



307 Southgate Court,
Brentwood, TN 37027



Phone: 615.205.5155
MusicCityPlasticSurgery.com



PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

The Ride, the Grind, and the Payoff
PAGE 1

Fuel Like a Pro: Why Athletes Love
Bone Broth

Inject Beauty
PAGE 2

Breast Augmentation 101

August Treatment Specials
PAGE 3

Your Guide to Dreamy Sleep Habits
PAGE 4



PILLOW TALK

PREP FOR YOUR BEST REST YET

When your head hits the pillow, are you counting sheep but not catching any z's? It's time to hit snooze on nights of tossing and turning and wake up refreshed with a better sleep routine! Getting the proper amount of rest every night is crucial to living a healthy life and can even help prevent mental health issues like depression and anxiety. A sweet slumber starts with the proper routine. Here's the dreamy plan to wake up feeling your best.

BEDTIME BOUNDARIES

Consistency and bedtime boundaries can help your body and mind get into a regular rhythm to reach REM sleep. Try to go to bed around the same time every night to train yourself to get sleepy regularly. It doesn't matter what time you choose as long as you stick as close to your sleep schedule as possible. You should also select a time before bed when you consistently turn off your phone, computer, and other devices. The blue light from electronics makes your mind think it's daytime and can distract you from dreaming.



RELAX, REWIND, REST

You can use many tools to help relax and unwind from the day and prevent intrusive thoughts and tension from keeping you up at night. Listening to gentle music before entering the bedroom can put you in a sleepy state of mind. Journaling or writing a to-do list before it's time to nod off can remove lingering stresses or racing thoughts. Try meditation or yoga to ease your muscles, focus your mind, and eliminate anxious feelings.

DINE RIGHT, SLEEP TIGHT

Though a late-night snack or a delayed dinner might seem harmless, it can make drifting off difficult. Your digestive system takes time and energy to break down food, which can keep you awake if you eat too late. Eat light, healthy suppers so your stomach can take a snooze with you, and avoid eating anything several hours before you plan to hit the hay.



AUGUST
2025

BURGDORF BEAUTY INSIDER



615.205.5155 | MUSICCITYPLASTICSURGERY.COM

When the Dream Takes a Decade

WHAT NEVER GIVING UP REALLY LOOKS LIKE

Never Give Up Day on Aug. 18 couldn't be more fitting, especially this year. That day hits home in a big way, because I've been grinding toward a dream for over a decade now: opening my own surgery center (as many of you know). For the past three and a half years, it's been under construction, and if everything goes according to plan, by the time you read this, we'll be opening soon (or at least close to it)!

Honestly, it's been a journey: exhausting, exciting, and downright obnoxious at times. I feel like anyone who's known me these past few years has been on this ride with me. But regardless, I'm not backing down. I keep moving forward because that's all you can do in life.

This mentality goes back to when I started my practice. I was initially in a partnership, but it wasn't the right fit. I didn't like how things were run and knew I wanted to do it differently, so I left. It was a whirlwind — I had two weeks to get everything together. I found a bank to finance me, secured a location to see patients, and landed on a name: Music City Plastic Surgery. I still can't believe that name was available in 2012. Definitely felt like a God moment.

Since then, it's been about building not just a practice, but an experience. One that's relationship-driven and centered on the kind of care people don't forget. We used to call it an "unparalleled plastic surgery experience." I laugh at that phrase now, but honestly, it still holds true. We're constantly tweaking, iterating, and improving.

I try to bring that same message to our patients. Whether they're recovering from surgery or going through a long weight loss journey, it's not always smooth or fast. The results don't happen overnight. A great example is a breast lift — the pain usually resolves in a week or two, but the final results usually take about four months.

That wait can be frustrating. Patients look in the mirror and think, "This isn't what I wanted to see." That's when we step in. We bring them in regularly, talk them through what's happening, and try to answer the unasked questions before they even have to ask. It reduces anxiety and reminds them we're right there with them.



