



307 Southgate Court,
Brentwood, TN 37027



Phone: 615.205.5155
MusicCityPlasticSurgery.com



PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

Moms Deserve Their Own Kind of Freedom

PAGE 1

Sip Your Way to Better Health

Inject Beauty

PAGE 2

Discover the Aveli Advantage for Beach-Ready Confidence

July Treatment Specials

PAGE 3

Essential Tips for Safe Summer Biking

PAGE 4



/plasticsurgerynashville



@musiccityplasticsurgery



@musiccityplasticsurgeryofn6418

TRAIL-READY

SAVORING NATURE SAFELY ON A BIKING ADVENTURE

Mountain biking is one of the nation's fastest-growing sports. Drawn by its physical and mental challenges and access to nature, more than 9.2 million people participated in the sport in 2023, up 4% from 2022.

Before setting out, it's essential to realize that off-road biking can take you far from your comfort zone. Riding on rugged terrain is considered an extreme sport with a high rate of injuries, and participants tend to overestimate their skill level. Keep these tips in mind to ensure your enjoyment as a novice in this exciting sport.

BE WEATHER-WARY

Familiarize yourself with seasonal weather patterns in your area. Prepare for the possibility of extreme heat and sudden midsummer storms. Check the forecast before each outing. Heat sickness can catch you off guard, causing nausea, dizziness,

confusion, and clammy skin. If these symptoms set in, find shade, drink water, and try to cool down.

KNOW YOUR LEVEL

Be realistic when choosing routes, and check out the mileage, trail conditions, and elevation of any path you choose. Helpful apps include Ride with GPS for route-finding and navigation and Strava for performance-tracking and networking. As you plan, note the trail surface. Riding on gravel or dirt takes far more energy than paved trails. If you want to test your limits, do it on terrain you have traveled before.

GEAR UP

Carry more water than you expect to need, and bring a portable water filter.



Poor hydration is one of the main reasons cyclists get in trouble. Also, bring ample high-protein food, a tire patch kit, and first-aid supplies. And don't neglect the basics: Be sure to wear a properly fitted, sturdy helmet.

DON'T GO ALONE

Let someone know your planned route. Leave a detailed itinerary and planned check-in times with a person you trust. Carry a fully charged phone and charging device, and bring maps as digital downloads or on paper. Also, practice basic navigation skills, such as tracking the sun's position in the sky and noting landmarks.

By cycling smart, you can reap the maximum benefits of one of the nation's most exciting sports!



JULY
2025

BURGDORF BEAUTY INSIDER



615.205.5155 | MUSICCITYPLASTICSURGERY.COM

Supporting the Independent Woman

MOMS, IT'S OKAY TO PUT YOURSELF FIRST

It's that time of year again — the Fourth of July, also known as Independence Day, is here! Now is a great time to reflect on all forms of independence, not just the historic kind. This year, we want to highlight one of the most overlooked but deeply powerful kinds of independence: the independence of moms. Not just as mothers, but as strong, capable individuals with identities beyond diaper bags, school drop-offs, and snack schedules.

Let's be real: Motherhood is an incredible, consuming role. And especially in those early years, it's easy for moms to lose touch with the version of themselves that existed *before* kids. But here's the truth — reclaiming that sense of self is not selfish — it's essential. That's why this month, we're celebrating the independent mom: the one who remembers

that she's not just a mom, but a woman with her own passions, goals, and needs.

Whether it's going back to work, pursuing a new hobby, or just carving out 30 minutes for a solo walk or quiet cup of coffee, these moments of independence matter. They serve as a reset — physically, mentally, and emotionally. And that's not just good for moms; it's good for the entire family.

We love seeing self-care becoming more accessible. Gyms with drop-in daycares, mom-centered wellness classes, walking trails, skin care routines, therapy sessions, and even popular GLP-1 weight management options are all part of a growing world that supports women in reconnecting with themselves. And it doesn't have to be elaborate. Some of the most powerful

moments of reconnection come from taking a breath, stretching, journaling during nap time, or sharing a few adult conversations on a playground playdate.

What's great is that the modern world is finally catching on. More workplaces offer flexibility and allow moms to work remotely or on hybrid schedules, supporting career growth and parenting. Some

moms, like our office manager Michelle, are even exploring homeschooling while still maintaining a professional role. The ability to shape your own path and define what independence looks like for you is a gift more moms are embracing every day.

It's important to note that independence looks different for everyone. For some, it's going back to school. For others, it's launching a side hustle or finally getting regular workouts in. For many, it's simply the freedom to say, "I need a break," without guilt or explanation.

So, this month, while we celebrate freedom in the traditional sense, let's also celebrate the quiet, courageous freedom of the mom who's finding herself again. Let's support moms reclaiming their time, honoring their mental health, pursuing their passions, and rediscovering joy outside of motherhood.

And to every mom reading this: You are more than a role. You are a whole person, and you deserve time, space, and support to live fully as you. Independence doesn't require a solo road trip (though we'd cheer you on for that, too). Sometimes, it just starts with 10 minutes of silence and a deep breath.

Here's to you, the independent mom. Happy July — and happy rediscovery.

—Dr. Mike



THE TEA ON THE BENEFITS OF TEA

Why Your Mug Might Be the Key to Feeling Great

Ready to steep yourself in the healing power of herbal drinks? We're reading all the tea leaves on, well, tea! Whether you need a morning boost from a bold black tea, a stress-melting sip of chamomile, or a green tea glow-up for your immune system, there's a brew for every mood. Let's sip through the world of teas and explore the different varieties, their benefits, and why your kettle might be your new best friend on your health and wellness journey.

GREEN TEA

People have turned to green tea for centuries for its health benefits, hosting powerful antioxidants to support your



immune system. The natural catechins in these leaves protect cells in the body from damage and can even reduce inflammation.

