

Athenix™ QUARTERLY Newsletter



JANUARY ISSUE

A Whole New Look for Spring	1
Message from Dr. G	1
Dermal Fillers	2
Special Offer	2
Quick Guide to Liposuction	3
Transformation Gallery	3
5-Star Reviews	4

Happy New Year! A Fresh Start Awaits You.

As you step into a new year, it's the perfect time for a fresh start—both in your life and how you feel about yourself. Whether you're looking to enhance your natural beauty, address concerns that have been on your mind, or simply boost your confidence, this year can be the one where you invest in yourself. This year, why not take the opportunity to explore breast enhancements, rejuvenate with a Mommy Makeover, refresh your look with facial surgeries, or explore the variety of other services we offer to help you feel like the best version of yourself? At Athenix we are here to help you take that exciting step toward a more confident, refreshed version of yourself.

Cosmetic procedures are deeply personal, and we understand that the decision to pursue them can feel both exciting and overwhelming. Rest assured, you're not alone in this journey. Our team is committed to guiding you every step of the way, ensuring your experience is comfortable, empowering, and centered around your unique needs and goals.

This year, make it your time to shine and embrace the confidence you deserve. We're here to help you feel your very best—inside and out.

Warmly,

Manuel Gigena, M.D.

Athenix Advanced Plastic Surgery Center



A WHOLE NEW LOOK FOR SPRING

Is Breast Augmentation Right for You?

Women pursuing breast augmentation have a choice of silicone or saline implants. At Athenix we use silicone implants. They are the most popular because they have a natural appearance and realistic responsiveness.

At your consultation, Dr. Gigena will help you select an implant size that will work best for your body, in keeping with your desires for the final outcome. He will also help you understand the differences between placement under and in front of the pectoral muscles so you can choose the best approach for your situation. Finally, Dr. Gigena realizes that women don't only want their breasts to look great underneath a shirt, and he will take all precautions to minimize scarring.

After the procedure, you should take 5–7 days off work to give yourself time to heal. Swelling, bruising, and pain during the recovery are normal, but medication will help control the worst effects. A day after the procedure, you will have a follow-up visit with Dr. Gigena and then a week

after to evaluate the healing process. Most patients can fully return to their normal daily activities within three weeks. If you're considering breast augmentation, visit www.athenix-body.com/Scottsdale to learn more about the procedure. Dr. Gigena has dozens of before and after photos loaded to the site so you can see the high quality of his work and visualize how your results might look. We will be glad to schedule a consultation to discuss your cosmetic goals and explain the next steps. Gain control of your body — and achieve the appearance you've always dreamed of.

Breast augmentation procedures have changed significantly over the decades, resulting in a more natural and realistic appearance. And they're not just for a larger bustline. Women also choose augmentation to improve their breast shape, fullness, perkiness, or symmetry. Best of all, if your needs or preferences change as you age, breast augmentation revision is available to help you change with the times.

*Give
us a Call!*

We still have a few openings in February and are filling up quickly for March. Call and set up your consultation today! 888-987-2657.

YES, YOUR FACE LOSES VOLUME WITH AGE... DERMAL FILLERS CAN HELP!

REAL PEOPLE, REAL RESULTS.

As we age, our faces lose volume, depleting slowly over time. This can leave many of us feeling helpless as our faces begin to look older, sag from wrinkles, or change in ways that just don't represent how we feel on the inside.

If this sounds like you, we want you to know that Athenix has a variety of fillers that can address any concern you might have, including the loss of volume in your face. We have three different types of injectables at Athenix, each offering patients unique benefits. So, to increase awareness and understanding of what these injectables can deliver, we're going to highlight a few of our most

popular dermal filler treatments this month!

