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TRIED-AND-TRUE METHODS TO BREAK YOUR KIDS' SCREEN ADDICTION

Every parent knows they should limit their children's screen time, but accomplishing it is far easier said than done. Kids love their devices as much as adults and would happily spend hours glued to their electronics if we let them. Fortunately, we've discovered some tried-and-true methods for parents to prevent bad habits.

ESTABLISH TIME LIMITS.

Every parent must determine the right amount of screen time for their kids, but it helps to know what experts recommend. The American Academy of Pediatrics says screen time should be strictly limited to video calls for children under 18 months, children 18 to 24 months should only watch high-quality programming with an adult, and kids aged 2 to 5 should watch no more than one hour daily. After that, the science gets a bit fuzzier, but most experts agree that less is best.

LAY DOWN THE LAW.

Once you decide on time limits, implement them ruthlessly. You can set most tablets to automatically turn off after they've been viewed for a set amount of time each day. Once time is up, it's up — and using someone else's tablet is unallowed. Furthermore, ask questions about what your kids are viewing and playing and use strict parental controls to ensure they only access age-appropriate content.

CREATE SCREEN-FREE ZONES.

Specific times and places should always be off-limits for screens. A prevalent rule involves no screens and food together; eating should be mindful, and dinner should be family time. Experts also recommend



no devices for one hour before bed. You might also consider requiring your kids to look away from screens and make eye contact while talking to someone. Other decrees could include tablets not leaving the car once you arrive at a destination or no devices while guests visit.

BE A GOOD ROLE MODEL.

Yes, you're the parent, and no one can tell you how much time to spend on your phone. But children quickly adopt what they see. When the adults around them are always glued to different electronic devices, it makes the habit seem even more attractive. Reducing screen time will benefit your health and ability to connect with your family. Limiting your use in front of your kids specifically will show them you practice what you preach.



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Haunted by Fear? UNLOCK YOUR FULL POTENTIAL AND FACE IT HEAD-ON

Goblins and ghosts and ghouls, oh my! Halloween is just around the corner. I've already started to see some spooky decorations going up, and my kids are beginning to plan out their costumes. Halloween has always been one of my favorite holidays — I love the thought of dressing up and the opportunity to be something you aren't for the day. It's also fun to watch a scary movie, tour a haunted house, or encounter a terrifying costume. I love a good spook.

When it comes to fears, I've always believed that it's best to face them head-on instead of running — they seem to always catch up with you. More often than not, once you address your fear, it turns out that it wasn't as scary as you made it out to be in your mind.

“UNLOCK YOUR
POTENTIAL AND
FACE YOUR FEARS!”

I am very religious and faithful and I often rely on God to take away some of my fears. I believe that you can either worry about a problem or pray on it, but you can't do both. With God on my side, I know that He will guide me in the right direction, so I let

Him take the reins, and with that, some of the fear disappears.

As a dad, I've tried to pass this on to my kids. As they grow and develop, it's been interesting to see the differences in which child is scared of the dark, who shies away from placing their own food order at a restaurant, or which one fears being alone. Right now, I think my 9-year-old daughter is the most clingy, but all my boys are now teenagers and have an invincible mindset.

To me, knowledge of a problem and proper research tends to make things less intimidating. The more I know, the easier it is to face the issue and the better off I am. My biggest fear is fear of the unknown — I hate being blindsided. I think my patients can relate to this.

Procedures and operations can be intimidating. For me and my staff, we may have done the same procedure 20 times in the past month, but we realize that for you, it's the first time. That's why we prioritize education in the office. From the moment a patient calls up to way after a procedure, we are always in contact, checking in and educating. We ensure that our patients know the details of surgeries and recovery as well as healing expectations and timelines.

Because we know that before a procedure patients can feel overwhelmed and their thought process may feel a bit clouded, we do our best to anticipate this and answer



the unasked questions. In fact, one of our core values is to provide the answers to the questions that are never mentioned. We've found that this helps to chase away fears and remove the unknown.

Facing your fears is a powerful journey that makes room for personal growth and empowerment. Fear can often hold us back from accomplishing our goals and pursuing our dreams. Unlock your potential and face your fears!

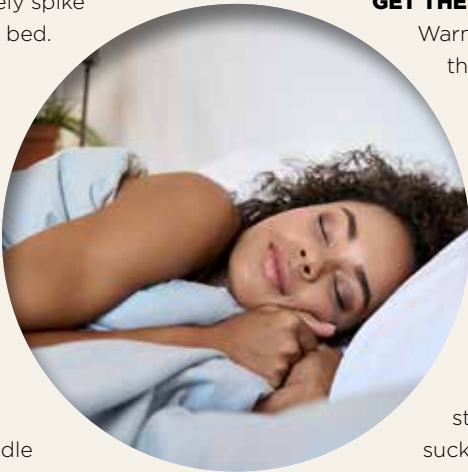
Happy Halloween!

—Dr. Mike

UNLOCK THE SECRETS OF A CALMING BEDTIME ROUTINE

Does it always seem like your kids get a burst of energy right before bedtime? After a jam-packed day, your child’s pent-up stress and energy will likely spike when it’s time to head to bed. The key is implementing a consistent bedtime routine to help them transition into sleep mode. Try therapeutic techniques to soothe your child for a full night of shuteye.

