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## SAVORING THE SWEET MOMENTS OF CHILDHOOD RAINBOW BUBBLE FOAM FUN FOR THE FAMILY

Nothing beats building lasting bonds and creating colorful memories while having fun with your kids. And one of the best ways to do that is with activities that ignite their imagination and spark their curiosity. One activity you can do together is making and experimenting with rainbow bubble foam. This sensory-driven craft combines vibrant colors with fluffy bubbles, stimulating creativity and fine motor skills while providing multisensory exploration.

Children will be transported to a world of wonder, from the mesmerizing swirls of bright colors to the sensation of squishy foam between their fingers! Here's a simple recipe to get the foamy fun started.

1. Add 2 cups of water and 1 cup of child-safe bubbling body wash to a large mixing bowl.
2. Add food coloring of your desired color (the amount can vary, but more dye means more vibrant colors).



3. Mix with an electric mixer until stiff, foamy peaks form.
4. Repeat the previous steps for each color of foam you want to add to playtime.

It's that easy! To make the experience even more fun, provide scoops, cups, utensils, and other play items to mix in the foam and let your child's imagination run wild. You can direct them to paint their best picture using the different foam colors, or if you don't mind a little bit of mess, you can start a mini foam fight in your backyard or bathtub. (Food coloring stains can be removed from clothing with a mixture of vinegar and baking soda added to laundry detergent.)

These fun playtime memories will stick with your child for the rest of their lives. The beauty of parenthood is helping kids embark on a journey filled with love, laughter, and an adventurous spirit.



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# BURGDORF BEAUTY INSIDER



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## Reflections and Realities OVERCOMING SELF-CRITICISM AND BUILDING CONFIDENCE

Ever since I was a teenager, I couldn't resist checking my reflection in mirrors, reflective buildings, or car windows to make sure I looked okay. As I grew older, this habit became a running joke in my family. Embracing the humor, I continued doing it, partly as a joke and partly out of habit.

July 3 is Compliment Your Mirror Day — fitting for us here at Music City Plastic Surgery! Being happy or content with our appearance is a struggle for many of us.

I recently came across a saying that highlighted how difficult it is for many people to truly look in the mirror. The advice suggested that to help people become more comfortable with their appearance and accept their image, they look in the mirror and search for details; for example, instead of seeing eyes as a single color, they stop to appreciate the shades, specks, and imperfections. The goal is to teach us to appreciate our unique beauty and what sets us apart.

Taking a deep look in the mirror makes us vulnerable. It can reveal insecurities but also offers an opportunity to fall more in love with ourselves. I often tell my kids that the only person they need to answer to is the one looking back at them in the mirror. They should be proud of themselves and remember that confidence is key. When I look in the mirror, I see myself, my faith, and God. I go beyond just my reflection, looking past my eyes and into my soul.

I often discuss with my patients how critical we can be of ourselves. When reviewing our pre-op and post-op results, we scrutinize every

detail in the mirror, whereas we only glance at others. For example, at the beach, we might quickly notice someone's glowing skin, nice body, or attractive face. However, when we look in the mirror, we focus on asymmetries or slight imperfections, like a bump in our nose, because we study ourselves intently. Finding a balance and overcoming these insecurities can be challenging, but it is so important.

I used to train with a guy who carried photos of Playboy models. He'd point out something surprising — most had asymmetries and slight imperfections. His goal was to demonstrate that others often do not notice what we consider significant flaws. These imperfections seem like a big deal to us, but others may not even notice them.

Every day, I hear patients express dissatisfaction with parts of their appearance or wish to change something. This month, I challenge us all to flip that script. When you look in the mirror, focus on what you like and give yourself a compliment. Aim to recognize both internal and external attributes. What do you see when you look into your eyes and peek into your soul? Confidence is crucial and impacts many areas of our relationships, careers, and personal well-being.

Give yourself praise and grace — we all have a lot going on. It's a busy world out there, but we always come first.

—Dr. Mike



# FOOD FOR THOUGHT

## The Importance of a Vitamin D-Rich Diet

Vitamin D, best known as the “sunshine vitamin,” is uniquely both a nutrient we eat and a hormone our body makes when exposed to sunlight. While our bodies need vitamin D to absorb calcium, allowing us to build and fortify our bones, it does *far* more than that. The fat-soluble vitamin is also an anti-inflammatory and helps our brains and immune systems function. According to the Mayo Clinic, the daily recommendation for vitamin D intake for the vast majority of the population is around 600 international units or IU. However, unlike many other nutrients, not many foods naturally contain a large amount of vitamin D. Whether natural or fortified, here are the best foods to add to your diet to help you hit the recommended daily vitamin D intake.

### NATURAL SOURCES OF VITAMIN D

If you are searching for a natural vitamin D source, you will likely have to get your feet wet. Some of the best natural sources of vitamin D are fatty fish like salmon, herring, sardines, and tuna. While a 3.5-ounce



serving of farmed salmon contains about 526 IU, a serving of wild-caught salmon may contain *significantly* more and may even exceed the daily recommendation. A 3.5-ounce serving of herring or sardines will net you around 200 IU, or about a third of your daily recommended vitamin D. You can also obtain trace amounts of vitamin D from foods such as egg yolks, cheese, and beef liver.