That's the whole point of being relationship-driven: loving on people before a worry becomes a problem.

I've even seen the "never give up" mindset at work in my own family. My oldest is selling books door-to-door this summer and getting many doors slammed in his face. It's brutal, but we keep encouraging him. We remind him that success comes with time and that the grind builds resilience. I honestly think what he learns about sticking with it will be worth more than whatever he earns in money.

Even in business, I apply the same mindset: fail fast, learn fast. If something's not working, we pivot. That doesn't apply to patient care; we aim for perfection there. But on the business side, flexibility is key.

So, whether it's building a practice from scratch, waiting on final approval for a long-dreamed-of surgery center, or guiding patients and my family through challenges, I'm here to keep pushing, no matter what.

—Dr. Mike

LINE: WHY FITNESS FANS ARE FLOCKING TO BONE BROTH

The latest viral fitness trend comes from an ancient source: a nutrient-rich broth as old as time. Bone broth — a soup typically produced by boiling chicken, turkey, or beef bones for 12-14 hours — is gaining attention on social media as a “bonus food” that aids recovery after workouts and delivers abundant proteins and electrolytes.

Endurance athletes have long guzzled bone broth at aid stations during long-distance competitions to deliver the necessary sodium and energy boost. Now, the tasty brew is appearing on more supermarket and grocery-store shelves as professional athletes, weekend warriors, and health-conscious workout devotees learn about its benefits.

WHAT ARE THE BENEFITS?

While typical chicken or beef stock might simmer for a couple of hours, the animal bones used in bone broth must be simmered in water for 12-48

hours to extract all the bones’ nutrients. Nutritionists claim that bone broth can be a high-value addition to the diets of athletes and casual exercisers alike. People who work out hard need electrolytes to replace those lost in sweat, and this brew has plenty of them, including calcium, magnesium, sodium, and potassium. Bone broth also contains collagen, a protein that helps keep tendons and ligaments strong. A Drexel University nutritionist interviewed by Outside magazine calls it “Nature’s Gatorade.”

Of course, health-food fads can explode and flame out with dizzying speed. With that in mind, here are a few things to consider before gulping down bone broth.

IS IT JUST ANOTHER FAD?

While it has many supporters among nutritionists and dietitians, the benefits of bone broth have not been proven in peer-reviewed research. Adherents must use it



consistently to reap its full benefits. Bone broth also lacks adequate protein to meet a person’s total needs. Plus, it may contain heavy metals leached from animal bones and can interfere with some medications, such as blood thinners.

Nevertheless, humans have consumed bone broth since ancient times, and it’s still a staple in many cultures. Consumers should check with their doctors before adding it to their diets. As food fads go, this one may have some promise.

THINKING ABOUT BREAST AUG?

August Might Be Your Perfect Moment

Let’s talk “breast aug” for August! While many people associate breast augmentation with spring and early summer, this time of year is an excellent time for the procedure. After enjoying the summer, some women reflect on how they feel in a swimsuit or see results they’d like to achieve, and with more flexibility in their schedule, August becomes an ideal time to act.

Breast augmentation is a year-round, relatively quick procedure with a smooth recovery. It’s commonly chosen by women with naturally smaller breasts or lost volume after weight loss, pregnancy, or breastfeeding.

Modern implants are designed with improved technology that allows for more tailored results. Unlike the old “go big or go home” mindset, today’s implants offer projection and perkiness without excessive

width, which can make the chest appear too broad. By using precise measurements of the chest wall, surgeons can select implants that match a patient’s unique anatomy.

A key component of breast augmentation is implant placement, which can significantly affect the result. There are three main approaches:

Over the Muscle: This method is ideal for patients with tight or constricted breasts. While this method can correct shape issues, it puts more stress on the breast tissue, increasing the risk of future sagging or the need for a lift.

Under the Muscle: This offers longer-lasting results and better support. The muscle helps keep the implant in place and reduces pressure on the breast tissue, minimizing drooping over time. It also improves

mammogram accuracy by keeping the implant out of the way during imaging.