SQUEEZE ‘EM TIGHT (ADD PRESSURE).
Just like you would swaddle a baby, you should wrap your kids up like tiny burritos! When you add pressure that squeezes them tight, your child’s tactile and proprioceptive senses are activated, which creates a sense of calm and relaxation. You can also do this with weighted blankets, tight cuddles, or by



tucking them in nice and snug with pillows placed around them to add more pressure.

GET THEM WARM AND COZY.
Warmth is another element that can increase calm and signal bedtime! Put their blankets in the dryer so they’ll have them nice and warm when it’s time to lie down. Additionally, you can give them a warm drink with a straw, as the warmth not only relaxes them but the straw also encourages sucking motions, which are incredibly soothing for children.

CREATE GENTLE MOVEMENTS.
Repetitive and rhythmic movements like rocking back and forth generate vestibular input for the nervous system. This will help your children feel comfortable and ready to

sleep! You can try these motions by rocking them on a yoga ball for a few minutes, reading a bedtime story in a rocking chair, or sitting with them in a porch swing or hammock right before bed.

TURN THE SCREENS OFF.
We already know that looking at screens harms our sleep, so why would that be any different for children? Decrease screen time as the day advances and completely turn off any screens at least two hours before bedtime. Not only do you want to cut these harsh lights, but you should also add comforting ones! Unwind in dim lighting as the day ends, and place lava lamps or a night light in your children’s rooms to help soothe them. Also, adding a white noise machine or playing calm music can do wonders!

Combine these therapeutic methods to create the perfect bedtime routine that will have your energetic kiddos in bed without a hitch.

SMILE! The Contagious Act That Transforms Lives

It’s often said that a smile can change the world. Smiles are incredibly contagious and powerful. One of the largest sources of my happiness is my family — my wife and kids constantly bring a smile to my face. Right now, my daughter is at that age where anything that I say or do makes her laugh, so it’s great to be able to get an on-demand smile from her. Her joy melts my heart.

On Oct. 6, we celebrate World Smile Day. Smiling is a simple, powerful act that impacts our well-being, relationships, and our overall outlook on life. Studies show that even if you aren’t having the best day, forcing a smile can improve your day and boost your mood. Sometimes the “fake it until you make it” attitude works wonders. In fact, research has also shown that because Botox injections can make it difficult to frown, those who receive Botox frown less often and, in turn, are happier.

As a plastic surgeon, one of the most gratifying parts of my job is seeing true, genuine smiles break out on my patient’s faces. Whether it’s the smile when they try on the perfect implant size during their consultation, the smile they wear when they come into the office excited for their procedure, the smile in post-op when they see the initial results, or the smile three months after their surgery once they’ve healed and the true results shine through, I am always thrilled to know that I contributed to the happiness behind those smiles.



In a world that is often stressful and demanding, the simple act of smiling can be transformative. Smiling elevates our well-being, strengthens our relationships, and improves the quality of our interactions. By embracing our smiles and doing more things that make us happy, we lead better lives. Here’s to smiling!

Injecting Hope

SAY HELLO TO CONFIDENCE WITH DERMAL FILLERS

Dermal fillers have become a popular, safe, and effective method for rejuvenating and enhancing our facial features. These minimally invasive procedures offer a nonsurgical alternative to combat the effects of aging on collagen, elastin, and hyaluronic acid. Hope, our board-certified physician assistant, is our no-surgical and injectibles guru and has some facts to share with you on the benefits of dermal fillers.

MINIMALLY INVASIVE
One of the primary advantages of filler injections is their minimally invasive nature. Unlike many surgical procedures, which require incisions and anesthesia, fillers use the strategic injection of substances under the skin’s surface to achieve desired outcomes.

QUICK AND CONVENIENT
Filler injections are usually a quick procedure that can be performed on your lunch break or during a short office visit. This convenience appeals to individuals with busy schedules who wish to enhance their appearance without committing to a lengthy recovery period.

NASHVILLE-NATURAL RESULTS
Filler injections achieve natural-looking results to enhance your features while maintaining your unique characteristics. This artful approach avoids the “overdone” appearance that some fear with certain procedures.

MINIMAL DOWNTIME
Unlike traditional procedures, filler injections typically require little to no downtime. We often recommend avoiding physical or strenuous activity for 24 hours after the injections, and most patients can return to their normal lives after leaving our office. For those with busy schedules, this is a great option.

IMMEDIATE GRATIFICATION
One of the most satisfying aspects of dermal fillers is that our patients will see results almost instantly. Wrinkles are smoothed, volume is restored, and facial contours are enhanced in real time!

Let us help build your beautiful! Call us today to schedule a consultation with Hope!

TODAY’S SIP A Vintage Affair’s 13th Annual Grape Stomp



On Oct. 14 at the Factory at Franklin, Music City Plastic Surgery will be participating in A Vintage Affair’s 13th Annual Grape Stomp — an amazing charity event that supports women and children. Each year, we put together two teams of five people to stomp around in a barrel of grapes, dress up in fun-themed costumes, and enjoy tasty wine. Some fun team names and themes of the past include:

- Grapeful Dead
- Crabernet
- Delicious Squishes
- Afrodesiacs
- Marilyn Merlots

It’ll be fun to see what theme our teams come up with this year. We hope to see you out there!

Refer a patient to our office, and once they book a consultation or service, receive a spot on one of our teams for this year’s Grape Stomp!

INSPIRATION

