



307 Southgate Court,
Brentwood, TN 37027



Phone: 615.205.5155
MusicCityPlasticSurgery.com



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INSIDE THIS ISSUE

Celebrating the Superhero Moms in
Our Lives This Mother's Day
[PAGE 1](#)

[Jumpstart Your Skin Care](#)

[Looking Younger With Threads](#)
[PAGE 2](#)

[Buckle Up for Road Trip Adventures!](#)

[Sip of the Month](#)
[PAGE 3](#)

[Rejuvenate Your Routine With 4
Spring Wellness Changes](#)
[PAGE 4](#)

SPRING INTO WELLNESS

REFRESHING WAYS TO REVITALIZE YOUR HEALTH ROUTINE

Spring is the season of renewal and rejuvenation, so there's no better time to revitalize your health and wellness routine. New routines can boost your motivation and keep you engaged. From workouts to diet, it's time to get out and take advantage of the sunshine!

GET OUTSIDE

Winter is fierce, unrelenting, and notorious for derailing outdoor fitness routines. It's finally warm enough to exercise outside, so mix things up and get outside. Jump on a bike and ride through the wind. Slip on your jogging shoes and run through the neighborhood. Put on your swimsuit and head to the pool. Nature is full of challenging and fun activities, so take advantage of the warm weather before the next winter arrives.

SPICE UP YOUR ROUTINE

If you're into yoga or weight training, try new exercises. A new routine ensures you won't miss any muscles while keeping you engaged. When the treadmill becomes a *dreadmill*, do your cardio on an elliptical or stationary bike. Grab some free weights if you're starting to find weight machines dull. There's always an alternative to keep things interesting.

FIND FRIENDS

A workout buddy can keep you invested in your routine. They'll keep you motivated and accountable — it's much harder to skip a workout if someone's relying on you. Even better, a partner can keep you safe if you're weight training. Consider enrolling in a class if you have trouble finding someone to work out with. Not only can you learn new fitness tips and tricks, but you can also make friends.

SPRINGIFY YOUR DIET

Winter typically involves plenty of warm comfort meals, such as soups and hot chocolate, but spring is blooming with other options. It offers an array of refreshing and delightfully light dishes. Strawberries, pineapples, and avocados are best these months, along with many other delicious foods perfect for salads and smoothies.

Shake up spring and keep to your regimen. There's no better time to build healthy habits, especially in May's warm weather. Take a jog with a friend, and afterward, enjoy a strawberry smoothie, and you'll surely have an exceptional season.



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A Toast to All Moms

CELEBRATING YOUR STRENGTH, LOVE, AND SACRIFICE

If my life were a book, my mom would certainly be the hero of its pages. Before she swapped her nurse's scrubs for a mom superhero cape, she was assisting with miracles in the operating room.

Her tales from the OR captivated me — they were my first glimpse into the world of medicine, where science meets compassion. I fell in love with the culture she was a part of, and I witnessed her passion for the job firsthand. She was instrumental in helping me get to where I am today, and for that, I can never thank her enough.

Growing up, all of us kids were close to our grandmother, our mom's mom. We would see her on holidays and birthdays, and she'd tag along to sporting events and school functions to support us. Looking back, I was so lucky to have a close relationship with my grandmother. She was the kind of grandma who could make you feel like the most special person in the world with just a smile or a hug.

“THEY'RE THE REAL MVPS, TEACHING US,
GUIDING US, AND OCCASIONALLY SAVING
US FROM OUR LESS-THAN-BRILLIANT IDEAS.”

Today, we are just a stone's throw away from my mother-in-law and it's great for my kids to be able to visit with her often. This past Easter, my wife was stuck working. However, my mother-in-law hosted Easter and took care of all of the cooking. It was one for the books and a reminder of the awesome power of mom-made magic.

Moms and all mother figures play a huge role in our lives. From diaper changes to navigating the frustrations of teenage drama, they do it all with a smile on their faces and unconditional love in their hearts. They teach us right from wrong, are our biggest cheerleaders, and work to help us become the best version of ourselves possible.



