



3803 Bedford Ave., Suite 102
Nashville, TN 37215

Phone: 615.567.5716
MusicCityPlasticSurgery.com

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

'Better Than Last Year' Won't Cut It
PAGE 1

What Does It Take to Be
'Dermatologist Approved'?

New Year: Mommy Edition
PAGE 2

New Year: Daddy's Corner

Cuddle Up With a Bottle of
Conundrum Red
PAGE 3

Your Devices Deserve Clean Screens
PAGE 4

GREASE AND FINGERPRINTS BE GONE 3 HANDY WAYS TO CLEAN YOUR SCREENS

While phones, tablets, laptops, and desktops have become convenient, everyday technology, one struggle remains: constantly dirty screens. Regular cleaning is a must for battling fingerprints, dust, and other smudges, not to mention all the germs that can collect on the surface of your device. But how do you clean your screens without ruining any functionality? Before you drench your device in your typical household cleaner, try these three cleaning products and say goodbye to dirty screens!

MOBILE SCREEN WIPES

Chances are, you use your phone more than all your other devices combined, resulting in a constantly dirty screen. With Zeiss Mobile Screen Wipes, you can rest assured that no matter how dirty your phone screen gets, you can clean it any time, any place. These wipes are individually wrapped and can easily fit in a pocket, purse, or drawer at work. As an added bonus, they can also clean your eyeglasses. You can find them for \$7.49 on Amazon!



SCREEN CLEANER

Best Buy has its own brand of screen cleaner called Insignia. Insignia can thoroughly and safely clean any device's screen and keep it streak-free long after cleaning. Since you simply spray some onto a cleaning cloth, the 5-ounce bottle lasts quite a while. With a 4.7 rating from over 1,400 reviews, Insignia is perfect for all of your screen-cleaning needs! Pick up a bottle of your own at Best Buy for \$9.99.

ELECTRONIC WIPES

Weiman Electronic Wipes are perfect for removing grease smudges, dust, and fingerprints from any of your delicate screens, including TVs, tablets, phones, and laptops. They can even be used to spot-clean keyboards. The wipes come ready to use and contain no harsh ingredients. You can purchase them on Amazon for \$14.98.



BURGDORF BEAUTY INSIDER



JANUARY 2021

615.567.5716 | MUSICCITYPLASTICSURGERY.COM

WHY 2021 IS MY 'YEAR OF RELATIONSHIPS'

Well, folks, it's time to put 2020 behind us and look forward to a brand-new year at last. It'd be easy enough to say that 2021 will be a better year than the one that came before, and I certainly hope that will be the case. In truth, that's all most people want from this year! But I'm gonna try to get more out of it than ever, and I encourage you to do the same. I'm making 2021 "The Year of Relationships," with a special focus on the important people in my life.

First and foremost, that means God. It's been tough not having worship services regularly, but I want to develop my personal relationship with the Almighty this year, as I do every year. I'm struggling to see not being able to go to church regularly as anything other than a challenge, but I know it's a challenge He's offering me, and I'm going to take it head-on.

After that, I want to focus on my bond with my wife. What couple doesn't need a date night after lockdown? With all these kids, it's been tough for us to have time away, but we're working on it — or, more specifically, *I'm* working on it on her behalf. And I'm going to keep that up this year by regularly going out or staying in with my wife and showing how much I love her.

I love those kids, too, and surely "The Year of Relationships" has to include time with them all as individuals but also together as a crew. My staff may not be my children, but I include them here as well—they're a crew of their own, and I care about them like family. This year I want to make sure each is shown how special they are to me

and how much I appreciate them. As a boss, there are few priorities higher than that.

I've always believed the saying, "You are the product of your five closest friends," but this year, I really plan to examine that by keeping in touch with my friends. Am I being as good a friend to them as they are to me? Are my friends holding me accountable in the way that I need to be? Is there anybody in my friend group who feels left out?

There's one last relationship, and that's my relationship with myself. Am I exercising enough? Getting enough sleep? I want to work out more aggressively this year, focus on my health both spiritual and mental, and make a real investment in my mind. As Ben Franklin said, "If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest." For me, that means reading at least 40 books this year, which is an achievable goal!