Dual Plane: This is a hybrid approach where the implant is placed partially under the muscle and partially under the breast tissue. This method provides a more natural look, adds fullness to the lower breast, and is especially beneficial for patients who may eventually need a lift but want to delay more invasive surgery.

Regardless of placement, recovery is usually fast. Most patients resume normal activities within a few days and avoid heavy lifting for about a month. It’s an outpatient procedure, and many women feel well enough to go out to dinner the same night.

Breast augmentation remains one of the most popular and customizable cosmetic procedures available today.

Inject Beauty

RESTORE YOUR GLOW THIS FALL

As summer winds down, fall is the ideal time to focus on repairing sun-damaged skin and restoring your complexion. Even with the best sunscreen habits, months of sun exposure can lead to freckles, melasma, sunspots, and hyperpigmentation. Thankfully, Loreen, our board-certified injector and family nurse practitioner, has several effective treatments to help reverse that damage and refresh your skin before the cooler months set in.

CHEMICAL PEELS

Chemical peels, especially our “Perfect Derma Peel,” are excellent for treating sun-related pigmentation issues and post-inflammatory hyperpigmentation from acne. This medium-depth peel is suitable for all skin tones and types. While a single peel

offers improvement, a series of treatments typically delivers the best results. Patients can expect skin to peel two to three days after application, lasting about a week. Depending on individual skin response, some may flake lightly, while others experience more visible peeling.

BBL LASER TREATMENTS

BroadBand Light (BBL) therapy using the Sciton BBL device effectively targets sun damage and pigmentation. This treatment is fast, with minimal downtime — just temporary redness. A series of three sessions is usually recommended for optimal results. In addition to fading sunspots, BBL can improve fine lines, enlarged pores, and broken capillaries, especially around the nose and cheeks. Unlike chemical peels, BBL also addresses vascular concerns, making it a comprehensive option for rejuvenation.

MICRONEEDLING WITH BRIGHTENING SERUMS

Microneedling is another powerful option for post-summer skin restoration. A new

treatment called “MicroGlow” combines microneedling with vitamin C and microbotox to boost brightness, regulate oil production, and reduce pigmentation. It delivers deep exfoliation and helps restore a healthy, dewy glow to tired summer skin.

TOPICAL SUPPORT

Using targeted skincare at home is essential to enhancing the results of these treatments. Short-term use of prescription hydroquinone remains the gold standard for individuals with severe melasma or dark spots. Serums containing vitamin C, tretinoin (retinoids), or tranexamic acid can offer noticeable improvement for milder cases.

Of course, sunscreen is also a non-negotiable year-round. Protecting your skin post-treatment is key to maintaining your glow and preventing future damage.

With the right mix of in-office treatments and consistent at-home care, you can enter the fall season with clearer, brighter, and healthier skin.

AUGUST JUST GOT HOTTER

Save \$500 on Breast Augmentation + Free Skincare Gifts!

We’re turning up the heat with four exciting specials this August!

Surgery Special: Thinking about breast augmentation? Schedule a consultation this month and lock in your surgery by Oct. 31 to receive \$500 off your procedure. It’s the perfect time to plan and save big on your confidence-boosting transformation.

Treatment Bonus: Every aesthetic treatment performed in August comes with a travel-sized Alastin Skincare serum and sunscreen, perfectly paired to enhance your results and protect your skin. Treatments include microneedling, laser treatments, chemical peels, filler, Sculptra, and Radiesse.

Skincare Spotlight: Featured Alastin products include Restorative Skin Complex, HA Immerse Serum, A-Luminate, TransFORM Body, and tinted and non-tinted sunscreens.

Goodie Bag Value: Depending on your treatment and serum pairing, your skincare bonus will be valued between \$75 and \$150.

Don’t miss this chance to refresh your look and score some premium skincare goodies! Call us to schedule your consultation or treatment today.

INSPIRATION

“It’s better to be at the bottom of a ladder you want to climb than halfway up one you don’t.”
– Ricky Gervais