



307 Southgate Court,
Brentwood, TN 37027



Phone: 615.205.5155
MusicCityPlasticSurgery.com



PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

Sibling Rivalry, Roasts, and Ridiculous
Memories
[PAGE 1](#)

Work With Your Body to Unlock
Lasting Weight Loss

Inject Beauty
[PAGE 2](#)

The Secret to Youthful, Perky Breasts

April Treatment Specials
[PAGE 3](#)

Family Road Trip Hacks You'll Love
[PAGE 4](#)



FAMILY ROAD TRIPS DONE RIGHT

TIPS FOR TRAVELING WITH YOUR CREW

A family road trip is a great way to make memories with the people you love. But along with all the adventure, you can expect challenges. What's the key to making the journey as pleasurable as the destination? Preparation. A little planning will go a long way toward making your road trip easy, fun, and memorable — in a good way.

CHECKING FOR VEHICLE SAFETY

Your trip's safety depends on your car's safety, so a thorough vehicle inspection is essential. This includes checking tires, brakes, lights, and fluid levels. A professional assessment can provide added peace of mind if your car hasn't been to the mechanic recently. And don't forget the emergency kit. At a minimum, you need a spare tire, jumper cables, first-aid supplies, and basic tools.

PACKING ESSENTIALS

Road trips can quickly head south (figuratively!) without the necessities. Packing healthy snacks and plenty of water will keep everyone hydrated and satisfied between meal breaks. Bringing pillows, blankets, and loose-fitting clothing will ensure comfort on long drives. And don't forget the entertainment. Create playlists to cut down on disputes over the radio, and bring audiobooks and travel games for when you need a break from the music.

PLANNING THE ROUTE

GPS devices and smartphone apps make modern travel a breeze with real-time directions and traffic updates. However, some areas of the country have poor cell service. Downloading your route before your trip can avoid the headache of spotty internet service.

It's also wise to bookmark any stops you plan to make. This includes roadside attractions and rest areas for restrooms and meal breaks.

SETTING THE GROUND RULES

Families often forget to review their rules for car travel. Setting expectations early on can make all the difference. Start by establishing rules for in-car behavior — no screaming, arguing, or distracting the driver. Then, to make it easier to maintain the peace, involve the kids in creating a list of car-friendly activities. Consider implementing a rotation system for seating, snack selection, and playlist control to help keep things under control.

While you likely have a destination goal, road trips are just as much about the time you spend getting there. By following a few tips, you can have a great family adventure.



APRIL
2025

BURGDORF BEAUTY INSIDER



615.205.5155 | MUSICCITYPLASTICSURGERY.COM

Sibling Shenanigans

THE INSIDE JOKES THAT NEVER DIE

Siblings are a special kind of chaos. They're part best friends and part archnemesis and always the first people to remind you of that embarrassing thing you did 10 years ago. Whether you grew up in a big, blended family or just had one sibling to drive you nuts, there's no denying their impact on your life. And with National Siblings Day coming up on April 10, it's the perfect time to appreciate (or gently roast) the people who know you better than anyone else.

I grew up in what you'd call a "complicated" family — lots of siblings, step-siblings, and half-siblings spread out across different households. Holidays were always a logistical challenge, but the upside was having a whole crew of people to share stories, inside jokes, and just enough chaos to keep things interesting.

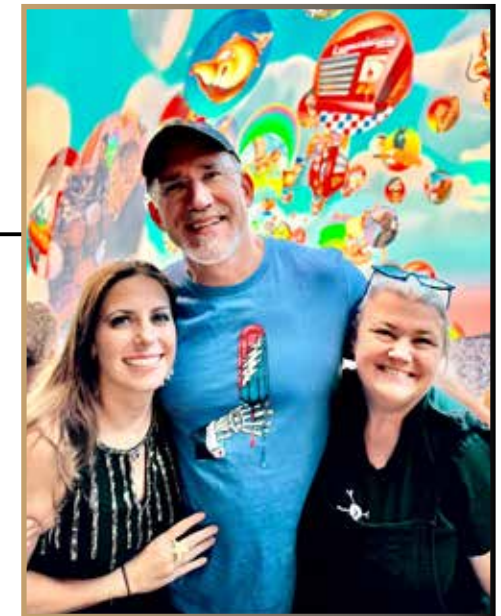
Last year, in an effort to stay connected despite the miles between us, my two sisters, who live in New Jersey and Memphis, and I took a trip to Las Vegas. It was just the three

of us — no spouses and no kids. We laughed until we cried, reminisced about childhood, and made fun of each other the entire time. It was so much fun that we're thinking about making it an annual thing.