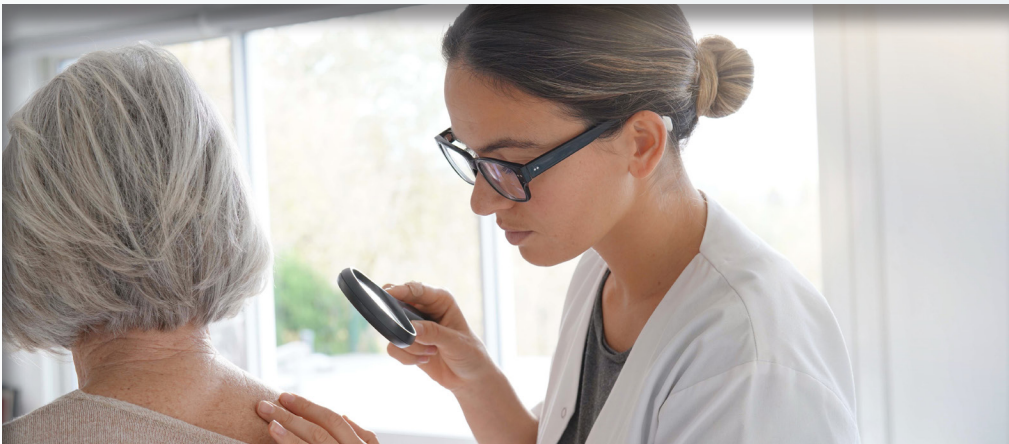
As I reach the end of this letter, I want you to look back up and read it again. I said I had one goal — making 2021 "The Year of Relationships." But really, this whole letter is full of goals: Work out, read more, spend more time praying, devote myself to my wife and kids ... the list goes on! But all of them fall under the purview of relationships, and I'm not likely to forget any of them.

I encourage you to consider doing the same. Don't just let 2021 be "better than last year," make it about something more.

-Dr. Mike

WHAT DOES IT TAKE TO BE ‘DERMATOLOGIST APPROVED’?

If you have aging or sensitive skin, you probably live by the term “dermatologist approved” when you’re searching for the best skin products. However, have you ever stopped to wonder what that term actually means and what it takes to even become “dermatologist approved”? How strict are the regulations on the many products you use on a daily basis?



The truth is that there are currently *no* legal restrictions on what can be “dermatologist approved” except that it should be approved by a dermatologist. It doesn’t even matter if they test the product once or a hundred times — the product can get the label slapped on as long as it was approved.

Because of this lack of regulation, the testing dermatologist may not consider the health implications of ingredients in any given product. However, certain ingredients can have serious long-term effects on your health and skin, such as parabens (may cause endocrine/hormone disruption), retinol (linked to tumor growth and DNA damage), and hydroquinone (potentially cancerous and toxic for your organs).

And if you think any products labeled as “hypoallergenic” are any safer, you’d be wrong. The Food and Drug Administration’s website clearly states: “There are no Federal standards or definitions that govern the use of the term ‘hypoallergenic.’”

However, that’s not to say all brands that work with dermatologists are malicious liars. Some brands do hold themselves accountable to their claims of professional approval. For example, many CeraVe products are developed with dermatologists

and are approved by associations like the National Eczema Association.

Ultimately, talk to a dermatologist you trust. They should have a good sense of what your skin needs, what’s best for your long-term health, and what products actually work. Skin care marketing thrives off the fantasy of “fixing” your skin problems instantly, and, sadly, there’s a lot of room to stretch the truth. Make sure to do your research before deciding to buy!

NEW YEAR, NEW YOU — PART 2!

DID YOU THINK WE FORGOT YOU, DADS?

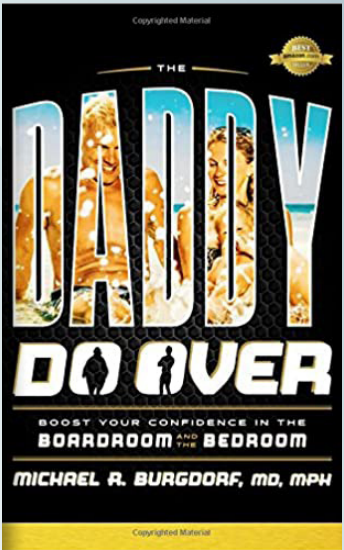
It’s true, our Mommy Makeover is very popular and gets a lot of attention — including in this very newsletter. But don’t dads deserve some New Year’s love, too? We certainly think so!

That’s especially true when, as a guy, appearance ends up being a lower priority than your job, taking care of your family, and the other stuff that comes first in the lineup. Society seems to say that for guys, how we look isn’t as important as it is for women. Then again, women sure do care how you look, your wife being first among them. But it’s about more than that.