Green tea can also aid in weight loss, support healthy brain function, and reduce the risk of severe conditions like heart disease. Studies have found that this brew can also improve your oral health, manage blood sugar, and could add years to your life!

BLACK TEA

If you want an energy boost, black tea might replace your morning cup of coffee. Robust and flavorful, this variety has high amounts of antioxidants called theaflavins and thearubigins, which support healthy cholesterol levels and the

heart. Black tea can also reduce the risk of strokes, lower blood sugar levels, and provide focus without all the jitters.

CHAMOMILE TEA

Sleep is crucial for your health, and you can sip your way to better z's with a cup of chamomile tea. This popular drink's calming effects are thanks to its antioxidant properties — natural stress and inflammation reducers. Along with its well-known calming benefits, chamomile can soothe upset stomachs, protect against certain cancers, strengthen your immune system, and even improve your skin. (That's what we call beauty sleep in a cup!)

So, whether you're brewing up energy, relaxation, or a health boost, tea has you covered, one sip at a time. Go ahead and grab your favorite mug, steep your favorite brew, and let the stress melt away!

INDEPENDENCE FROM DIMPLES

Meet Aveli, Your Cellulite Solution

Summer's officially here, and you know what that means — long days, poolside hangs, beach trips, and bathing suit season. If you're planning to show a little more skin this summer (whether it's in a bikini, a sundress, or on National Nude Day in July — yes, it's a real thing!), let's talk about a clever little treatment making waves: Aveli.

This minimally invasive cellulite treatment is designed to tackle stubborn dimples that tend to hang out on our thighs and behinds and make many of us feel a bit uncomfortable. Here's the scoop: Cellulite is caused by fibrous bands that pull down on the skin from beneath, creating an uneven texture. Aveli gets right to the root of it — literally. During the treatment, we gently insert a small device under the skin while you're numbed with local anesthetic. Modern technology lets us see exactly which band is causing the dimple. Then, a tiny hook and

blade combo is used to release it, freeing the skin and letting it bounce back up. You'll feel a little movement during the procedure, and most patients are surprised by how easy it is. There's no major downtime, just a tiny pencil-eraser-sized access point, minimal bruising, and, most importantly, real results.

Unlike older methods that involved aggressive fat-busting injections or procedures that left you bruised like a banana, Aveli is precise, targeted, and refreshingly low-key. It's an outpatient treatment, meaning you're in and out the same day and back to your regular life before you know it.

So, whether you're aiming to feel more confident in that new swimsuit or just want a smoother silhouette while celebrating a



little extra freedom this July, Aveli might be the low-effort, high-reward treatment you've been looking for. Let us know if you'd like to learn more — smoother skin could be just one quick appointment away. Give us a call today!

Inject Beauty NEVER SKIP SUNSCREEN

If you've talked to our board-certified injector and family nurse practitioner, Loreen, you've probably heard her say it loud and clear: "Wear sunscreen every day of your life forever and ever and ever." It's not just a casual suggestion — it's the one piece of advice she gives to every patient, and when she hears that they listen, it's music to her ears. So, as we step into full-blown summer mode, here's your friendly, sun-loving reminder: **WEAR YOUR SUNSCREEN!**

SUNSCREEN: YOUR SKIN'S MVP

Wearing sunscreen isn't just about avoiding a sunburn. It's about protecting your health, now and long term.

- **It prevents skin cancer.** Consistent use reduces the risk of melanoma and other types of skin cancer.

- **It blocks harmful UVA and UVB rays.** Those specific types of light damage skin cells and lead to long-term problems.
- **It keeps you looking younger.** Sunscreen fights premature aging like wrinkles, fine lines, and dark spots.
- **It protects your skin's natural barrier,** keeping it hydrated, calm, and less prone to inflammation.
- **It supports your immune system.** UV rays can reduce your skin's ability to defend itself, and sunscreen helps keep it strong.

AESTHETIC TREATMENTS PLUS SUNSCREEN

If you're investing in your skin with treatments like microneedling, lasers, or peels, sunscreen isn't optional — it's essential.

- **It protects your results.** Sun exposure can undo the benefits of your treatments.
- **It prevents post-treatment dark spots,** especially if your skin is healing or inflamed.
- **It helps maintain an even skin tone** and gives your complexion that clear, glowy vibe.
- **It keeps your results lasting longer,** giving you the most bang for your buck.
- **It aids healing** by shielding delicate, freshly treated skin from further damage.

So, this summer, and every season after, remember: If you do nothing else, wear sunscreen! And, of course, if you ever have any questions, don't be afraid to ask — Loreen is more than happy to chat with you!

CHRISTMAS IN JULY WITH LOREEN Let's Party While the Boss Is Away

This month, we are turning up the fun (and the savings!) with a week-long event you won't want to miss. While Dr. Burgdorf and our office manager, Michelle, are off enjoying a little summer break, Loreen is celebrating Christmas in July with some INSANE specials.

Everything with Loreen is on sale — yes, **everything!** Consider it our little way of saying, "Mom and Dad are out of town ... so let's party!" Pssst ... don't tell Dr. Burgdorf, but the deals are going to be bananas.

We're also throwing a special mid-week bash:

Get to Know DermaPRP Party
Wednesday, July 9 at 5:30 p.m.

Join us for food, drinks, and insider info on one of our favorite skin rejuvenation treatments — DermaPRP. Attendees will receive exclusive specials on DermaPRP services, just for coming by!

Spots for the event and appointment slots with Loreen during Christmas in July week will fill fast, so RSVP and book soon! Come celebrate, save, and treat yourself this summer — you deserve it.

INSPIRATION

**"The only way
to do great
work is to love
what you do."
— Steve Jobs**