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INSIDE THIS ISSUE

National Take a Chance Day
PAGE 1

Train Your Hair to Be Less Oily

The Perks of Liposculpture
PAGE 2

Introducing a New Clinic Nurse

Wine Spotlight
PAGE 3

Try Your Luck With This
Eggtastic Game!
PAGE 4

EGG-SPLORE DIFFERENT WAYS TO CELEBRATE EASTER

FUN HOLIDAY ACTIVITIES THE WHOLE FAMILY WILL ENJOY

Easter is approaching, and there are tons of activities you and your family can do to celebrate the holiday. These activities will let your children or grandchildren unlock their imaginations, all from the comfort of your own home.

KiwiCo Eggsperiments

Cost: \$26.95

KiwiCo.com

These experiments bundle creativity, science, and education in one fun, family-friendly package! Instead of having your kids decorate eggs with paint, you can use this kit to conduct scientific experiments. Your child will be able to color eggs and create crystalized shells by using chemistry, physics, and biology.

Egged On

Cost: \$24.50

Amazon.com

You've heard of casino roulette, but have you heard of egg roulette? Well, now you have with Egged On, a Hasbro board game that will have you and your children laughing in no time. You first spin the

wheel to see how many eggs you will crack over your head or someone else's. Some of these eggs are filled with water, which are the eggs you don't want. Try your luck with this fun-filled game.

Easter Cookie Kit

Cost: \$29.99

ThePopcornFactory.com

Did somebody say cookies? Yes, we did! With this cookie kit, you and your kids will be creating edible bunnies, flowers, and eggs! The kit provides all the ingredients you need to bake delicious cookies, which is a perfect time to teach your child about the fundamentals of baking while having fun at the same time. This activity satisfies your creative needs and your cravings for a sweet treat.

The traditional activities around Easter are fun, and now you have even more options to choose from — but these items will go fast so pick one up ASAP. These activities are enjoyable for the entire family, and you can create memories that will last a lifetime. Happy Easter!



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National Take a Chance Day

TAKE THE RISK OR LOSE THE CHANCE!



I'm not a big risk taker. I take calculated risks, but I also don't want to live my life with any regret for having missed out on certain things. April 23 is National Take a Chance Day, a day set aside for encouraging us to break out of our comfort zones and take some leaps of faith.

I tend to always try to take advantage of any opportunity that comes my way, of course, after considering the risks and rewards that may follow. While attending Notre Dame, I realized that I had the chance to potentially walk on to the football team. I spoke to a trainer who coaxed me to give it a try — and I did. I didn't want to live my life always wondering if I was big enough, fast enough, or good enough. So, I waited until the following season, and gave it my all. That leap of faith led to one of the greatest moments of my life: playing football in Ireland and finding out I was accepted to medical school all within the same day. It was a large time commitment, but it left me with memories to last a lifetime.

Another large risk I took was getting married. This April, my wife and I are celebrating our 21st wedding anniversary, but I still remember being scared out of my mind as I stood up there waiting for her to walk down the aisle. It was the biggest commitment I had ever made. My parents divorced when I was a young boy and eventually each of them remarried. I wanted to be sure that I only got married once — I wanted to make this last. When you commit yourself to another person, you have to trust God and trust in your spouse. I had to trust that it was going to work out.

Having kids was one of the greatest chances my wife and I have taken as a couple. As we both are doctors, we understand just how much can go wrong with pregnancies. In fact, having a child is such a miracle. There are so many steps along the way, and you take a chance and rely on faith. If we were meant to have a child, it would be. We were lucky enough to have four and they're our greatest blessing. Without a question, I'd take that chance over again.

Last month, Music City Plastic Surgery celebrated its 10th anniversary! When I decided to open up my new practice, I pulled it all off within a month. In January 2012, I decided to go on my own, and by the next month, Music City Plastic Surgery was born. They say that 95% of businesses don't last five years, and I'm so grateful that it worked out for me. I put everything on the line and took a massive risk, backing things up with my house as a personal guarantee, and I've managed to keep the doors open for 10 years thus far.

**"I TAKE CALCULATED RISKS, BUT I ALSO DON'T
WANT TO LIVE MY LIFE WITH ANY REGRET FOR
HAVING MISSED OUT ON CERTAIN THINGS"**

Since I'm not one to sit around, I'm proud to announce that I'm planning to open up my own surgery center. It's in the process of being built out now, and I'm recommitting a significant amount of both financial and emotional resources, which of course is an intimidating risk, especially while I continue to be the best dad and husband I can be.

If you ever find yourself in a situation with an opportunity that can potentially offer you some great rewards, I recommend that you take the chance. I'm a big believer in not worrying about what might be and jumping in and hoping it all works out! If it's meant to be, it will be!

-Dr. Mike

HAIR TRAINING 101

Wash Your Hair Less Often!

Oily hair is something a lot of people deal with. Some oil in your hair is good because it provides protection your hair needs, but how do you retain your hair’s natural oils without it looking greasy? This is where hair training comes into play.

What Is Hair Training?

It’s a way of cutting back on shampooing to help reduce buildup and grease. Once trained, you’ll only need to wash your hair once a week. In fact, by limiting the number of washes, your hair will look healthier and stronger, but it’s important to note that this process will take some time. Your hair needs to get used to the new routine before you’ll see results.

