



307 Southgate Court,
Brentwood, TN 37027



Phone: 615.205.5155
MusicCityPlasticSurgery.com



PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

Over-the-Top Halloween Traditions
[PAGE 1](#)

One Missed Workout Won't Wreck Your
Progress (but Guilt Might)

Facial Harmony 101
[PAGE 2](#)

Kick the Day's Butt, Then Show Off Your Smile

October Treatment Specials
[PAGE 3](#)

Ghouls Just Want to Have Fun: Fresh
Halloween Ideas With Flair
[PAGE 4](#)



PLAN A SPOOK-TACULAR TIME!

CREATIVE NEW TWISTS ON HALLOWEEN FUN

The popularity of Halloween has grown to rival Super Bowl Sunday, with nearly 3 in 4 consumers participating in decorating, handing out candy, and dressing in costumes.

To keep your loved ones close to home for spooky fun, consider planning festive games, activities, and treats to share. Here are three fresh ideas for snacks, games, and activities to keep kids and grown-ups celebrating all evening long.

GHOULISH GAMES

How about a round of Pin the Spider on the Web to see which blindfolded competitor can land the spider closest to the center? Piñatas have no season, so try filling a piñata with Halloween treats of your choice. Older guests might enjoy a Halloween version of "party pong": Place 10 candy buckets on the ground in a triangle and see which guest can land the most pingpong balls in a bucket.

HALLOWEEN HORS D'OEUVRES

Serve your guests ghostly eyeballs made from Babybel cheese rounds, or have the kids create "mummy dogs" by wrapping and baking hot

dogs in ready-made biscuit dough. Everyone loves holiday gingerbread houses, so make a haunted version from a gingerbread house kit, purple or black frosting, and melted-marshmallow spider webs. Add a ghastly twist by planting a few ginger-gravestones in the yard. With leftover dough, you can create witch-hat or black-cat cookies.

SHARE THE SCARES

Cozy up in blankets to watch a favorite horror flick on a DIY outdoor movie screen. (Try stringing a white sheet on wooden rods stretched between support poles, perhaps fashioned from PVC pipe.) For child-friendly entertainment, find a book of scary stories and gather the little ones around for some ghostly storytelling. Also, if store-bought costumes don't excite you, harness the power of face paint to transform each other into comical Halloween characters.

If you are among the 1 in 5 Americans who plan to involve their pets in Halloween festivities, consider cooking up a costume for your furry friend. Your black Lab might make a great Bark Vader, your shih tzu could dress as Chewbacca, or your St. Bernard might don a cape to play Count Drool-cula! With a bit of imagination, you can ensure fun for all!



OCTOBER
2025

BURGDORF BEAUTY INSIDER



615.205.5155 | MUSICCITYPLASTICSURGERY.COM

Halloween in My Family

GO BIG, GO BOLD, OR GO HOME

Ah, October! The weather is cooling off, fall is in the air, and at the end of the month, we have a pretty good excuse to eat candy without judgment, but for some, it's also prime time for a little creative chaos. And in my family, we take Halloween seriously.

Growing up, Halloween was a big deal in my family. We didn't just set up a few pumpkins on the porch and go trick-or-treating; we went **all in**. I remember massive parties with skeletons, coffins, and so many decorations that it looked like we were hosting a movie set. We didn't quite have a hearse in the driveway, but we came close.

One year, a legend was born: the teapot costume. My uncle had it first. It was an enormous pink-and-white "Beauty and the Beast" teapot that was just as ridiculous as it sounds. At some point, it ended up with my dad, though I never actually saw my uncle wear it. I knew I had to get my hands on it the second I saw it.

Last year, I finally did. My wife and I had started hosting big Halloween blowouts for friends, neighbors, and coworkers, and that was my teapot moment. I wore it proudly. It's obnoxious, huge, and absolutely impossible to ignore. It's probably 30 or 40 years old and starting to fall apart, but it's now part of our tradition. My boys got such a kick out of it, they're already plotting how to wear it themselves one day.