Remembering my mom's and grandmother's legacies and seeing the amazing job my wife does drives home the impact of these incredible women. They're the real MVPs, teaching us, guiding us, and occasionally saving us from our less-than-brilliant ideas.

Acknowledging the sacrifices and endless love of all moms, including the amazing ones we meet here in the office as patients, is super important to us. Moms, you're the unsung heroes of everyday life, juggling a million things and somehow still managing to be our rock. That's why we shout from the rooftops about taking some well-deserved “me” time, especially with treats like our Mommy Makeover. Because if anyone's earned a bit of pampering, it's definitely you. We encourage you to take the time to work on yourself or tackle those pesky things that make you feel a bit self-conscious.

So, as Mother's Day rolls around, let's raise a glass (or a coffee cup for those early mornings) to the incredible women who make it all happen. To all the moms out there, you're nothing short of superheroes. May your day be filled with love, laughter, and maybe even a moment or two of well-deserved rest. Cheers to you and the extraordinary love you share. Happy Mother's Day!

—Dr. Mike

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SHOW YOUR SKIN SOME LOVE

3 Tips for Your Skin Care Journey

Healthier and radiant skin involves more than just a collection of expensive skin care products. It's more about a consistent routine with products that protect and complement your skin. A skin care routine can be a game-changer in achieving beautiful skin if done right. Here are three starter tips to jump-start your skin care journey.

DOUBLE CLEANSER.

Double cleansing is a new skin care practice with a name that describes it precisely. First, use an oil-based cleanser to break down any makeup, sunscreen, or excess oils on your skin. Scrub gently for at least one minute; sing your favorite song or set a timer — just be sure it's one minute. Wash off the cleanser with warm water and begin the second part with a water-based cleanser, ensuring thorough removal of sweat and environmental pollutants. After rinsing, gently pat your face dry.

USE SUNSCREEN DAILY.

Incorporating sunscreen into your skin care routine is crucial for maintaining beautiful skin. Dermatologist Dr. Howard



Wang tells Johns Hopkins Medicine that “sunscreen is an essential aspect of a morning routine to protect the skin from harmful UV rays.” It helps prevent skin cancer, premature aging, and hyperpigmentation. Using sunscreen should become a habit in your daily routine, reapplying every 2–3 hours. You can also throw sunscreen sticks in your bag for easy application or use moisturizers with SPF. Just make sure it's at least 30 SPF.

DON'T FORGET YOUR NECK AND CHEST.

Including the neck and chest in a skin care routine is also incredibly important. Just extend your double cleansing, moisturizer, SPF, and any other steps to your neck and chest. Skin care expert Paula Begoun explains, “The neck and chest have fewer oil glands, meaning they're more prone to dryness and accelerated aging.” So, extending your routine to these often-neglected areas will address signs of aging more thoroughly. You'll see and feel the difference in your skin in no time.

ON THE OPEN ROAD

Embracing Road Trip Adventures

Who doesn't love a good road trip? And on May 24, we have National Road Trip Day to celebrate them! Road trips offer endless opportunities for adventure and discovery — you really never know what you'll come across. Among my collection of travel memories, several road trips stand out.

Back in college, right around the time I was deciding which medical school I wanted to attend, about four or five of us took a road trip to New Orleans and crashed on someone's couch for Mardi Gras. We set out on the journey with little knowledge of the city beyond its famous carnival. The experience was a blast, and we learned a lot about the music, atmosphere, food, and culture that define New Orleans.

