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CREATIVE CONNECTIONS

HOW DIY BOXES ARE REINVENTING FAMILY TIME

In an era increasingly dominated by digital screens, DIY subscription boxes have emerged as a refreshing medium for family bonding, offering more than just educational content but fostering memorable, shared experiences between parents and kids. Here are a few to consider!

CIRCUITMESS STEM BOX: A TECHNOLOGICAL BONDING EXPERIENCE

At the forefront of this trend is the CircuitMess STEM Box, an excellent choice for kids ages 11 and older. This box includes projects like assembling a "Clockstar" smartwatch or crafting a "Wheelson" self-driving car. It's a gateway to the complex world of AI and machine learning and a platform for parents to engage in these emerging technologies



alongside their children. Petros, a father from the U.S., reports: "Building the Ringo kit was an enriching experience, providing quality time and valuable learning for my son." Such activities emphasize the role of parents as partners in learning, jointly navigating the exhilarating path of technological discovery.

CIRCUITMESS WACKY ROBOTS: INTRODUCING ENGINEERING TO YOUNG MINDS

For the younger demographic (ages 9 and older), Wacky Robots is an excellent initiation into the world of robotics. Designed for simplicity, it allows younger children to participate. Vladimir from Croatia shares, "Assembling the robots with my daughter was a joy; it sparked her curiosity in ways I hadn't seen before." This box simplifies the complex

world of robotics into a playful and accessible format, perfectly suited for parents and children to explore together.

Ultimately, what distinguishes these subscription boxes is their ability to transform an ordinary evening into an adventure of cooperation and discovery. Working together on a project, whether it's building a robot or solving a technological puzzle, forges a unique bond. This shared journey through challenges and triumphs cultivates technical skills and deepens emotional connections.

DIY subscription boxes like CircuitMess STEM Box and Wacky Robots can serve as portals to new realms of knowledge and collaborative experiences, turning parents into co-adventurers in their kids' world of discovery. Families don't just create projects; they craft lasting memories and strengthen relationships.



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Juggling Through Life

MY JOURNEY IN BALANCING CAREER AND FAMILY

February is a time for winding down from the hustle and bustle of the holidays and the new year. But we also have Valentine's Day — an occasion to celebrate and cherish our relationships. In my life, I am fortunate to have many loves: my wife, children, practice, staff, and patients. Balancing these aspects, much like juggling multiple relationships, requires intention, patience, and a bit of humor.

As a plastic surgeon, my practice is similar to a relationship — that's how I like to think of it. Like a devoted partner, it demands time, energy, and attention. However, maintaining a healthy work-life balance is crucial. I've learned that being proactive in managing my time within the practice fosters a positive and efficient environment. But it's important to devote enough time to my family life too!

During my residency, a mentor humorously compared plastic surgery to a mistress — as it requires a delicate balance. It made me reflect on the parallels between career and relationships. Viewing my job as a relationship has been transformative. Just like in a marriage, proactive efforts are more effective than reactive. Time management becomes paramount in managing relationships with patients, staff, and the overall function of the practice.

Lessons learned from my marriage and home life apply to my professional life — being proactive in addressing challenges and

planning for success is crucial. I've been told I'm a workaholic at times, but I take the feedback with pride, for I'm constantly working to improve our patients' experience.

Balancing my love for family, career, and personal pursuits keeps me on my toes, but I am confident that I have it figured out — for the most part. In April, my wife and I will have been married for 22 years, and in that time, I've learned valuable lessons about relationships. Proactivity, communication, and time

management play vital roles in maintaining a strong bond. Similar principles apply to managing a successful medical practice, and believe it or not, it all comes back to love.

Gary Chapman's "The 5 Love Languages" is one of my favorite books and has been influential in my life. Understanding and recognizing the love languages — acts of service, gifts, words of affirmation, quality time, and physical touch — have improved my relationships and helped me balance what is important. In life, unexpected challenges may arise, but prioritizing what's important — whether it's expressing appreciation to a staff member or spending quality time with family and knowing *how* to communicate that — ensures that the relationships thrive despite unforeseen circumstances.

Balancing love in life and practice is an ongoing journey of self-discovery and adaptation. By embracing proactive approaches, effective time management, and understanding the dynamics of relationships, we can all navigate the complexities of both personal and professional spheres. As Valentine's Day approaches, I encourage everyone to celebrate the various loves in their lives and find joy in balancing what is most important to you! Happy Valentine's Day!

—Dr. Mike



THE POWER OF POWER NAPPING

A 15-Minute Nap Can Boost Your Mood, Happiness, and Health

To some, a nap is a vital part of a daily routine. To others, naps are accidents and should be avoided. Power naps — also known as “cat naps” — are short, usually around 15-20 minutes, and many believe such a tiny amount of sleep can’t be helpful. You can’t even get to the REM sleep stage. However, peer-reviewed studies show power naps can have many benefits for their minimal time investment. Here are three ways you benefit from adding a 15-minute sleep session to your daily routine.

THINK CLEARER

Napping is excellent for sharpening your cognitive powers. High sleep quality leads to better memory, fast response times, and mental clarity, so a power nap is perfect for fitting a little more into your schedule. But while a cat nap can sharpen your focus, a longer nap might hinder you. Long naps go through the entire sleep cycle and result in grogginess, impairing brain function for a short time.

LOWER STRESS

People get cranky when they’re tired. Less sleep causes aggression, emotional outbursts, and mood changes. Adequate sleep makes

you feel a lot better — emotionally and physically. While power naps aren’t the solution to every problem, they can be a lifesaver in high-stress situations. Consider taking a cat nap if you’re under a tight deadline. Doing so can boost productivity and lower stress levels.



