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BURGDORF BEAUTY INSIDER



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Lessons From Chaos

BUILDING, GROWING, AND GIVING THANKS

November has a way of reminding us about balance. On one hand, there's Thanksgiving, built around gratitude, tradition, and slowing down with family. On the other hand, much earlier in the month is a lesser-known date: Chaos Never Ends Day on Nov. 9. And honestly, that one feels just as true to life.

Because let's face it, chaos really doesn't end.

Between running multiple businesses, raising kids, and navigating the everyday unpredictability of life, my focus feels like it's always moving in 10 different directions. Some days it's exhilarating; other days, it's overwhelming. But here's what I've learned: Chaos isn't something you can wish away. It's something you work through, shape, and even learn to appreciate.

The hard truth is, worthwhile things rarely come without setbacks. The detours, delays, and obstacles are frustrating in the moment, but they also make the outcome more meaningful.

Our surgery center is a good example. It's been four years of planning, approvals, and unexpected roadblocks. More than once, it would've been easier to walk away. But pushing through has given the project a weight it wouldn't have had otherwise. Now, as it's finally coming together, it represents not just a facility, but persistence, vision, and a lot of problem-solving.

The mission behind our surgery center is clear: to remove chaos for others. Surgery already brings stress, and patients don't need added confusion or uncertainty. That's why we've built the center around clarity, preparation, and intentional design so that the experience feels as smooth as possible. We can't eliminate every unknown, but we can make the process less daunting.

Of course, chaos doesn't stay at work. With four kids, it's a constant at home too. Growing up as one of six siblings, I know this isn't new. Family life has always been messy, but raising kids reminds me daily how much growth can come from disorder. My third son is taking AP Physics (I do not envy him). At first, the complexity was overwhelming, but once he figured out the right formula, everything clicked. That moment of clarity and going from frustration to understanding says a lot about how we all navigate chaos. Sometimes what feels like a mess is the period before things make sense.

The truth is, chaos is everywhere. You can find it if you look for it, whether it's in business, family, or even the small annoyances of daily life. But there are also solutions, systems, and breakthroughs that make the mess manageable.

My medical training drove that lesson home. Working in New Orleans and Mississippi, I saw just about everything



that could go wrong in a surgical setting. Those experiences forced me to stay steady and think clearly under pressure. Today, they're why I can approach complex situations calmly, even when things don't go according to plan.


This ties right into Thanksgiving. Gratitude isn't only for the calm moments, the celebrations, or the easy wins. It extends to the challenges that test us, the setbacks that push us to adapt, and the chaos that forces us to grow.

When I think about this season, I'm thankful for what's going smoothly and the roadblocks that have sharpened our vision and made the victories more meaningful. Chaos never ends, but maybe that's not entirely a bad thing.

-Dr. Mike

SOUND ADVICE

Is Your Work Playlist Helping or Hurting Your Focus?



The hum of a busy coffee shop, traffic outside, your favorite song through your headphones as you work — we live in a noisy world with constant background noise. But is that ambient buzz boosting your brainpower or creating static in the system? While some swear a little noise helps them focus, for others, every passing siren or side conversation is a distraction. Let's tune in and find out if that background noise could be a productivity playlist or sound sabotage.

BRAIN BEATS

Your brain is always busy trying to filter out distractions, and how background noise impacts your noggin depends on what it is. Steady or low-level sounds, like raindrops or white noise, can help hide other intrusive interruptions, making it easier to focus on the task you're working on. Irregular, sudden, surprise, or meaningful sounds, like a direct conversation, notifications on your phone, or lyrics to a beloved song, activate your brain, pulling you out of the concentration zone.

SOUND SUPPORT

If you are working on something that requires light focus, like answering emails, then the right kind of background noise, something like instrumental music, can help you stay on track. Other beneficial times for background noise include working in a loud environment or letting low-level sounds shift your brain into creative or problem-solving mode. The key is choosing something that won't distract your mind from what you're trying to focus on.

CUE THE QUIET

Noise most often gets in the way of more complex or challenging work, such as reading, writing, meetings, learning new skills, or finding solutions to issues. Deeper tasks require more brainpower, like using memory or vocabulary skills. When your brain engages in more concentrated tasks, it is more sensitive to interruptions, so a song lyric or burst of action on the TV can win out against the quieter goal you're trying to accomplish.

Background noise can be a sound decision or just more racket. The trick is tuning into what helps your mind focus without being carried away by the clatter.

Unstuff Your Turkey Breast

FINDING BALANCE THIS HOLIDAY WITH BREAST REDUCTIONS

When most people think of Thanksgiving, they picture turkey, stuffing, and maybe a nap on the couch. But around here, we like to connect the holiday to our work by talking about breasts, specifically, breast reduction surgery. After all, what better time to bring it up than Turkey Day?

Breast reduction is one of our most common procedures, and it's easy to see why. For many patients, overly large breasts aren't just a cosmetic concern; they come with real physical and emotional challenges. We see



women with deep bra strap grooves, rashes, or ulcerations under the breast, and constant neck, shoulder, and back pain. Some have to wear multiple sports bras just to exercise, or even tape and bind themselves to feel comfortable in clothing. The toll it takes on daily life is tremendous.

At Music City Plastic Surgery, breast reductions are all about helping patients reclaim comfort and confidence. Some were born with disproportionately large breasts, others developed them through weight changes or hormonal conditions like PCOS. Whatever the cause, the goal is the same: relief.