Of course, my love for outrageous costumes isn't confined to home. One year, I showed up to the hospital dressed as a unicorn rider, one of those inflatable costumes where it looks like you're sitting on a unicorn's back. I was the top half, and my legs were the unicorn's legs.

It wasn't entirely random, for one of my patients had joked that she wouldn't go through with surgery unless I came in wearing it. So, I did. I walked into the pre-op area, inflatable unicorn and all, to mark her before surgery. The best part was that the nurses had all shown up wearing unicorn headbands without knowing what I was planning. It turned into an impromptu theme day, and everyone got a good laugh out of it.

That sense of fun has rubbed off on my kids. A few years ago, my son dressed as a giant inflatable air dancer, the flailing tube guys outside car dealerships. He was only nine then, but the costume was about 10 feet tall, and he threw himself into it, waving his arms around like crazy.

I love Halloween because it's a chance to get creative and pick a completely unexpected costume. It's more fun that way!

Even in my work as a surgeon, Halloween has a way of sneaking in, at least in the form of what we call the "Frankenstein rule." In revisional surgery, especially breast revisions,



the last surgeon to operate on a patient inherits everything from the surgeries before. You're working around old scars, disrupted blood flow, and previous surgical decisions, and you have to figure out how to make the best possible improvements.

My goal is always to make scars as hidden and clean as possible, so patients feel beautiful, never "stitched together" like Frankenstein. It's a mix of problem-solving, precision, and artistry, and I take great pride in ensuring people feel confident in their results.

At the end of the day, whether I'm in a teapot costume at a party, riding a unicorn into the operating room, or carefully revising a surgical case, it's about bringing joy and care into people's lives. I might joke that I'm a buffoon on Halloween, but the truth is, those moments of laughter and connection are some of the best parts of life.

—Dr. Mike

WORKOUT GUILT IS REAL

Here's How to Ditch It for Good

We've all been there. You swore this would be the week: four workouts, minimum. But it's Thursday, you've squeezed in one short walk, and now you're sitting on the couch feeling like a fitness failure. If this sounds familiar, you aren't alone.

Workout guilt is incredibly common, but that doesn't mean it's helpful. It often leads to unnecessary shame and harsh self-talk. Let's change that.

FITNESS IS A LONG GAME, NOT A PERFECT STREAK.

Missing one workout, or even a few, doesn't undo your progress. After all, fitness isn't all about keeping your record flawless. It's about building habits that fit into real life, and real life includes bad days, busy weeks, and changing priorities. Your progress is measured over time. Instead of fixating on what you didn't do, focus on what you have done and, more importantly, what you will do next.

GUILT DOESN'T MOTIVATE. IT PARALYZES.

Many people think guilt is a good motivator, but it often backfires. It creates an all-or-nothing mindset, where the whole week

suddenly feels lost if you miss one day. That mentality is what derails consistency, not the missed workout itself.

Instead of letting guilt spiral into self-sabotage, pause and ask yourself: What do I need right now? Rest? Support? A plan for tomorrow? That shift in mindset makes all the difference.

BE FLEXIBLE, NOT FLAWLESS.

Flexibility is the key to long-term success. Some days, your body needs rest more than a workout. Other times, a walk or a stretch might be all you can give, and that's still movement. It counts! Honoring your needs rather than punishing yourself builds a healthier relationship with exercise and makes it more sustainable (and enjoyable!) in the long run.

Remember, you are not your workout log. Whether or not you exercised today, you are worthy, strong, and capable. The goal of fitness should be to feel better in your body and life, not rack up perfect gym attendance. So, don't beat yourself up next time you miss a workout. Show yourself the same grace you'd offer a friend. Take a deep breath, reset, and move forward without the guilt.



The first Friday of October is World Smile Day, a perfect excuse to flash your pearly whites. But let's be honest ... we shouldn't need a holiday to celebrate smiles. Smiling is tied to a deeper drive: getting things done. That's why it's great that National Kick Butt Day is just a few days later. It's like a one-two punch — smile big, then crush your goals.