Juvederm

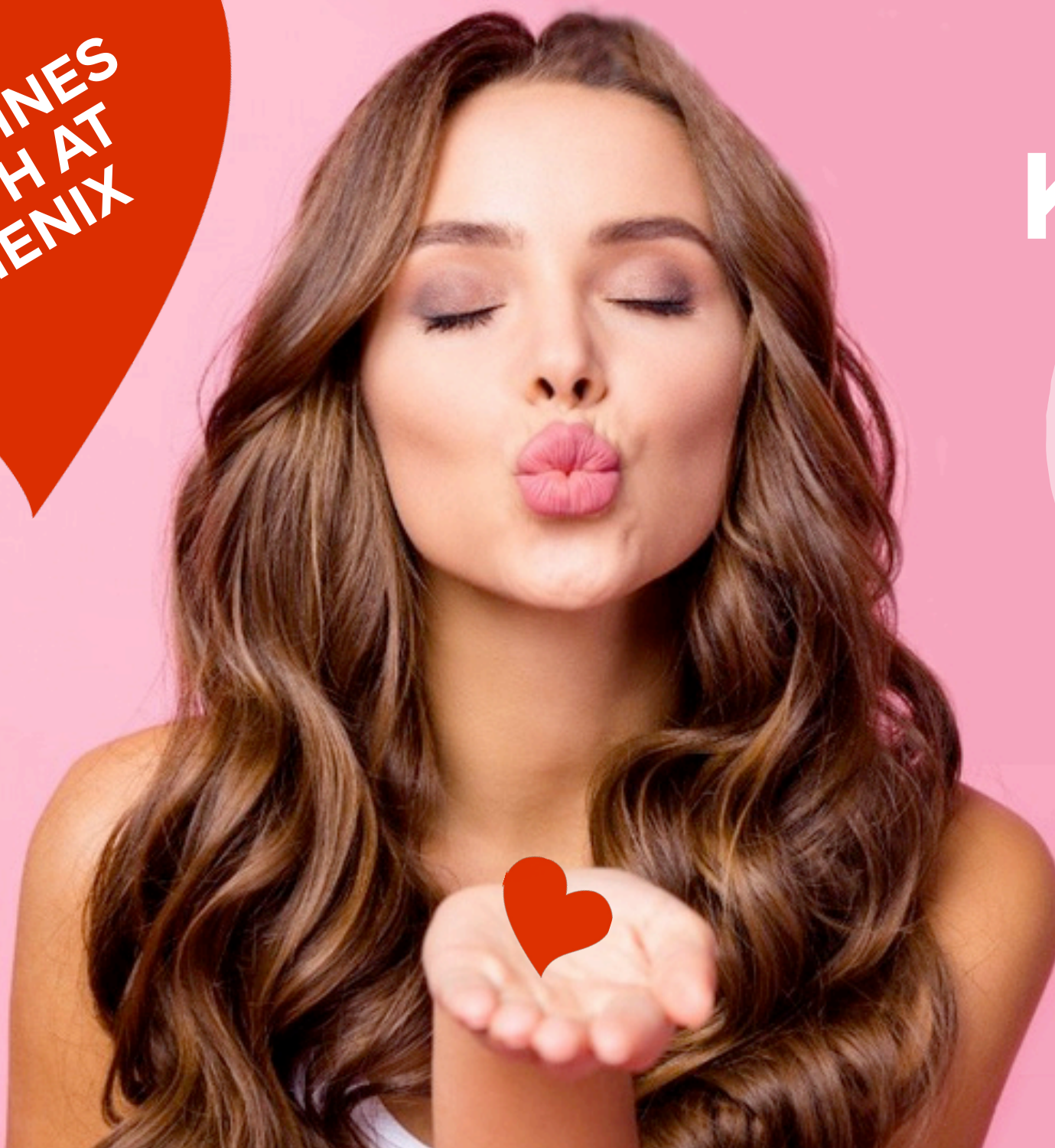
Juvederm uses hyaluronic acid to volumize aging skin. Hyaluronic acid is a substance that naturally occurs in the body and helps hydrate your skin. Your body loses some of its hyaluronic acid as you age, which is part of the reason your face loses volume and gains fine lines and wrinkles. Juvederm can replace the hyaluronic acid your skin has lost, restoring youthful volume wherever you need it most. Juvederm can also treat other signs of aging, cosmetic imperfections, wrinkles around the mouth, and deep acne scars while elevating the cheeks and creating fuller lips.



See how a customized JUVÉDERM® Collection of Fillers treatment plan can help you achieve your aesthetic goals with smooth, natural-looking, long-lasting results.

Actual patient treated with JUVÉDERM® VOLUMA® XC in the cheeks and temple area, JUVÉDERM® VOLBELLA® XC in the lips and undereye area, JUVÉDERM® VOLLURE® XC in the smile lines, and JUVÉDERM® VOLUX® XC in the jawline. Results may vary.

