



3803 Bedford Ave. Suite 102
Nashville, TN 37215

Phone: 615.567.5716
musiccityplasticsurgery.com

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CELEBRATING ST. PATRICK'S DAY FAMILY-FRIENDLY ACTIVITIES



Celebrating St. Patrick's Day doesn't have to mean heading to the local Irish bar and drinking a large green beverage. If you're not interested in going out this year and would prefer to do something at home with the family, here are a few ways everyone can celebrate.

IRISH-THEMED FOOD What better way to get festive than by making some St. Patrick's Day-themed dishes? You can make rainbow cupcakes, green cookies, St. Patrick's Day popcorn, or — for a more traditional dish — Irish soda bread. You can also cook up an array of greens for dinner on March 17, which could include Brussels sprouts, spinach, cucumbers, green beans, peas, or asparagus.

A MISCHIEVOUS LEPRECHAUN To treat your kids to a fun game, leave green footprints around the house and participate in impish tricks! Empty a tissue box, hide the remote, swap out regular light bulbs with green ones, or draw rainbows on the windows. You're only limited by your imagination.

EXPLORING IRISH CULTURE Another way to celebrate St. Patrick's Day with your family is to sit down and read about Irish culture with your kids. Learn where the legend of the leprechaun

came from or read other stories from Irish folklore. You can also watch videos of Irish dance performances and encourage the kids to make their own. There's also fascinating history on St. Patrick and why he became the patron of the holiday that your family members can research together. If you have Irish roots, tell your kids about your heritage.

WATCH IRISH MOVIES

For a relaxing activity, settle down in front of the TV for a movie night filled with films related to Irish culture. Try "The Magical Legend of the Leprechauns," "Song of the Sea," "The Luck of the Irish," or "The Secret of Kells."

MAKE AN IMPACT

Teach your kids how to be "greener" this month by doing more for the environment. Discuss ways to save energy and water in the home, and talk about the importance of taking a break from electronics and enjoying the outdoors.

This list is not exhaustive by any means, but it's a good start to get your family to create new ways to celebrate St. Patrick's Day. You might even create family traditions that will last for years to come.



MARCH 2019

BURGDORF BEAUTY INSIDER



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IF I HAD THE ABILITY TO TRAVEL BACK IN TIME ... THIS IS WHERE I'D GO!

During these post-holiday months, life slows down and people have a lot more time for personal reflection. Lately, I've found myself thinking back on some of the most inspirational and gripping experiences I've had, and I can't help but wish I had the power of time travel. That way, I could go back and relive the most important days of my life. Let me be clear, I wouldn't want to travel back and change anything because I'm not the type of guy who lives in regret. Rather, I'd merely like to go back and re-experience the best days I've spent on this planet over again. So just for this edition of the newsletter, I want you to bear with me. Let's pretend that I'm Marty McFly from "Back to the Future."

I'd start by hopping in my DeLorean and turning the clock back to 1997. At the time, I was on the Notre Dame football team. We had traveled to Ireland for a big game, and this particular game day ended up being one of the best days of my life. Not only was I playing college football in another country, but I'd made a huge tackle to help our team win. To add to the excitement, my dad was there to witness the event, which coincidentally took place on my birthday! We sat in an Irish pub and shared a Guinness (or two) to celebrate. Several days later, when I arrived back home, I discovered that on that very same amazing day I'd played in the game, my mom had received a letter in the mail announcing my acceptance into medical school. With a day filled with such life-altering and memorable events, I can't help but want to experience it again.

Once I'd hopped back into my DeLorean, the next place I'd stop would be 2001, a year that marks my marriage to my beautiful wife, Casey. Our wedding day was a meaningful experience for a multitude of reasons, but as anyone who has been married will tell you, your wedding day flies by at astronomical speed. We didn't even get to have a slice of our wedding cake until the next day, while flying to Italy for our honeymoon! If you know anything about my relationship with Casey, then you know that one of our favorite shared pastimes is trying tasty new cuisines. It was for



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this reason we opted to fill our entire wedding weekend with delicacies like gumbo, roast beef, bread pudding, etc. Taking the opportunity to relive our wedding day would allow me to enjoy all the same fun I had the first time around, but I would take the time to slow down and truly relish how special the event was. And perhaps I'd steal a few more bites of cake!