Growing up playing sports, Dr. Burgdorf learned to treat every day like a challenge. "I want to kick the day's butt, whether it's nailing a surgery, running a smooth day

SMILE BIG, KICK BUTT

EXPLORING LIP FILLER AND LIP FLIPS

in the office, or taking a big step toward expanding our practice. One of my proudest smile-worthy accomplishments was opening our fully operational operating room, a project that took four years of persistence. Looking back, I can't help but feel proud, satisfied, and yes, grinning from ear to ear," Dr. Burgdorf says.

That's the beauty of a real smile: It starts inside. Accomplishment, gratitude, and joy radiate outward. But sometimes, we could use a little help making the outside match the inside. That's where modern cosmetic treatments come in.

LIP FILLER

Lip fillers, for example, enhance your natural shape without venturing into "platypus lip" territory. A subtle boost can create a fuller, more balanced look that

makes your smile even more stunning. For those with a gummy smile, where your upper lip lifts too high and shows more gums than you'd like, a quick toxin treatment can relax the muscle so your smile shows more teeth and less gum.

LIP FLIP

As we age, the skin between our nose and upper lip lengthens, and the red portion of the lip appears smaller. A little toxin in the right spot can gently roll the upper lip outward, showing more color and creating a youthful, refreshed smile. There's even a surgical option to permanently elevate the corners of the mouth for a naturally upturned look.

But here's the real secret: No matter how perfect your lips look, the most magnetic smiles come from a happy heart!

The Secret to Stunning Lips?

IT'S NOT JUST ABOUT THE LIPS

For many people, the first step into filler is their lips. It's understandable: plump, defined lips are an instant confidence boost. But lips alone aren't the whole story. Going straight for lip filler without considering facial balance can make your features look strange.

Loreen, our board-certified injector and family nurse practitioner, advocates for a full-face approach. Sometimes, a small adjustment to the cheeks or chin can make lip enhancements look perfectly proportionate, which is why a consultation is so important. The goal is for people to notice your whole face, not just your lips.

If you have naturally thin lips, patience is key. We can't just use an entire syringe in one go and expect flawless results that don't migrate. Building lips gradually over multiple sessions, months apart, looks better and

lasts longer. And if you're planning for the holidays, October is the perfect time to start. That way, you're healed, settled, and photo-ready for Thanksgiving gatherings without bruises, swelling, or last-minute panic.

But what if you've already gone overboard with filler? Don't panic. Sometimes the best solution is to start fresh. Over time, even with the most skilled injector, filler can migrate. Dissolving and rebuilding is often the only way to restore a natural shape. While it might feel scary to lose volume temporarily, it opens the door for a balanced, beautiful result.

During a full-face consultation, Loreen maps out your features, identifying where volume could enhance balance. This might mean adding subtle definition to the chin, restoring youthful curves to the cheeks, or refining



the jawline. It's part art, part science, and sometimes a little math and geometry, too.

Small, strategic adjustments can make a world of difference. With the right plan, a trained eye, and a bit of trust in the process, you won't just walk away with great lips, you'll leave with a naturally harmonious, refreshed look that makes people say, "Wow, you look amazing," without quite knowing why.

OCTOBER IS THE MONTH TO FALL IN LOVE WITH YOUR LOOK

Check Out Our Specials!

FREE LIP FLIP WITH ANY FILLER OR TOXIN APPOINTMENT

Enhance your smile with a FREE subtle lift. All month long, receive a complimentary lip flip when you book any filler or toxin appointment.

\$150 OFF ANY SYRINGE OF LIP FILLER

Dreaming of fuller, natural-looking lips? October is the perfect time to make it happen. Enjoy \$150 off any syringe of lip filler and get the gorgeous, balanced look you've been wanting.

FULL FACIAL BALANCING BONUS

Ready for a complete refresh? Book three syringes or more for a full facial balancing treatment and receive a half syringe of lip filler FREE to perfect your final look.

BOOK NOW! THESE SPECIALS END OCT. 31!

Appointments are filling up quickly. Reserve yours today to look and feel your absolute best for the holiday season!

INSPIRATION

"Opportunities multiply as they are seized."

— Sun Tsu