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DON'T LET THE BUGS BITE

SUMMER TIPS FOR INSECT-FREE FUN!



August is
the last full
month of
summer, which
means bugs are
at their pesky peak. If

you and your family love to get outside in the
summertime, protecting your family from bug
bites is about more than their itchy aftermath.

Bugs can carry many diseases that put
you, your family, and your pets at risk. For
example, mosquitoes and ticks can transmit
the West Nile virus, while ticks can spread
Lyme disease, Rocky Mountain spotted fever,
anaplasmosis, and much more — including
causing alpha-gal syndrome (AGS), which is
a life-threatening allergic reaction.

So, if you and your family find yourselves
outside this summer, here are some tips to
keep those creepy-crawlies at bay.

COVER UP!

One of the most straightforward ways to
ensure no one gets bitten by a bug is to cover
any exposed skin when outside. If you can,
wear long-sleeved shirts, full-length pants, tall
socks, and closed-toe shoes, especially when
hiking or camping. And if you can, tuck your
pants into your socks or shoes to prohibit
anything from crawling up your legs.

CHOOSE YOUR OUTDOOR TIME WISELY.

Mosquitoes are most active in the early
morning and late evening, so avoid going
outside during dawn or dusk if possible.

USE INSECT REPELLENTS.

One of the most effective ways to keep
bugs from biting is to use some form of
bug repellent. Today, many people opt for
non-spray repellent alternatives like repellent
patches, wristbands, or clip-ons, many of
which work great.

The type of repellent isn't as important
as whether it contains one of these main
ingredients:

- Lemon-eucalyptus oil
- Citronella oil (combined with
- thyme for ticks)
- Picaridin
- Diethyltoluamide (DEET)

GET RID OF ANY STANDING WATER NEAR YOUR HOUSE.

Mosquitoes use stagnant water to lay their
eggs, so any filled buckets, partially filled
kiddie pools, broken fountains, or even
discarded toys that have collected water
can all attract mosquitoes to your yard.
Routinely check your yard and dump out
any water you find.

Lastly, be sure to thoroughly check for bugs
on both your family and your pets before
ever setting foot inside!



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Achieve Great Heights

THE MOUNTAIN IS ALWAYS WORTH THE CLIMB

It's often said that the best view comes after the hardest climb. Admittedly, I'm not much of a mountain climber — heights terrify me. I get woozy walking up in the Empire State Building or the Statue of Liberty, and if I peek off the edge of a 10-story building ... forget about it! I do, however, love the mountains and their beauty. On Aug. 1, we celebrate National Mountain Climbing Day, and to me, this day isn't only about physically climbing a mountain. It's deeper than that.

Skiing is one of my favorite activities, and there's something so relaxing and remarkable about the beauty of those snow-capped skyscrapers. In the summer months, I enjoy hiking and connecting with nature — I see God in nature, and getting outdoors helps me to reflect, pray, reset, and think.

In life, we all climb our own personal mountains, and the larger the value, the higher the mountain to overcome is. By and large, the toughest mountain I've climbed was starting up my own practice in 2012. After leaving my job, I had to move quickly — I had about one month to gather everything, secure the financing, build the website, and get the doors open. During this time, my anxiety was at an all-time high and I felt nervous, excited, stressed, and worried all at once. I had to succeed. Along the way, I was shocked to find that nobody had already taken the name Music City Plastic Surgery — I guess it was just destiny. Thankfully, everything worked out and came to fruition, and the juice was well worth the squeeze.

“CLIMB THAT MOUNTAIN, CONQUER
YOUR DREAMS, AND NEVER GIVE UP”

As of lately, I've been climbing the same mountain for the past two years. Many of you know we've been working on our surgery center for a while now. It has taken a lot longer than anticipated to reach completion. While it's been dragging along, it's been tough to



maintain positivity, but any time I'm faced with a large hurdle, I do four things: pray about it, ask for guidance, stay focused, and keep my eyes on the prize. I am my own best cheerleader and practice positive self-talk — it helps to keep me sane and motivated while avoiding pulling my hair out.

At times, I've felt like this surgery center is a bit like the Chutes and Ladders game I play with my kids. We climb up a huge ladder, make some great progress, but next, it's like we are destined to face some setbacks that send us right down the chute. Eventually, we will get there, even if it takes a few steps forward and one or two back! I'm not sure how long this mountain will take to climb, but I know once it's complete, I'll be thrilled with the product and likely looking for my next challenge.

Life is too short! Climb that mountain, conquer your dreams, and never give up. The climb is always worth it.

—Dr. Mike

SAVE YOUR SKIN

How to Use Proper Exfoliation Techniques

Exfoliation is the fastest way to give dull skin a youthful glow, but there can be too much of a good thing. Using the wrong techniques or exfoliating too often might damage your skin instead of improving its appearance. Before you pick up that scrub, ensure you know the do's and don'ts of exfoliation.