How you look affects how you feel, and how you feel matters a lot. It affects all of the aspects of your life. How we see ourselves is important, whether we admit it or not. And for a lot of guys, they see themselves as somehow “less” than they used to. That’s the contradiction for men’s appearance: It isn’t supposed to matter, but it’s also important to stay athletic and fit — to stay “manly” — well into middle age. Society may praise the “dad bod,” but there’s a range of what that looks like, and if you don’t fit that image, then you’re out of luck!

But not anymore! Enter the Daddy Do-Over.

“What’s that?” you ask. It’s our answer to the contradiction: a set of medical treatments that we’ve tested and found work really well for



getting men to look *great*. As we age, our bodies go through changes, and for men, that means a bit more tummy and fewer muscles than we used to have. Our faces change, too, especially around the eyelids. How are you supposed to fix *that* at the gym? From toning down your tummy to touching up your face, the Daddy Do-Over is medicine’s answer to your dilemma. You’ll still look your age, but you’ll look great for your age!

Men are often hesitant to turn to surgery because it’s sometimes associated with women. But all of these treatments are developed

with men in mind, from their unique anatomy to their pressing needs. And with so many people working from home, there’s no better year to try it out. You can recover quickly and privately at home, the way it should be!

If you’re interested, please call the office and request a copy of Dr. Burgdorf’s book, “The Daddy Do-Over: Boost Your Confidence in the Boardroom and the Bedroom” to learn more about your options. Our coordinator Awndria Baker can also answer any questions you have during a confidential consultation that focuses on you as a person. It’s the first step in a one-time procedure that will give you back years — and your wife will think so, too!

NEW YEAR, NEW YOU!

NEVER A BETTER TIME FOR A MOMMY MAKEOVER

Every year, people set goals and make commitments, and a lot of those resolutions have to do with how we look. That makes sense: Outward appearances matter in many ways. But the way they matter most is how you feel about your body. And if you’re a mom — one of the hardest jobs there is — chances are you may not always love what you see in the mirror. This year, we want to change that for you.

When a woman goes through childbirth, her body recovers, but it’s a big task. And that recovery may not always end in a place she’s happy with. Despite what you see on TV, no woman goes back to looking exactly how she did before carrying and delivering a baby, no matter how hard she works out or what she eats. It’s just not possible on your own!

But with the right help? Let’s just say you’ll be amazed by what a talented, dedicated medical team can accomplish. In this case, we have just the thing! Our Mommy Makeover services specialize in stretch marks, excess skin, and weight loss in the hard-to-work-off love handles, muffin top, and tummy. It also typically includes restoring breasts back to pre-pregnancy status or even improving upon that. Removing the droop and/or plumping up areas of deflation can be truly gratifying. Or maybe you need time with our MedSpa experience, a spa day that won’t just feel good — it’ll counteract the effects that pregnancy hormones have had on your face and body!

The story behind our Mommy Makeover is simple. It just didn’t seem fair to us that women should go through all of that hard work to have wonderful children, only to be unhappy with the effects it had on their bodies and be unable to counter those effects on their own. With a new year ahead, we can’t think of a better time to take advantage of what modern medicine can offer you. And if you’re working from home, you can recover in the privacy and comfort of your own house — no sick days or awkward office talks required.

You’ve worked so hard to be a mom, so don’t you deserve to feel good when you slip on a pair of jeans? Get started today by getting your copy of Dr. Burgdorf’s No. 1 Amazon best-selling book “The Mommy Makeover: Restoring Your Body After Childbirth.” And after that, if you’re ready, give us a call and get that good feeling started today.



CUDDLE UP WITH A BOTTLE OF CONUNDRUM RED

I got to enjoy this wine with a neighbor recently, and I wanted to recommend it to you all — a great blend that is perfect during the coldest time of year! From the great folks over at Caymus Winery in the California wine country, Conundrum Red includes Petite Sirah, Zinfandel, and, of course, Cabernet Sauvignon.

It goes great with hot chocolate, baked goods, and the kind of hearty meals that stave off the cold winter weather. Of course, like all good wines, it’s also an excuse to indulge a little in those foods — in this case, the fat, salt, and chocolate we all love in modest proportions! It has a rich fruity note, closest I’d say to a cherry note, as well as hints of chocolate buried deep in the bold red flavor. Pop the cork on winter and cuddle up with your favorite someone and a bottle of Caymus’ Conundrum!



INSPIRATION