### ARTIFICIAL SOURCES OF VITAMIN D

If you do not mind using artificial sources to hit your daily recommended dose of vitamin D, then your best bet is a supplement. A great source is cod liver oil, which contains 450 IU of vitamin D *per* teaspoon. For those who don't enjoy seafood, fortified milk is a great way to hit your daily recommended intake.

No matter how you acquire your vitamin D, the benefits are worth the effort. From helping revitalize cell growth to keeping your bones strong and healthy, vitamin D is a nutrient you should consider incorporating more of into your diet.

# WELCOME MARINA!

Meet Our New Patient Coordinator

Have you met Marina yet?

Music City Plastic Surgery has a new patient coordinator! Marina brings a wealth of experience from her previous roles as an office manager at a dental practice and a team member at another plastic surgery office. Bilingual and the oldest of many siblings, Marina has lived all over the U.S. and even spent time in Mexico. Her diverse background and extensive experience make her a fantastic addition to our team, and we are excited for you to meet her!

As our patient coordinator, she wears many hats. Primarily, she acts as our patient concierge. She follows our patients from their initial inquiry through consultation, scheduling, appointments, and post-op procedures. “I love my role here at Music City Plastic Surgery,” she tells us. “It’s rewarding to help patients work through their insecurities. Especially with women and moms who often

put themselves last, being able to help restore or build their confidence is amazing.”

“Confidence flows over into so many different areas of our lives, including our relationships, careers, and well-being,” Marina says. “I think any man or woman can understand what it feels like to be insecure about something, and when you restore some of that confidence, the positive results can boil over into how you parent your children or your performance at work. I love being a part of this process.”

Outside of work, Marina is adventurous and loves to travel when she has the opportunity! A huge foodie, she’s always ready to try a new restaurant or dish and loves to go out and have a cocktail or two on the weekends!

Marina, we are thrilled that you have decided to call Music City Plastic Surgery home. We look forward to working together to provide the very best for our clients for years to come!



## Injecting Hope

### SAY GOODBYE TO DARK UNDEREYES!

One of the most common concerns among our patients is the appearance of dark undereyes and hollowness, which can stem from genetics, thinning skin, bone changes, or loss of tissue or fat pads over time. Fortunately, undereye fillers offer an effective solution and help restore a youthful appearance.

Hope, our non-surgical technician and physician assistant, has insights and solutions to pesky dark undereyes!

### UNDERSTANDING THE CAUSES OF DARK UNDEREYES

**Genetics:** Many people inherit their parents’ tendency for dark undereyes and hollowness.

**Aging:** As we age, the skin under the eyes becomes thinner, and bone structure changes. Additionally, the loss of tissue and fat pads

in this area can create a sunken appearance, exacerbating shadows and dark circles.

### HOW UNDEREYE FILLERS WORK

Undereye fillers address the hollowness beneath the eyes, which, in turn, improves the shadowing and darkening of the skin. The fillers are injected into the tear trough to fill in the depressions and create a smoother, more even surface.

At our clinic, we use two types of fillers for this procedure:

**Restylane-L:** A hyaluronic acid filler known for its smooth texture and natural-looking results.

**RHA Redensity:** A resilient hyaluronic acid filler that adapts well to facial dynamics and offers long-lasting results.

The choice between Restylane-L and RHA Redensity depends on the patient’s specific anatomy and the severity of their hollowness. Hope evaluates these factors during your consultation to determine the best option for achieving optimal results.

### UNDEREYE FILLER PROCESS

Hope uses a special technique to inject the filler using a cannula, which is a thin, flexible tube. This method minimizes bruising and swelling, allowing patients to return to work the same day. The cannula technique is less invasive than traditional needle injections and provides a safer, more comfortable experience. While you can quickly return to daily activities, patients should avoid working out and other strenuous activities for 48 hours post-treatment to minimize potential swelling or bruising and ensure the best possible outcome.

Undereye fillers offer a practical and effective solution for those struggling with dark circles and hollowness. With the right filler and technique, you can achieve a more youthful and refreshed look and enhance your natural beauty with minimal downtime.

*For more information or to schedule a consultation with Hope, call us today! We are ready to reveal a more youthful you!*

### SIP OF THE MONTH

## Aequitas 2021 Russian River Chardonnay



Ah — the taste of summer! Aequitas 2021 Russian River Chardonnay features enticing aromas of fresh pineapple, sweet golden apple, and flower petals with hints of honey and pear. The palate is soft and silky with a rich, creamy texture, and the finish is linear but will round out with age.

This summer, Dr. Burgdorf and his wife will be toasting with this delightful wine, pairing it with fish and other great dishes off the grill! Cheers!

—Dr. Mike

## INSPIRATION

**“We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.”**

**—Marie Curie**