For my wife, Siblings Day brings up a mix of emotions. She had two brothers, but unfortunately, one passed away unexpectedly at 35 years old. One of her most cherished memories was a trip she took with them — a reminder of how valuable those moments are.

One of her all-time favorite memories was a Lynyrd Skynyrd concert we went to with her brothers. She was up on my shoulders in the middle of the crowd when the drummer spotted her and tossed a drumstick in her direction. Somehow, she caught it — like a total rock star. For the first time in her life, her brothers looked at her like she was the coolest person on the planet. That drumstick has moved with us through six houses, and every time we unpack it, we relive that incredible night.

If you have siblings, you know that half the fun is the ridiculous inside jokes that make absolutely no sense to anyone else. My kids have taken this to the next level. My three sons have their own weird language of memes, jokes, and references that I don't even try to understand. Watching them bond through their bizarre humor is confusing and hilarious.



And then there's my daughter — the youngest of the bunch — who thinks she's in on their inside jokes ... but let's be real, she's usually the target. Luckily, she's catching on and has started pulling her own pranks on them, and it's fun watching them create the kind of sibling banter that will stick with them forever.

One of my recent favorite sibling memories is our family's ugly Christmas sweater contest. My youngest sister went all out — she made a sweater covered in our faces. Naturally, she won. We had no choice but to admit defeat to her sheer creative genius.

So, if you have siblings, take a second this Siblings Day to reach out. Plan a trip, send a ridiculous text, or bring up an old story that still makes you laugh. If you don't have siblings, celebrate with friends who feel like family.

—Dr. Mike

CRASH AND BURN

Why Fad Diets Fail

As summer draws near, many people are embracing detox diets, intermittent fasting, low-carb programs, or other buzzy regimens to slim down. Before you fall for the latest dieting fad, consider this: About 95% of all these diets fail to produce lasting weight loss! Why are so many popular dieting regimens self-defeating? Here are the primary reasons **and** better strategies to try.

DISRUPTING YOUR METABOLISM

Crash diets clash with your body's basic needs, setting you up for intense cravings and rebound eating. Low-carb and ultra-low-calorie regimens may seem to work quickly because they reduce water weight and deplete the body's stored glycogen. Depriving your body of essential nutrients, however, can trigger cravings and binge eating and can slow your resting metabolic rate so much that you gain more weight in the future. Intermittent fasting is also hard to sustain because it clashes with a dieter's natural hunger patterns and daily routines.

SIDESTEPPING UNDERLYING ISSUES

Many people try to diet without addressing the underlying reasons they overeat. Perhaps eating is a coping mechanism for

dealing with low self-esteem or past trauma. Without exploring those reasons and finding alternative comforts, a crash diet is unlikely to work in the long run.

PERPETUATING THE YO-YO CYCLE

Restrictive diets also fail to change a person's basic relationship with food. Many dieters slash their intake to ease their guilt or to punish themselves for binging. This can result in a repeated diet-and-binge cycle, reinforcing the dieter's despair. Over time, the muscle loss and metabolic slowdown caused by diet-and-binge cycles make it even harder to slim down.

SO, WHAT DOES WORK?

Consider working with a dietitian or a therapist to examine your relationship with food. Rather than cutting out entire food groups, balance your plate with a mix of vegetables, lean protein, whole grains, and healthy fat. Read food labels and monitor your daily calories, protein, carbs, fats, fiber, and sugar.

Finally, focus on small changes you can stick with rather than a drastic diet overhaul. As you work with your body instead of against it, remember: Our bodies crave consistency!



Inject Beauty

REJUVENATION BEYOND THE FACE

When it comes to aesthetics, most people focus on their face — investing in skincare, sunscreen (hopefully!), and treatments to maintain a youthful glow. But did you know that some of the first areas to show signs of aging aren't on your face? Your neck, hands, chest, and even earlobes can give away your age if they're neglected, Loreen, our Nurse Practitioner expert injector, explains.

However, there are simple, non-surgical ways to refresh these areas and keep everything looking youthful and balanced.

HANDS

Your hands are constantly exposed to the sun and elements but rarely get the same attention as your face. Over time, volume loss can make tendons and veins more pronounced. Hand rejuvenation with calcium-based filler instantly restores lost volume and stimulates collagen production, meaning the results improve over time!