By removing dead skin cells, exfoliation gives your complexion new life. It can minimize signs of aging, like fine lines and age spots. It also unclogs your pores, allows moisturizer to absorb better, and creates a brighter look for your skin. But exfoliation can also aggravate skin by providing too much stimulation and removing too many cells.

To exfoliate correctly, it helps to understand the types of products on the market. Most exfoliants are either chemical or physical. Chemical exfoliants like salicylic acid destroy the dead skin cells on your face by breaking them apart. Physical exfoliants use abrasive materials to lift and remove dead skin cells from the surface. These exfoliants can be liquid scrubs or objects like brushes or sponges.



Dermatologists recommend chemical exfoliants for most types of skin. They argue these products work better for dry, sensitive, and combination skin, while physical exfoliants could worsen dryness or acne. However, physical exfoliants generally work well on oily skin, requiring a tougher approach to remove excess buildup.

Remember that exfoliation should not be an everyday activity. Experts urge people to exfoliate only once or twice a week while paying attention to how their skin reacts. If the skin looks or feels worse after starting an exfoliation routine, it's time to cut back or try a new approach. Further, it pays to be gentle when using abrasive products on your skin.

Finally, always keep it simple. You don't need multiple types of exfoliants; find one that works and stick with it! Never exfoliate skin that is irritated, broken out, or freshly waxed. But always moisturize your skin after exfoliating to keep a healthy glow, and be extra diligent about sunscreen use. Your skin will be more susceptible to damage after exfoliating, and a lack of caution can undo all your hard work.

A VINTAGE AFFAIR

23rd Annual Main Event

Wine charity events benefiting women and children? You can count me in! I've been personally supporting A Vintage Affair, a nonprofit here in Williamson County, for about a decade. Each year, they put on first-class wine charity events to raise money to benefit and assist those who need it most.

Last year, we gathered and celebrated with a 1920s theme — we dressed up and participated in wine tastings, events, and giveaways. At each event, they have some great deals on a variety of different wines to expand your palette and introduce you to new flavors and aromas. Music City Plastic Surgery always contributes some nonsurgical giveaways (such as injectables and fillers) as well.

This year, on Aug. 25 at Liberty Hall, A Vintage Affair will put on a Rhinestone Cowboy Gala with silent, live, and wine auctions, events, and entertainment. The list of sponsors is long, and it will be a great time for an even better cause! We hope to see you there!



Restore Comfort and Confidence

ALL YOU NEED TO KNOW ABOUT LABIAPLASTIES



As bathing suit season comes to an end, we tend to see an uptick in labiaplasties — the plastic surgery procedure that alters the folds of skin known as the labia minora and labia majora that surround the vulva.

Many people have heard the name, but not everyone knows what it is, or just how easy this outpatient procedure is! Labiaplasties are common and a popular way to help

women feel more comfortable both in and out of their clothes. We just recently had a patient, a mother of four, find our office after researching labiaplasties. She had heard of the procedure through a friend and was shocked to learn the procedure existed to help tighten up extra folds of skin down below.

It's important to note that labiaplasties are for a variety of women — we see many doctors, lawyers, bankers, and accountants for this quick and easy procedure that makes a huge impact. For most, the results of the procedure yield more comfort and an improvement in Aesthetics. After a labiaplasty, women who experience some discomfort in wearing certain clothes are able to wear tight-fitting clothes such as yoga pants, leggings, and skinny jeans

with ease and may even experience more comfort with sexual activities or exercise.

The procedure is quick and easy — it can be done in the OR or here in our office under local anesthesia. We first numb the area, then remove excess tissue, concentrating mainly on the labia minora. The entire procedure lasts roughly an hour and we close up the area with dissolvable stitches. We advise that activity is kept to a minimum for a month to allow the area time to heal.

Throughout a woman's lifetime, hormones, pregnancy, puberty, and even menopause can play a large role in altering the appearance and shape of the vulva. Labiaplasties deliver both functional and cosmetic solutions to help maintain comfort and confidence for years to come!

TODAY'S SIP Cakebread Vin De Porche Rosé



It's a sip of wine, it's summertime! In these hot summer months, rosé is the perfect wine to stay cool and catch a little buzz. Cakebread Vin De Porche rosé is an affordable option for all of your summer events, pool days, beach events, or time at the lake.

With notes of strawberry, melon, citrus, lemon, lime, and peach, this wine is best served chilled and pairs well with appetizers, fruity desserts, spicy foods, and shellfish. This silky-smooth rosé is crisp and refreshing!

—Dr. Mike

INSPIRATION

**“Success is never
final; failure is
never fatal; it is the
courage to continue
that counts.”**

—Anonymous