionary skin cream that helps replenish both elastin and collagen around the eyes and restore firmness and elasticity. After 2 weeks of using ELASTIderm, you'll see a visible difference in the appearance of fine lines and wrinkles. Both Annette and Madelaine are using ELASTIderm and loving the results!

## **New Year New Skin!**

January is the perfect time to start the Obagi Skin Care System, a physician-prescribed line of products that dramatically corrects the functions and health of your skin. Obagi NuDerm is a 12 week program that will completely transform the look of your skin removing fine lines, age spots, sun damage and hyperpigmentation leaving your skin smoother, firmer, more evenly colored and properly

hydrated. Developed for all skin types, the Obagi system can be tailored to your skin care goals. For those with ultra-sensitive skin, the doctor may prescribe the CRX system, a less aggressive regimen that also produces fabulous results. Give your skin the perfect gift of glowing, new life.

## **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.

## **Body Contouring**

As Body Contouring after Gastric Bypass surgery is becoming more prevalent, Dr. Bond is one of the emerging plastic surgeons performing Full Body Lifts and all the other procedures which may be required after a blessed, but dramatic weight loss. Our office will advise and work with you to determine if your insurance company will cover a part of your surgery. If you or a friend have had Bypass surgery, call our office for information about insurance coverage and these procedures. Dr. Bond will be speaking to the Post Gastric Bypass Support Group at Mountainside Hospital on January 17<sup>th</sup>.

## **New Year Greetings**

Dr. Sheila Bond would like to express her appreciation for the loyalty of all our patients. Both she and her staff extend our best wishes for a wonderful and blessed new year filled with health, happiness and beauty.