VALENTINES
MONTH AT
ATHENIX



KISSABLE

Lips

BOTOX SPECIAL
\$9.99 a unit

JUVADERM FILLER
\$150 off a syringe

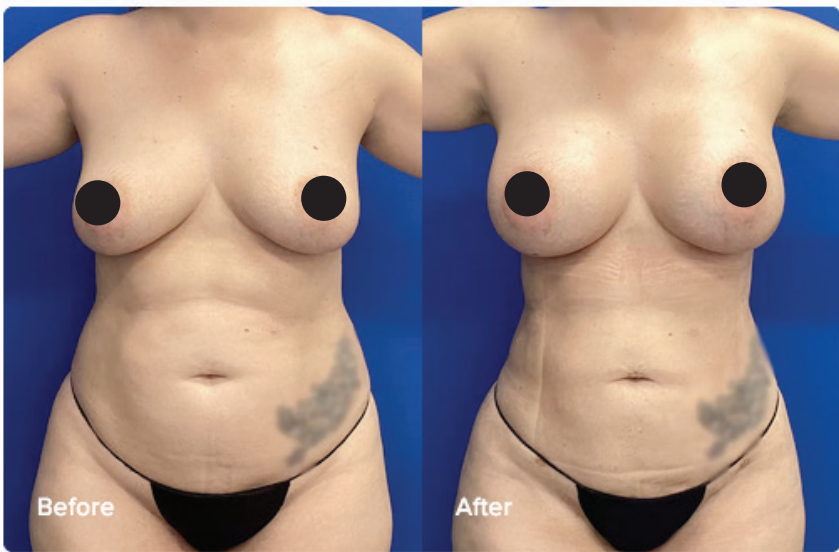
FEBRUARY 1ST - 28TH
Mention ad when booking!

Your Quick Guide to Liposuction

Trimming the Fat

Everybody has curves of some sort, but they're not always where we'd like them to be. Contrary to popular belief, liposuction will not result in significant weight loss. But the procedure does remove excess fat in the areas where it bothers people most, creating definition and sculpting the body into its most ideal shape. Liposuction is not for anyone looking to remove substantial weight from their figures. But when done correctly, the results can still be dramatic. Patients can see flatter tummies, more shapely legs and buttocks, and fewer unwanted fatty protrusions.

At Athenix Advanced Plastic Surgery, Dr. Gigena uses the most advanced sculpting techniques to give patients the bodies they want with minimal pain and recovery. In particular, he specializes in liposuction, which liquefies fat for easier removal. The process can eliminate



Patient with Liosuction and Breast Augmentation

more fat than other options yet still uses a small cannula to reduce scarring.

With this technique, Dr. Gigena can create a muscular physique in many patients, in some cases even creating a six-pack. He also uses MicroAire liposuction to meticulously sculpt and smooth sensitive areas. Often, both procedures are combined to create contours with the

utmost precision. Thanks to these cutting-edge technologies, patients can experience a shorter recovery period while still seeing incredible results.

A patient's postoperative care will help ensure a safe recovery with minimal discomfort. Our office provides patients with surgical-grade compression garments to reduce swelling. It should always be used as directed for 6–12 weeks after surgery. This measure reduces the strain on the body and promotes healing so patients can return to their normal activities faster.

Dr. Gigena focuses on what is most important — not what he removes, but what he leaves behind. Call our office today at 888-987-2657 if you are interested in what liposuction can do for your figure. We'd love to meet with you to understand your goals and have a detailed discussion about your options.

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 / LIFT

BEFORE AFTER

BREAST AUGMENTATION

BEFORE AFTER

TUMMY TUCK / MOMMY MAKEOVER / BREAST LIFT

BEFORE AFTER

CHIN AND NECK LIPOSUCTION

BEFORE AFTER

YES, THAT'S RIGHT.... ONLY 5 STAR REVIEWS!

Visit our website at www.athenixbody.com to read more of our 5-star reviews, or check our reviews on Google, then give us a call at 888-987-2657 to book a FREE consultation!



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,

Dr. Gigena



"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. Gigena



"I can't say enough about my experience with Dr. Gigena and the entire staff at Athenix 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

Dr. Gigena



My results are better than expected! After years of being frustrated with my menopausal mid-section, I decided to undergo 360 Lipo. I'm truly grateful I found Dr. Gigena who masterfully contoured my midsection. The results are life-changing! My entire experience was supportive, encouraging and patient focused. Special Thanks to Inna for your warmth and reassurance;

Christa, Google

360 Liposuction,

Dr. Gigena



I am soooo happy with my experience at Athenix in Beaverton! Dr. Gigena was phenomenal at answering my questions and discussing expectations with the procedures we had planned. I am very happy with my results as he went above and beyond to make sure my surgery was tailored to me and what would be right for my body. All of the staff are so kind from the ladies at the front desk to the RNs and Anesthesiolo...

Michelle L., Google

Plastic Surgeon,

Dr. Gigena



"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

Procedure Undisclosed

Dr. Gigena