Lastly, I'd like to visit the days that my four kids were born, because each experience was unique in its own way. I'd also like to relive the day our family found out the sex of my

daughter. One of our close friends was Casey's OB-GYN, and he told us that he wouldn't give the results of the test until we were all sitting down together. We gave him a call, put him on speakerphone, and he exclaimed, "The Burgdorf boys are going to have to learn how to pee with the seat down!" I was so overcome with joy that I teared up immediately. Upon seeing my tears, my oldest son, Parker, walked over to console me and said, "It's okay, Dad. I'm sad too. I wanted another brother." His reaction is especially funny now that he and his little sister have such a great relationship!

As my time-traveling abilities wane and I return to present day, I'll continue to look on the memories of these special days fondly. Maybe someday scientists will be able to figure out a way for me to actually return to them. But for now, I guess I'll just have to continue to do what we all do: Close our eyes and embrace the nostalgia.

-Dr. Mike

SEMIPERMANENT MAKEUP SOLUTIONS FOR THE BUSY WOMAN

You’ve heard the phrase “Look good, feel good” time and time again, and for many people, it rings true. Spending time on your appearance boosts your self-confidence, ensuring you are ready to tackle anything that comes your way. But whether you’re a busy professional or stay-at-home mom, finding time for yourself can be difficult. After all, who has time to put on makeup or style their hair with only 16 usable hours in a day? Many women are turning to semipermanent makeup solutions in order to feel their best every day without spending their precious time primping.

Microblading Many women who struggle with sparse brows are trading in their brow pencils for a slightly more permanent solution: eyebrow “tattoos.” Unlike the Sharpie-esque eyebrow tattoos of the past, the microblading process involves a super fine pen — made up of a bundle of 12-15 needles — that makes dozens of precise, hairlike strokes on the superficial layer of the skin. The cuts are then flushed with pigment to create a fuller, realistic-looking brow that will last for up to three years. While this process may sound painful, the microblading technician will numb the area, and many women have described the feeling as similar to having your brows threaded. Just make sure to research microblading technicians in your area before booking an appointment; you should be able to find a portfolio that highlights their expertise.



Cost: Prices vary by location and artist expertise, but generally the range is \$350-\$1500.
How Long It Will Last: 2-3 years

Lash Lift and Tint Have you ever seen someone with impossibly long, dark eyelashes and felt a twinge of envy? You’re not alone. A lifted and fuller-looking lash line lights up your face and can make even the most tired eyes look fresh and vibrant. Unfortunately, putting on mascara or false lashes every day can be tedious. Many women are now looking to lash lifting and tinting to create that youthful effect while saving time. A lash lift — basically a perm for your eyelashes — uses a special solution to change the bonds of your eyelashes and keep them curled for several weeks. A lash tint is essentially an eyelash dye that darkens your lashes, giving you that mascara-like effect without having to glob on the stuff.

Cost: Prices vary, but generally the range is around \$100-\$200 per treatment.
How Long It Will Last: 8-12 weeks

HOW THIS PATIENT BECAME BURGDORF BEAUTIFUL! 'THE PROCEDURE MADE ME FEEL LIKE A WHOLE NEW PERSON'

Because Dr. Burgdorf’s artistic work and impeccable bedside manner have earned him both the Doctors’ Choice Award and the Patients’ Choice Award, when potential patients start conducting research for their desired procedure, they can’t help but discover him. This was the experience for one patient in particular.