LIVE LONGER

Power naps help more than just the brain. They also benefit the cardiovascular system, as regular naps can lower blood pressure, which means you’re at a lower risk of a stroke or heart attack. People who don’t get enough sleep have more frequent headaches, immunological issues, and an increased appetite. Gaining weight then leads to many other health problems, so those who want to lose weight should also watch their sleep schedule.

In short, fit a power nap into your schedule regularly. Cultures around the world take midday naps for a reason. If power naps don’t help you feel better, consider visiting a doctor. Constant exhaustion — especially insomnia — can indicate other health problems lurking.

RECLAIM CONFIDENCE *Let’s Talk Labiaplasty*

Valentine’s Day is a special and intimate holiday and celebrates the depth of connections between partners. In the realm of plastic surgery, Music City Plastic Surgery understands the significance of intimate procedures, with labiaplasty being one of our more common but private procedures. This procedure addresses concerns related to the labia minora, offering comfort and confidence to those seeking it.

COMMON, BUT NOT WIDELY DISCUSSED

Labiaplasties are more common than many realize, often discussed discreetly among friends or discovered through articles. Some women may be unaware of this option until they encounter it in conversations or through the media.

POST-CHILDBIRTH CHANGES

The labia minora can undergo changes, becoming stretched or developing excess skin, especially after childbirth. Such alterations may lead to discomfort during certain activities or while wearing specific

clothing. Labiaplasty addresses these concerns, offering a solution for women seeking to regain comfort and confidence.

MINIMALLY INVASIVE SOLUTIONS

At Music City Plastic Surgery, we use innovative techniques like Renuvion, a tool utilizing helium gas to shrink labial tissue from the inside. This minimally invasive approach involves small incisions and provides an efficient solution for mild cases, enhancing the overall patient experience.

WEDGE EXCISION FOR EXTENSIVE CASES

In some cases, a wedge excision may be necessary to remove excess skin comprehensively. Despite the procedure’s slightly more extensive nature, the resulting scar seamlessly blends into the natural folds of the labia, maintaining aesthetic appeal.

SIMPLE PROCEDURE

Labiaplasty is a straightforward procedure that typically lasts about an hour. It can be

performed under local anesthesia, ensuring patient comfort throughout the process.

QUICK RECOVERY

Patients can return home on the same day as the procedure, experiencing minimal downtime. While we advise refraining from sexual intercourse for a month, overall physical activity and daily life become significantly more comfortable post-recovery.

ENHANCED COMFORT AND CONFIDENCE

The primary goal of labiaplasty is to enhance a woman’s overall comfort. The procedure empowers individuals to embrace their bodies and feel more at ease in various activities and clothing choices.

Labiaplasty is just one example of how plastic surgery can contribute to a woman’s confidence. By discussing such procedures openly and providing accessible solutions, we hope to empower those seeking ways to celebrate their own well-being.

Injecting Hope

ENHANCING YOUR NATURAL BEAUTY WITH LIP FILLERS

Lip fillers have become a popular cosmetic procedure for those seeking a subtle enhancement or a more pronounced, plump pout. At Music City Plastic Surgery, we prioritize a personalized approach, beginning with a thorough consultation to understand the unique goals of each patient.

THE CONSULTATION

Before embarking on the lip filler journey, we have a comprehensive consultation with Hope, our board-certified physician assistant, to understand the specific desires and expectations of the patient. Whether it’s their first time or they’re seeking a touch-up, understanding their goals is the foundation for a successful outcome.

FIRST-TIME LIP FILLER

For first-time recipients, we typically start with a single syringe of our preferred hyaluronic acid-based fillers, such as RHA fillers or Restylane Kysse. This initial treatment hydrates the lips and addresses any signs of aging or fine lines. The focus is on achieving a natural and harmonious look that aligns with the patient’s aesthetic preferences.

ADDITIONAL SYRINGE FOR PLUMPING (IF NEEDED)

To achieve a more pronounced plumping effect, we recommend adding another syringe approximately two weeks after the first treatment, but only if needed. This staged approach allows for a gradual enhancement, ensuring the patient’s comfort and satisfaction.

HEALING PROCESS AND AFTERCARE

The total healing process spans two weeks, during which patients may experience mild swelling and bruising. To minimize these temporary side effects, we advise avoiding blood thinners before the procedure and incorporating arnica, either orally or topically. Post-treatment, refraining from intense workouts for the first 24 hours and avoiding extreme temperatures will contribute to a smoother recovery.

DURATION OF RESULTS

In general, results last around six months for first-time filler patients and extend to one to two years for those who have had filler before.

Embarking on a lip filler journey with Music City Plastic Surgery is a meticulous and personalized process. From the initial consultation to the follow-up, we prioritize the unique goals and comfort of each patient, aiming to enhance their natural beauty with subtle, yet impactful, results. Are you ready to enhance your natural lips today? Give us a call!

SIP OF THE MONTH

Caymus Cabernet



One of the wines that first introduced Dr. Mike to “good” and tasteful wine was Caymus Cabernet. This full-bodied cab is wildly popular, and for a great reason — it features layered, lush aromas and flavors with bold tannins! This excellent choice pairs well with beef, duck, and lamb, and is an excellent choice for Valentine’s Day or a similar special meal or occasion!

With Caymus, you can never go wrong!

—Dr. Mike

INSPIRATION