On our honeymoon, my wife and I took a road trip along the Amalfi Coast in Italy. The roads were incredibly narrow and left us winding through hairpin turns and



clinging as close as possible to cliff edges. I remember cars and trucks who were used to navigating these roads whizzing past us while I focused solely on keeping us safe. Our destination was a restaurant I had stumbled upon four years earlier during a post-college backpacking trip, and had made a silent vow to return one day with my wife. The journey to rediscovering this hidden gem was challenging, as it took me a bit to find it again. Parking proved to be difficult, and we ended up having to walk about half a mile. Hungry and confused, my

wife was a bit upset, hoping that we could just pick another destination to grab a bite — but I was on a mission. Once we arrived, I explained myself. The reward was worth it — the breathtaking view and the joy of fulfilling a promise to my younger self made the meal unforgettable.

Family road trips are their own beast. We often take an hour's drive to Jackson Falls. It's the perfect spot for swimming and hiking with the kids. While road trips with children present their own challenges, they're also filled with moments of joy and laughter, making the shorter journeys just as fun and memorable — as long as we don't have to make too many bathroom stops along the way!

What road trips have you taken? I love the spontaneous joys that arise from them. After all, the journey is as important as the destination.

Injecting Hope

DISCOVER THE SECRET TO REJUVENATED SKIN: PRP MICRONEEDLING

In the quest for youthful, radiant skin, platelet-rich plasma (PRP) microneedling, also known as the “vampire facial,” has emerged as a revolutionary solution. Offered at our clinic, this innovative treatment is a game changer in skin rejuvenation, promising not only to enhance the texture and tone of your skin but also to diminish fine lines, acne scars, pores, and mild pigmentation issues.

Hope, our non-surgical technician and physician assistant, regularly performs PRP microneedling in our clinic. With over nine years of experience in facial aesthetics, injectables, micro-needling, laser treatments, platelet-rich plasma (PRP), and thread lifting, she has information to share about this innovative procedure!

WHY IS PRP MICRONEEDLING EFFECTIVE?

The procedure combines the power of your own platelet-rich plasma (PRP) with the cutting-edge technology of microneedling. By utilizing a specialized device, tiny needles create micro-injuries in the skin, stimulating the body's natural healing process and the production of collagen and elastin. The application of PRP, derived from your own blood, enhances this process by releasing growth factors that promote tissue repair and regeneration.

HOW CAN YOU ACHIEVE THE BEST RESULTS?

We recommend a series of 3–4 treatments spaced one month apart. This regimen allows the skin to heal and rejuvenate between sessions, gradually improving its overall appearance. Patients appreciate the minimal downtime associated with PRP microneedling, with a typical recovery period of just 2–3 days. This makes it a convenient option for those with busy lifestyles who still want to invest in their skin's health and beauty.

WHAT ARE THE BENEFITS OF PRP MICRONEEDLING?

The benefits extend beyond its immediate aesthetic improvements. As the treatment boosts the skin's natural ability to heal and renew itself, patients notice a significant reduction in signs of aging and skin imperfections. The increased collagen production results in firmer, smoother skin, while the reduction in pore size and acne scars leads to a more even and refined complexion. Furthermore, the treatment's ability to address mild pigmentation issues can result in a brighter, more uniform skin tone.

By harnessing the body's own healing capabilities and the latest in skincare technology, PRP microneedling provides a safe and efficient way to achieve beautiful, youthful skin. Whether you're looking to revitalize your face, neck, or chest or reduce the appearance of surgical scarring, this could be the solution you've been searching for. Embrace the opportunity to reveal your skin's natural radiance and book your consultation with Hope today!

SIP OF THE MONTH

Mom's Choice



This month, let's toast to the incredible women who've shaped our lives — our moms!

In celebration of Mother's Day, we're featuring something special: *Your* mom's favorite drink. Whether it's a bubbly mimosa, a fine wine, morning coffee, or even a diet cherry coke, we invite you to indulge in a beverage that brings your mom to mind. It's a small but meaningful way to honor her, embracing the flavors and moments that remind us of the love and warmth she's shared.

So, let's raise a glass to all the mothers out there for their strength, love, and the countless ways they've enriched our lives. Happy Mother's Day!

—Dr. Mike

INSPIRATION