She explains, “I was interested in getting a breast augmentation for several years, but being a mom of three young children, I wasn’t sure about the recovery process. I knew I needed to be able to move to keep up with them! As they grew older, I started considering the procedure more and more. Then one day, I went to the beach. All my life, I’ve felt obligated to buy the expensive swimsuits that had extra padding — those Victoria’s Secret ones that supposedly double your breast size. But even with the padding, I felt like people were judging me. I didn’t feel comfortable. I decided it was time to start researching.”

“I typed ‘best plastic surgeon in Nashville’ into Google’s search engine, and Dr. Burgdorf’s was the first name to pop up. I read through patient reviews and looked at before-and-after photos and was so pleased with everything I saw that I scheduled a consultation. My first visit to the office fully solidified my decision. The entire team made me feel comfortable, and I immediately felt like I could trust Dr. Burgdorf with this procedure.”

“Honestly, the entire experience has been nothing short of perfect. The procedure went as smooth as can be, and the recovery time

was quick and easy. In fact, I was back to work only five days after my surgery!”

“All in all, my new look has drastically changed my life. I feel like a whole person! I no longer have issues shopping for swimsuits, and I no longer worry that people are thinking I can’t fill out my clothes. I love my post-surgery results so much that if I am having a bad day and not feeling very confident, I just look at myself in front of a mirror. Just like that, my confidence is restored! I now hand out Dr. Burgdorf’s book, ‘Mommy Makeover’ to my friends. I even gave it to my banker who said she was interested! Thank you so much to Dr. Burgdorf and the whole team at Music City Plastic Surgery!”



WHEN IT COMES TO PLASTIC SURGERY: WE ARE PATIENTS' AND DOCTORS' FIRST CHOICE!

Here at Music City Plastic Surgery, we understand that selecting the right cosmetic surgeon can be a stressful and difficult decision. That is why Dr. Burgdorf has centered his practice on the importance of listening. A shared goal among our entire team is to ensure that every single patient’s concerns and desires are taken to heart and reflected in the results of their procedure. Ever since the very first day we opened our office doors, Dr. Burgdorf has trained us to treat the whole patient, not just their desired procedure. The decision to seek plastic, cosmetic, or reconstructive surgery is life-altering, and none of us treat that lightly.

His understanding and caring nature has earned Dr. Burgdorf the coveted 2019 Patient’s Choice Award from The American Registry, an honor given to physicians who have received near-perfect scores as voted on by their patients.

This award demonstrates his close attention to his patients’ needs and the overall success of his surgical technique.

In addition to his amazing reputation among patients, Dr. Burgdorf’s influence on other surgeons in the area continues to grow. In fact, he has been awarded the Doctors’ Choice Award for best plastic surgeon in Nashville several years in a row. He was also the recipient of the nationwide award as well!

Regarding these recognitions, Dr. Burgdorf explains, “It’s been extremely humbling to go through this process. While the award is addressed to me, it’s a direct reflection of the hard work and dedication my team puts forth every day. We believe in the work we’re doing here, and these awards give us more opportunities to help others see our mission of making patients more confident in their own skin.”



‘ENTYCE’ YOUR TASTE BUDS PAIR THIS WINE WITH SOME LIVELY UPCOMING EVENTS

When he is not in the office, Dr. Burgdorf enjoys spending his free time working with A Vintage Affair (AVA), an organization dedicated to supporting women and children in the Nashville area through first-class wine charity events. AVA has several amazing celebrations coming up, all of which are chock-full of wine, bourbon, and food tastings. Check out their website, AVintageAffair.org to find out more information and order tickets for the following events!

- April 18:** Meet the Vintner Dinner
- April 19:** A Vintage Affair Goes Country
- April 20:** Annual Main Event

One of the wines that AVA encourages both wine enthusiasts and those merely testing the waters to try is **Entycement 2016 Lodi Red Wine**. Made by winemaker Ty Caton, this sexy and approachable wine leads with aromas of boysenberry and blackberry. It greets the palate with lush notes of dark fruit and a smooth hint of chocolate. The finish lingers on your tongue and the flavor is heightened with just a touch of spice. All in all, it’s the perfect wine to tease your taste buds with!

INSPIRATION

