

# Athēnix™ QUARTERLY Newsletter



## OCTOBER ISSUE

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## Holiday Greetings from Athēnix

As the holiday season approaches, I want to take a moment to extend my warmest wishes to you and your loved ones. This time of year, is about celebration, joy, and reflection, and I hope it brings you moments of happiness and togetherness. Whether you're attending festive gatherings or simply enjoying the beauty of the season, I want you to feel your absolute best.

If you've been considering a little refresh or enhancement, now is the perfect time to take that step! It is important to plan ahead to ensure you not only achieve your aesthetic goals but also have a smooth and timely recovery.

Our dedicated team is here to help you achieve the look you desire, boosting your confidence just in time for all the holiday festivities. From subtle improvements to more transformative procedures, we tailor our approach to suit your unique needs and aspirations. Remember, feeling great on the outside can have a profound impact on how you feel inside, and I'm very excited to support you on this journey.

I invite you to schedule a consultation so we can discuss how we can help you look and feel your best this holiday season. Thank you for being a part of our community, and we look forward to helping you embrace the New Year with a new body and renewed confidence!

Warmest wishes.

*Manuel Gigena, M.D.*



## TOP 4 PROCEDURES to Look Your Best This Holiday Season

*The holidays are quickly approaching and who wouldn't want to look their best for all those holiday parties? It takes time, so plan for the upcoming season. Keep in mind some procedures give immediate results, but most take weeks to see the full results. Here are the top four procedures that will ensure you look your best for the upcoming holiday festivities!*

### 1. Breast Augmentation: Plan 1-3 months ahead.

A breast augmentation adds volume and shape to achieve a more proportionate figure. Breast implants vary in size depending on an individual's desired look. Get started soon. Improvements to shape and volume are visible immediately after surgery. However, it can take 2 months for implants to settle into their final position and for swelling to subside. We recommend scheduling a consultation with Dr. Gigena as soon as possible for your breast augmentation.

**2. Liposuction: Plan 1 month ahead.** Stubborn fat can deposit in areas that are undesirable. Liposuction removes fat through a small incision and

is performed on an outpatient basis. Abdomen, flanks, back and chin are the most commonly treated areas. Liposuction can cause swelling, so we recommend allowing approximately 4-6 weeks before you see your best result.

### 3. Blepharoplasty: Plan 2-3 weeks ahead.

An eyelid lift or blepharoplasty addresses excess skin to upper and lower eyelids, as well as fat deposits, or "eye bags". Blepharoplasty can help patients who feel they appear tired or aged around the eyes. The benefits are a brighter, more rested appearance. Bruising and swelling are generally mild and resolve within 2 weeks.

### 4. Mommy Make Over: Plan 3 months ahead.

A Mommy Makeover includes multiple procedures designed to reverse and aesthetically enhance the areas directly affected by pregnancy. These include a tummy tuck, breast lift or augmentation, and liposuction. The beauty of the Mommy Makeover, is that you can include any or all of these body contouring procedures depending on your personal preference.

*Save the Date!*

**Athenix Holiday Party**  
**Tuesday December 3rd, 3:00 - 6:00pm**  
**Enjoy holiday food, gift bags, discounts and more!**



## Read What Our Patients Have to Say

Read all of our 5 star reviews on the Athenix website:  
[www.athenixbody.com/Scottsdale/](http://www.athenixbody.com/Scottsdale/)

"I got a breast augmentation and lift back in July, and I love my results! I told Dr. G I wanted them to look as natural as possible and he gave me exactly what I wanted! I'm very happy with how thin he made the incisions, so when they start to fade, you will hardly notice the scars! All the nursing staff is great too, everyone is very friendly and I would recommend coming here to anyone looking for plastic surgery."

*Myranda V., Google Breast Augmentation*



"Jessica and Dr. G were so amazing throughout the entire process. They answered all my questions and were so knowledgeable. I couldn't have asked for a better experience!"

*Chris B., Google, Procedure Undisclosed*

"I had abdominoplasty and brachioplasty done in January. Instructions were clear both verbally and in writing. I'm now confident in a bikini again! I'm thrilled with the results!"

*Angela D., Google, Tummy Tuck & Brachioplasty*

"Dr. Manuel Gigena is an excellent surgeon, he is a doctor who will never put your life at risk, first is your health and that you are well, my experience 10 out of 10 I am still in the recovery process but I love my results every day more, and all the staff are very friendly."

