

Athēnix™ QUARTERLY Newsletter



MOMMY MAKEOVER Breast Implants, Lipo and Tummy Tuck

A Mommy Makeover typically involves breast augmentation with or without a breast lift (mastopexy) and a tummy tuck (abdominoplasty). These procedures can be safely combined and are usually done at the same time. Many women feel frustrated after pregnancy despite diet and exercise. Their breasts have lost volume and can appear saggy, and their tummies are protuberant with loose skin. In most cases, these changes do not respond to diet and exercise.

The following can give you an idea of what is involved in a mommy makeover:

An abdominoplasty or tummy tuck typically involves tightening abdominal muscles, removing excess skin and fat from the abdomen. Dr. Gigena spends time contouring with liposuction, creating aesthetically pleasing belly buttons, and minimizing scars to achieve the best aesthetic outcome for each tummy tuck.

Breast augmentation involves the placement of

silicone breast implants to improve the appearance of the breasts, specifically their volume and shape.

Women who have sagging skin or nipples may require a breast lift to improve the shape of the breast and raise the nipple into a more youthful position. A breast lift may require scars, however, Dr. Gigena takes painstaking care to ensure they are well concealed in swim suits or bras.

Breast implants can be placed at the same time as a breast lift to restore shape and volume. You will want to wait until after you are finished having children and breastfeeding before proceeding with a Mommy Makeover. This will give you optimum results.

A Mommy Makeover done by Dr. Gigena can give you long-lasting and rewarding results. Inquire today at 480-582-3333 if you would like to learn more about a Mommy Makeover and if it is right for you.

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Welcome to Athēnix

It is with great pleasure that I extend to you a warm welcome to Athēnix. I offer you over two decades of experience, and I am deeply committed to providing you compassionate care and transformative results.

In our journey together, we understand that beauty is more than skin deep - it's about reclaiming confidence, restoring hope, and embracing the best version of oneself. For those who have felt discouraged and exhausted after trying everything to enhance their appearance, we are here to offer a renewed sense of optimism and possibility.

With a passion for helping individuals rediscover their inner and outer beauty, we approach each patient with empathy, expertise, and dedication. Our mission is to not only enhance physical features but also to uplift spirits and ignite your self-assurance.

I am truly excited about the opportunity to embark on this transformative journey with you. Together, let us discover a path towards renewed confidence, empowerment and the body you've dreamed of.

Manuel Gigena, M.D.



*Coming
Soon!*

Watch for the upcoming launch of our new Med Spa featuring a wide range of premium services including Botox, Fillers, SkinCeuticals Products, Advanced Laser Treatments and more!

IT'S THE IDEAL TIME FOR A BREAST AUGMENTATION



Swim suit season is here. Now is a great time to start thinking about a breast augmentation so that you can look great in your summer clothes and on your summer vacation. Breast augmentation is one of the most commonly performed cosmetic procedures. Implants can be placed over or under the muscle, to achieve a variety of shapes and sizes. The procedure typically takes about one hour. Their fit can be customized to achieve a round or more natural shape according to your goals. They can even be combined with a breast lift to correct droopy breasts. Results from breast implants are immediate following surgery, however, it takes 2-3 months for implants to settle and for swelling to subside.

It is always important to see a board-certified

plastic surgeon when planning for surgery. We recommend looking at photo galleries and finding patients that are matched to your age and physical findings to see what outcomes are possible.

Dr. Gigena is a double board-certified plastic surgeon with over twenty years of experience. He strives to deliver the highest quality results and make every patient's experience the best it can be. Dr. Gigena and his team at Athēnix are dedicated to achieving the highest quality care and aesthetic results. Schedule today at 480-582-3333 for a consultation with Dr. Gigena to discuss if breast augmentation is right for you! Visit us in person or online at www.athenixbody.com.

MEET YOUR ATHENIX TEAM

We are thrilled to introduce you to the compassionate and experienced professionals who make up our caring team at Athēnix. Each member brings a wealth of expertise and a commitment to helping our patients achieve their aesthetic goals with confidence and comfort.

Jeannette - Medical Assistant

Jeannette brings a unique blend of medical assistance and language support to our team. Jeanette will be your contact person in all pre-operative appointments. Fluent in Spanish, she allows clear communication and understanding for our Spanish-speaking patients, enhancing their experience at Athēnix.

Ellorie - Circulating Nurse

Ellorie plays a vital role in the operating room, ensuring everything runs smoothly during surgery. Her expertise and dedication to patient well-being creates a safe and comfortable surgical experience.

Lori - Nurse Manager

As our Nurse Manager, Lori oversees clinical operation with precision and care. Her nursing background and leadership guarantee that our patients receive the highest standards of safety and comfort throughout their treatment.

Dr. Gigena

Dr. Gigena is a distinguished double-board certified plastic surgeon renowned for his expertise and compassionate approach to patient care. With a profound commitment to achieving optimal outcomes, he combines surgical precision with genuine empathy to ensure each patient receives a positive outcome.

Lyndsay - Scrub Tech

Lyndsay proficiently assists Dr. Gigena during surgery, demonstrating

exceptional knowledge of sterile techniques and surgical procedures, ensuring seamless and efficient surgical outcomes and is an invaluable asset in our operating room.

Jessica - Patient Care Consultant

Jessica is your first point-of-contact, dedicated to educating you and guiding you through your journey. With her knowledge of plastic surgery procedures, she ensures that every patient feels informed, supported, and confident to make the right decision.

Brittney - Pre-op / PACU Nurse

Brittney will speak with you and your caregiver to go over all surgery papers and post-op instructions and will prepare you for surgery. After surgery, Brittney provides attentive care in the Post-Anesthesia Care Unit (PACU). Her nurturing approach and clinical expertise offer a smooth transition to recovery, prioritizing your comfort and well-being.

Bailey - Surgery Coordinator

Bailey ensures smooth and efficient scheduling, making sure appointments fit seamlessly into your life. Her attention to detail and friendly demeanor ensure a stress-free experience from consultation to post-operative care.

Natasha - Practice Manager

Natasha is responsible for the workflow and performance of the clinic to achieve expert care, an outstanding patient experience, maximum physician/staff productivity and corporate profitability targets



Jeannette

Ellorie

Lori

Dr. Gigena

Lyndsay

Jessica

Brittney

Bailey

Natasha



As a token of our appreciation for choosing Athēnix, we're excited to offer you an exclusive incentive just for attending your consultation appointment!

\$500 OFF YOUR
Procedure!

This special offer is our way of saying thank you for considering Athēnix for your aesthetic journey.

TRANSFORMATION GALLERY

Take a look at our before-and-after results that showcase not only physical changes but also newfound confidence and empowerment. These images capture the transformative impact of aesthetic procedures, revealing sculpted contours, tightened skin, and enhanced proportions. We are proud to share these photos of beauty, self-care, and renewed vitality.

BREAST AUGMENTATION

BEFORE AFTER

BEFORE AFTER

MOMMY MAKEOVER

BEFORE AFTER

BEFORE AFTER