NECK AND CHEST

These areas are sometimes forgotten in skincare routines, but they're some of the first areas to show wrinkles and sagging. Treatments like PRP (Platelet-Rich Plasma) therapy and injectables can help tighten and smooth the skin, reduce crepey texture, and restore a youthful appearance. When applying skin products, don't stop at the chin — bring it down a bit further.

BREAST TISSUE

If you want a subtle lift without implants, dermal PRP can naturally stimulate collagen and elastin production, tightening the skin and providing gentle enhancement. It's a great option for those who don't want surgery but still want to improve skin firmness and overall breast appearance.

EARLOBES

This one surprises a lot of people, but earlobe filler is great for anyone who has worn heavy earrings for years. If your earlobes look

stretched or saggy, a little filler can restore plumpness and make earrings sit beautifully again. Results can last up to eight years!

HIPS

For those who want smoother, curvier hips without surgery, strategic filler placement can subtly round out hip dips (those natural inward curves on the outer thighs). This is the same technique used in non-surgical Brazilian butt lift (BBL) treatments and is perfect for anyone looking for a more balanced silhouette.

SCARS AND STRETCH MARKS

For patients who have undergone surgery or have stretch marks they'd like to improve, laser treatments and PRP can reduce discoloration, improve skin texture, and tighten loose skin.

Are you ready to explore what's possible? Let's chat about your options — everyone deserves to feel confident from head to toe!

LIFT, ENHANCE, AND SUPPORT

Achieve Your Ideal Breast Shape

As the weather warms up and we inch closer to bikini season, many women start thinking about feeling confident in their summer wardrobe. For moms, especially those with multiple kids, pregnancy and breastfeeding can take a toll on the body and breasts. A breast lift can restore that youthful, perky look, and if you want extra volume, it can be combined with a breast augmentation to achieve a fuller upper breast.

AN INTERNAL BRA FOR LONG-TERM SUPPORT.

For women who have undergone significant weight loss, had multiple pregnancies, or want extra support for larger implants, there's an innovative option called GalaFLEX, often referred to as an "internal bra."

GalaFLEX is a dissolvable mesh made from a molecule found in certain surgical sutures. Over two years, the mesh dissolves and is replaced by the body's collagen, making

the lower breast tissue 5–10 times stronger than natural tissue alone. This added support helps maintain perkiness longer, reduces sagging, and improves implant stability.

THE BREAST LIFT PROCEDURE.

A breast lift is a relatively straightforward procedure typically takes about an hour and a half. Here's what to expect:

Recovery: Most patients feel back to normal within 3–5 days after surgery.

Healing Time: While results look great in a bra or bikini within a month, the breast shape takes about four months to fully round out when unclothed.

Incision Placement: Many women worry that their nipples will be removed and replaced, but that's not the case! The nipple is repositioned higher on the breast to keep the natural blood supply intact.

WHO'S A GOOD CANDIDATE FOR A BREAST LIFT?

This procedure is ideal for women who experience sagging after pregnancy or weight loss, a loss of upper breast volume, stretching of the lower breast tissue, or who desire long-term results and enhanced support.

It's important to note that smokers will need to quit nicotine at least six weeks before and eight weeks after surgery to ensure proper blood flow to the nipple and reduce the risk of complications.

If you're thinking about a breast lift or augmentation for summer, plan ahead! We're booking procedures three months in advance, so if you want to feel your best in that bikini, now is the time to schedule your consultation. Give us a call today!

REJUVENATE AND REFRESH Bonus Treatments Just for You!

Spring is here, and it's time to refresh your skin from head to toe! This month, we're offering exclusive complimentary add-ons when you book select rejuvenation treatments in our office.

SPECIAL NO. 1 — PRP OR RADIESSE FILLER BONUS

Book a Derma PRP or Radiesse filler treatment for your neck, hands, or hip dips, and receive a FREE BBL treatment to enhance your skin's texture, tone, and radiance in the same area!

SPECIAL NO. 2 — LASER GLOW-UP BONUS

Get a Halo or BBL laser treatment for your face and receive a **complimentary** add-on treatment for another area of your choice — whether it's your hands, neck, or chest, we'll help you achieve a seamless, youthful glow.

Take advantage of these April-only specials and give your skin the boost it deserves! Appointments are filling up fast, so book your treatment today to lock in your complimentary add-on!

INSPIRATION