Many patients are surprised by how dramatic the change feels afterward. While the actual tissue removed may weigh only a couple of pounds, patients often describe it as if 20 pounds have been lifted off their chest. That's

because we lift and re-center the breasts while reducing size, creating a lighter, more balanced shape. It's not unusual for someone to look like they've lost 5 to 10 pounds instantly, just from that improved contour.

Insurance complicated this process for years with endless hoops: requirements for physical therapy, chiropractic care, acupuncture, and sometimes months of alternative treatments before granting approval. We found this frustrating and unfair to patients who were already suffering. Eventually, we decided to step away from that system and focus on what really matters: our relationship with our patients.

So, this Thanksgiving, while you're carving the turkey, remember: It's not about overstuffing or unstuffing. It's about balance, comfort, and living life without unnecessary burdens.

INJECT BEAUTY

WINTER SKIN SOS: EXPERT TIPS TO KEEP YOUR GLOW ALL SEASON

This time of year, our skin starts sending us distress signals. Winter is beautiful, but it's also brutal on our skin. Between the heater running full blast and the natural drop in humidity, our once-glowy complexion can quickly turn dry, flaky, and irritated. However, we have some adjustments to your skincare routine that can go a long way toward keeping your skin soft, healthy, and radiant all winter.

BE GENTLE WITH ACTIVES

Powerhouse ingredients like retinol, tretinoin, and acids can become too powerful when your skin is already dry. Overuse may lead to barrier damage, flaking, or breakouts. Instead of ditching them completely, reduce your frequency and cushion your routine with barrier-boosting products. Look for ingredients like ceramides and peptides to repair and strengthen. We recommend trying Alastin Restorative Skin Complex and SkinCeuticals Triple Lipid Moisturizer.

DOUBLE DOWN ON HYDRATION

If your skin tends to be dry, adding a hyaluronic acid serum is helpful as it works like a sponge and helps to lock in all the moisture. Pair it with your go-to cream and watch flakiness fade. Products like SkinCeuticals HA Intensifier can help plump and smooth. And let's not forget the most underrated skincare step: drinking water. Yes, we recommend being that person with the

oversized water cup. You'll thank yourself when your skin stays supple, especially during the holiday season, when alcohol (a major dehydrator) tends to flow more freely.

DON'T SKIP YOUR SPF

Another common winter slip-up is forgetting your sunscreen. Cloudy skies and chilly temperatures trick us into thinking we don't need protection, but UV rays are still strong. A good SPF shields against damage and helps lock in moisture.

TRY 'THE SANDWICH METHOD'

If you're committed to keeping up with your stronger treatments, consider the "sandwich method": moisturizer first, then your retinol, followed by another layer of moisturizer. This cushions the skin while still delivering results.

EXPLORE IN-OFFICE TREATMENTS

For those looking to take it up a notch, winter is the perfect time to explore professional treatments. Laser resurfacing, microneedling, or skin boosters can refresh your complexion and make your at-home products even more effective. Even subtle hydrating fillers for lips or skin can combat that parched, shriveled look without adding unwanted volume.

NOVEMBER SPECIALS ARE HERE! Glow Into the Holidays

This month, we're giving you every reason to treat yourself and share the glow!

REFER A FRIEND BONUS

Bring a friend and you both receive **\$75 off your treatment** in November, because self-care is better together!

20% OFF HYDRATING SKINCARE

Combat chilly-weather dryness with our most nourishing products. Stock up on skincare that keeps your complexion soft, smooth, and radiant all season long with **20% off skincare products**.

20% OFF LASER TREATMENTS

Now's the perfect time to book that laser treatment you've been considering. With less sun exposure in winter, your skin can heal beautifully, and at a savings of **20% off all laser treatments!**

Don't miss out on these limited-time November offers. Whether you're refreshing your routine, rejuvenating your skin, or just indulging in a little extra glow, we've got you covered. Book your appointment today and step into the holidays looking and feeling your best!

INSPIRATION

**"Don't worry if
people don't like
you. Most people
are struggling to
like themselves."**

– Author Unknown

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Thankful For

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FROM NIGHT OWL TO EARLY BIRD

HOW DITCHING THE MIDNIGHT OIL BOOSTS YOUR MOJO

To the night owls, the world appears to be run by morning people. Schools start at the crack of dawn, coffee shops open and close early, and the world shuts down when the night owls are just getting started.

Differing sleep patterns, or chronotypes, are hard-wired to an extent. And while no one chronotype is inherently better than another, night owls face certain disadvantages — including the fact that many important activities start early. The good news is that, with a little effort, night owls can feel at home in a morning-person world.



alarm 15 minutes earlier every few days and going to bed 15 minutes earlier each time.

Try to make getting out of bed something to look forward to! One way to trick the brain into a more peaceful wake-up is to change the alarm tone to a pleasant, melodic chiming sound. Night owls can also use a light that simulates dawn, slowly making the room naturally brighter as they awaken. Sitting outdoors or near a window or light therapy lamp in the morning is also helpful for night owls who want to wake up more quickly.

Among helpful habits, night owls should avoid naps in the late afternoon or early evening and develop a routine of gradually cycling down their activities before bedtime. They should block out the stimulating glare of screens and adopt soothing pursuits such as a bath, meditation, soft music, or reading a print book. Night owls should also stick to a consistent sleep schedule, even on weekends. Once sleep routines are well-established, they can begin setting their

Finally, it's not just about sleep: Night owls should try to eat like a morning person, too! Studies show that shifting meals earlier can help the body cycle down for bed sooner.

Practicing small changes like these has enabled night owls to shift their sleep cycles as much as two hours earlier — changes that also led to their feeling less depressed and stressed!