*Manuel M., Google, Undisclosed, Dr. Gigena*

"I can't say enough about my experience with Dr. Gigena and the entire staff at Athēnix in Scottsdale. From the first consultation to my 3 month follow up appointment, I received the best care and treatment. Dr. Gigena is not only an amazing surgeon, he is kind and really cares. I always felt comfortable and informed about my surgery and felt that they took the time to make sure I understood what to expect."

*Diana S., Google Mommy Makeover*

"As soon as I walked into Athēnix I felt it was a perfect match, from the ambiance, to the staff and of course, Dr. Gigena. The day of my otoplasty procedure I was taken care of like a princess and after my procedure Dr. Gigena and the nurses stayed with me until my mom came to get me. I went home that day and a couple of hours later got a phone call from Dr. Gigena checking in on me. Some moments I felt like I wasn't talking to my Dr. or the staff, I was talking to my new family. Thank you to everyone at Athēnix for taking such good care of me and Dr. Gigena for making me feel confident now more than ever before!"

*from Mackenzie Campbell*

"The staff at Athēnix Scottsdale is a 10! They are always kind and stay on top of my upcoming appointments. Doctor. G is pure amazing. He is honest and has great bedside manner. Doctor G and his team made me feel comfortable every step of the way."

*Erica J., Google, Tummy Tuck*

"Had my mommy makeover done in September. My surgery was done by Dr Gigena , and the results are amazing . I get a lot of compliments . He gave me a super flat stomach, super tiny waist and perky Ds.!"

*Lila C., Google Mommy Makeover, Dr. Gigena*



## 15% off all surgical procedures

Valid November 1 - November 30.



Embark on Your Plastic Surgery Journey with Confidence and Clarity

At Athēnix Advanced Plastic Surgery, we believe that a well-informed patient is an empowered one. Our comprehensive guide is designed to demystify the plastic surgery process, offering a detailed look at each step. From your initial consultation to your recovery and beyond, we're here to support and guide you.

1. Initial Consultation

**Laying the Foundation Personalized Discussions:** Dr. Gigena takes the time to understand your aesthetic goals and discuss how they align with realistic outcomes.

**Comprehensive Medical Review:** A detailed assessment of your medical history, including any existing conditions, allergies, and medications, to ensure the safest surgical approach.

**Educational Journey:** Dr. Gigena provides in-depth explanations about the procedures you're considering, discussing potential risks, benefits, and the latest surgical techniques.

2. Choosing the Right Procedure(s) Tailored to You:

**Expert Recommendations:** Based on your unique physical characteristics and desired outcomes, Dr. Gigena will recommend the most appropriate procedure(s), sometimes suggesting alternatives you might not have considered.

**Visualizing the Future:** We believe understanding what can be accomplished by reviewing our before and after gallery offers a glimpse of potential outcomes, helping to refine your choices and set clear expectations. It is also valuable to bring photographs of yourself from various decades of life to establish a goal of a natural, more youthful looking you.

3. Surgery Preparation: Ensuring Optimal Outcomes

**Detailed Pre-Operative Guidelines:** Specific instructions on preparing for surgery, including dietary restrictions, medication adjustments, and lifestyle modifications to minimize risk and enhance recovery.

**Navigating Financials:** A transparent discussion about costs and available payment options.

4. Day of Surgery: A Journey of Transformation

**Warm Welcome:** Our staff ensures a comfortable and reassuring environment from the moment you arrive.

**Final Pre-Op Review:** A thorough briefing with the surgical team to go over the procedure, address any last-minute concerns, and confirm the surgical plan.

**The Surgical Experience:** Performed in our accredited facility, prioritizing your safety, comfort, and achieving the best possible results.