How to Train Your Hair

- When you’re on day two or three, **use dry shampoo**, which is in powder form. Put it on your scalp and where your hair is parted and also around your ears. Then, lightly massage the product into your hair until the residue is invisible. This will help your hair look less greasy. Then wait a few more days to wash if you can.
- On wash days, use a shampoo designed to **exfoliate your scalp** to remove excess product and oil. This will help your hair look less oily throughout the week. By massaging your scalp, you

activate the blood vessels — and that promotes hair growth. It will also make your hair look thicker because you’re stimulating the hair follicles.

- After shampooing your scalp and the top of your head, **only condition the ends of your hair**. Conditioner moisturizes your hair, so if you put it on your scalp, you’re adding oil where it’s not needed, and your hair will look greasy much faster.
- Once you’re out of the shower, **let your hair air dry**. Using a hairdryer can stimulate your scalp to produce excess oils to compensate for the drying air. If you want to cut down the drying time, add a leave-in conditioner to your hair when it’s damp. Avoid the scalp.

Hair care isn’t the same for everyone, so do what makes you comfortable. How often you wash your hair depends on the thickness and type of hair that you have. Hair training is all about trial and error. With time, you will find a routine that works best for you and your hair.



INTRODUCING BRIDGET!

Welcome to the Music City Plastic Surgery Family

Music City Plastic Surgery is excited to be announcing and introducing our new clinic nurse, Bridget! Bridget will be helping out Dr. Mike on the surgical side with post-op follow-ups, assisting with administrative duties, and even jumping in to help out Molly, our nurse practitioner, where needed. When you get the chance to meet her, you’ll instantly fall in love with her kind personality, tenacity, talent, and amazing perspective on life.

Bridget has experience as a medical device sales expert and a registered nurse pre-op specialist. “I enjoyed sales, but I was missing the passion. With experience as an RN, I know the feeling of being able to connect with patients and make a difference, and I missed that,” Bridget explains. “I’m excited to be working on a team again to help clients. I’ve always been passionate about both surgery and aesthetics and being able to combine both of those passions while being at the forefront is amazing.”

Before coming to us, Bridget spent 7 months with her husband hiking the Appalachian Trail, which starts in Georgia and runs all the way to Maine. When you get the chance to talk with Bridget, be sure to ask her to share some of her stories and experiences — they do not disappoint.

“By far, the community of people that are on the trail or surrounding it is unlike anything I’ve ever experienced before,” Bridget recalls. “Hikers are always coming together to help each other. The locals help in any way they can. In areas where the trail intersects with towns, my husband and I stayed with a few strangers.”

Bridget said that getting a hot meal, the opportunity to shower and sleep in a bed, or swim in stranger’s pools was amazing. She even noted that in some areas, residents are on the side of the road cooking warm hot dogs for the hikers to have hot food.

We are so thrilled to welcome such talent, personality, and warmth to Music City Plastic Surgery. We are excited to have you aboard and as part of our family! Welcome!



Bikini Season Is Around the Corner

EXPLORING THE SAFE LIPO PROCEDURE

The results of liposuction, also known as liposculpture, are amazing. In the office, we utilize Safe Lipo (separation, aspiration, and fat equilibration) to help our patients feel confident in their skin by contouring out the physique of the patient.

Before the procedure begins, we numb the area by injecting a tumescent fluid, which acts to numb, constrict blood, and add fluid to help the fat cells to expand. Using a straw-like tool known as a cannula, the fat is extracted through a small hole (about an eighth of an inch) made in the skin. In some areas where I’m looking to achieve precise localization and control, I’ll utilize a specific handpiece. After the procedure, the small incision is closed up with one stitch. Most patients are able to return to their normal work routine about 2–3 days later.

While the recovery is fairly straightforward and simple, results will take about 3–6 months to be fully noticeable, as it will take time for the swelling to go down from the procedure and for the contours to show up as we want them to.

One of the largest questions surrounding liposuction is whether or not the fat will return in a certain area after the procedure. Typically, this is a loaded question because, hopefully, after liposuction, the patient has a healthy lifestyle and isn’t overeating. We are all born with a certain number of fat cells and when some of those fat cells are removed during liposuction, a person may gain weight elsewhere in the future. It’s important to keep in mind that having liposuction done isn’t a license to eat. We always joke, “Don’t eat through the liposuction.”



Liposuction can be performed in many different areas of the body. It can be combined with other surgeries or done on its own. Men commonly experience a buildup of fat around the love handles and chest while women typically find their problem areas to be love handles, inner thighs, upper arms, and around the knees.

As bikini season approaches, it’s time to feel good in your skin! If you are unhappy with stubborn areas of fat, give us a call to see if liposuction is right for you!

TODAY’S SIP
A Delicious Cabernet Sauvignon
CAYMUS: A PREMIUM CHOICE

Owned by Chuck Wagner and his family, Caymus Vineyards is a wonderful 73-acre winery in Napa Valley, California. The cabernet sauvignon offers a rich and creamy texture and bold tannins.

It’s full of flavor, with hints of warm vanilla, melted black licorice, plum, oak, and boysenberry puree. Each sip follows up with hints of fruit and mocha.

This cabernet offers a full body flavor and pairs nicely with beef, lamb, game, mature and hard cheese, and poultry. Each sip is a true velvety delight on the palate.

INSPIRATION

“Be yourself; everyone else is already taken.”
—Oscar Wilde