5. Recovery and Aftercare

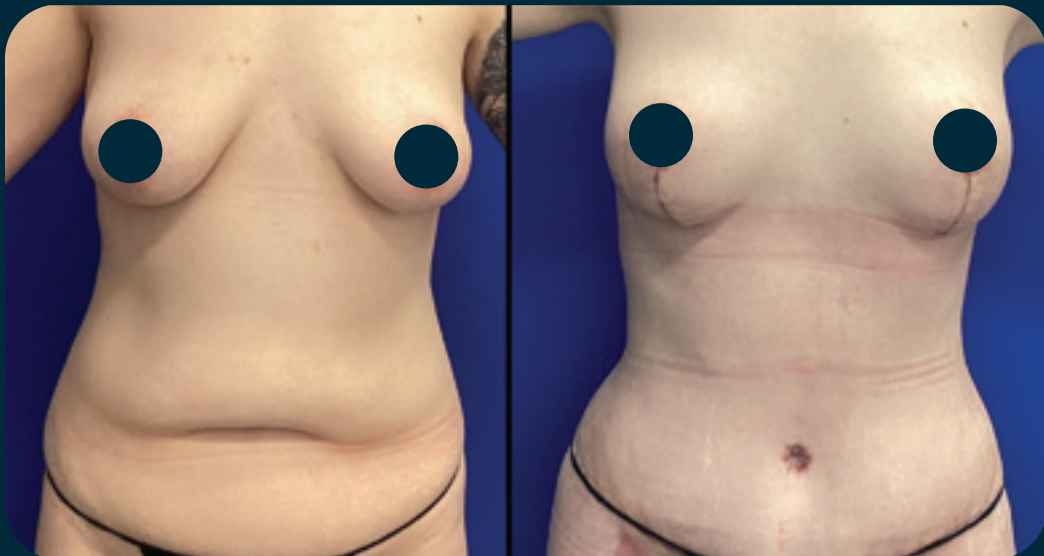
**Path to Healing Immediate Post-Surgery Care:** Our dedicated medical team provides attentive care immediately following the procedure, monitoring your health and comfort.

**Home Recovery Guidelines:** Detailed aftercare instructions for managing discomfort, caring for surgical sites, how to care for the areas where surgery was performed. Provide recommended levels of activity to ensure a successful recovery.

TRANSFORMATION GALLERY

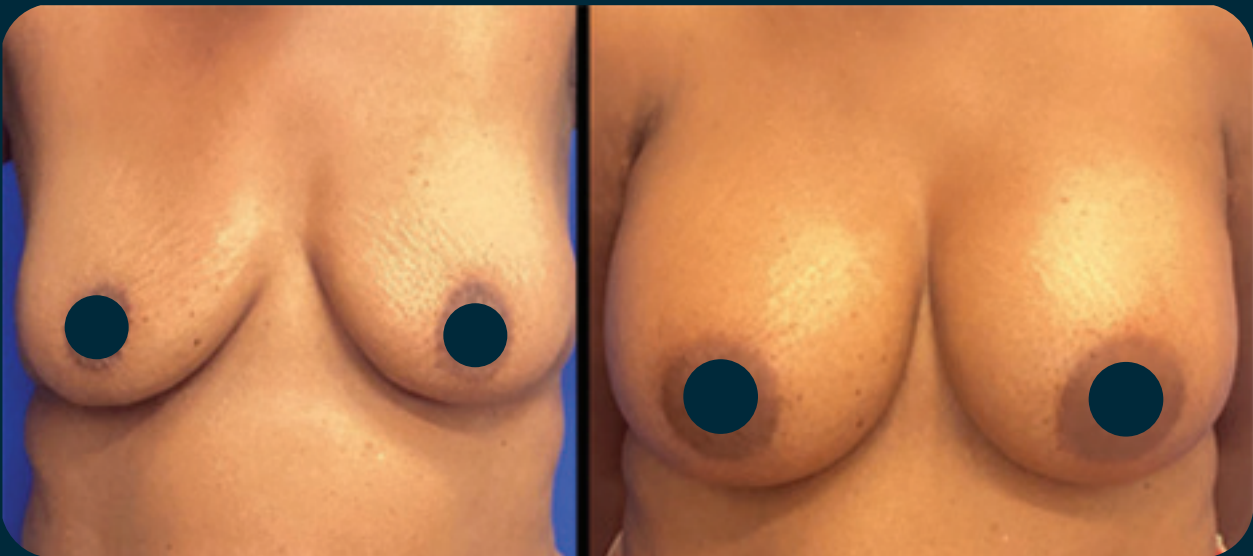
Take a look at our before-and-after results that showcase not only physical changes but also newfound confidence and empowerment. These images capture the transformative impact of aesthetic procedures, revealing sculpted contours, tightened skin, and enhanced proportions. We are proud to share these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

MOMMY MAKEOVER




BEFOREAFTER

BREAST AUGMENTATION




BEFOREAFTER

BRACHIOPLASTY



BEFOREAFTER

LIPOSUCTION HIP DIP FAT TRANSFER



BEFOREAFTER