



307 Southgate Court,
Brentwood, TN 37027



Phone: 615.205.5155
MusicCityPlasticSurgery.com



PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

When Life Gets Heavy, Add a Little Humor
PAGE 1

Your Sleep Schedule Is a Health Decision

A Bold New Version of The Mommy
Makeover Is Here
PAGE 2

When the Weight Is Gone, but the Skin
Remains

The Mother's Day Glow-Up Event She
Deserves
PAGE 3

Easy Outdoor Games for Busy Families
PAGE 4



APR/MAY/JUN
2026

BURGDORF BEAUTY INSIDER



615.205.5155 | MUSICCITYPLASTICSURGERY.COM

The Unexpected Power of a Well-Timed Dad Joke



Some of the most powerful stress relief I've seen doesn't come from a prescription bottle, a productivity hack, or even a long vacation. It shows up in those everyday moments with a giggle or a laugh. I'm talking about the inside jokes, harmless pranks, and memories that never stop being hysterical.

April is National Stress Awareness Month, and it's always a good reminder for me to slow down and pay attention to those moments. As winter fades and life starts to feel a little lighter, I like to check in with myself and the people around me. Are we more tense than we realize? Are we taking everything too seriously? Have we forgotten to make space for joy in our busy days? Most of the time, the answer is yes, and that's where laughter makes all the difference!

In my family, humor has always been part of everyday life, Dad jokes especially. When my kids were younger, they tolerated them. When they were teenagers, I got the full eye rolls and groans. They acted like the jokes were unbearable. But now that time has passed and they've added a few more candles to their birthday cakes, they've come back around and actually appreciate the humor. They aren't quite as embarrassed anymore.

In fact, my oldest son, who spent years rolling his eyes and cringing at my cheesy

one-liners, took a job doing door-to-door book sales in college. There's no way around it: That kind of interaction is awkward. However, he figured out that ending each conversation with a simple dad joke helped people relax. It made the interaction more human and less tense. Sometimes it even made him more memorable. The same kind of humor he used to resist became something that actually helped him succeed. I have to admit that it was pretty satisfying to watch. Proud dad moment unlocked!

Also, who doesn't love a practical joke? In our family, they're gold. One year, my daughter made chocolate-covered strawberries ... except one of them was actually a Brussels sprout dipped in chocolate. I got the full surprise, and I don't have to say anymore about how that went.

Honestly, some of the funniest memories are the simplest ones. I still laugh about my younger sister calling her best friend every single day after school using the exact same script, even though they had just walked home together. It didn't make any sense, but it was innocent and consistent, which somehow made it hilarious. Decades later, we're still laughing about it.

I also see how important humor is in more serious settings. When it comes to plastic surgery, people often feel nervous,

vulnerable, or stressed. A light joke at the right moment can ease tension in a way nothing else quite can. It doesn't take away from the seriousness of what's happening, but it reminds people they're safe and dealing with another human being who cares about how they feel.

For me, laughter is really about perspective. Life gives us constant chances to feel irritated, overwhelmed, or tense. Choosing humor doesn't mean ignoring real problems. It just means not letting heaviness take over everything. When we laugh together, especially at ourselves, stress and problems seem to feel much lighter.

After all, life is always going to hand us deadlines, difficult conversations, unexpected challenges, and moments that test our patience. Stress isn't going anywhere. But how we carry it is something we can influence!

-Dr. Mike

GET YOUR KIDS OUT THE DOOR

SIMPLE WAYS TO UNPLUG AND PLAY OUTSIDE

Some of the best childhood memories start with someone saying, "Let's go outside for a minute," and then nobody comes back in for hours. You don't even need a perfect backyard to make that happen. A bit of grass, a driveway, or the corner of the park is usually enough for a fun game.

Tag is still one of the easiest ways to get kids running. You can stick with regular tag or switch it up. In freeze tag, one touch turns you into a statue until a teammate rescues you. In shadow tag, you chase the shadow instead of the person, which kids find hilarious on a sunny day. Blob tag is pure chaos. Every tagged player links hands with the "it" kid, and the blob keeps growing.

If your family likes a little friendly competition, find old pillowcases and hold a sack race. Parents versus kids makes it even better, especially when adults wipe out first. Some kids are happiest when they can climb, crawl, and zigzag around the yard. You can



give them a simple obstacle course using chairs, a broom laid on the ground, a few cushions, and a strip of tape or chalk. Then, let the kids decide how to run it. One round, they might crawl under the chairs. The next round, they hop over the broom and tiptoe along the line.

On hotter days, water makes everything more fun. Fill water balloons, and pair everyone up for a balloon toss. The last team with a filled balloon is the winner, but when the sun is beating down, it's the kind of game you don't mind losing. Bubbles are also a great way to get water into the mix. Make a simple soap-and-water solution and build wands out of straws and string. Then, see who can make the biggest bubbles in the yard.

When everyone's ready for a slower pace, you can switch to a scavenger hunt or sit down in the driveway and make art or games with chalk. The point of all these activities is to have a little fun and get some fresh air while spending time together outside.

TIRED, FOGGY, AND OFF BALANCE?

Your Circadian Rhythm May Be to Blame

Are you an early bird or a night owl? Do you have a bedtime routine that helps you fall asleep quickly every night at the same time? We all know how important sleep is to our overall health and happiness, but there's more to it than just getting eight hours of quality sleep. Listening to and following your body's circadian rhythm will provide noticeable benefits in your life.

How often do you say, "I wish I hadn't stayed up so late last night?" We frequently let external factors control our circadian rhythm without realizing we can prevent it. We often fall into the trap of "just one more episode," or we create an environment that undermines our sleep efforts.

You may not think your circadian rhythm really makes that much of a difference in your everyday waking life, but you'd be surprised. Not only will disruptions leave you feeling fatigued throughout the next day, but you may also experience issues with digestion, temperature regulation, energy levels, and memory. Let your poor sleep conditions



fester, and you'll experience long-term consequences related to your metabolism, heart health, nervous system, and more. New research even suggests that disruptions could be linked to Alzheimer's disease and cancer.

Improving your circadian rhythm will require effort. Start by establishing a routine. Determine when you will go to bed and wake up, and stick to it. Get plenty of sunlight during the day and ensure your bedroom and living space support a peaceful sleep environment by being dark and quiet in the evening. Avoid caffeine, nicotine, and alcohol in the evenings, and be mindful of screen time. If you do wake up in the middle of the night, avoid looking at your phone or turning on the lights if you need to use the bathroom. It will disrupt your rhythm and make it much more difficult to fall back asleep.

When you nurture your circadian rhythm, you'll feel better and notice improvements in various aspects of your life.

A New Era of Empowerment

THE REVAMPED 'THE MOMMY MAKEOVER: RESTORING YOUR BODY AFTER CHILDBIRTH'

After more than a decade since the first edition, I'm thrilled to officially announce the revamp of my book, "The Mommy Makeover: Restoring Your Body After Childbirth," and this version is unlike anything I've done before.

For years, moms have shared their stories with me, some of strength, vulnerability, resilience, and rediscovery. That's why this new edition, subtitled "How Real Moms Reclaim Confidence, Connection, and Their Reflection," goes beyond procedures and recovery timelines. Yes, it includes updated

information on surgical techniques and the advances we've seen over the last 10-12 years. But this book is about something greater: helping women reconnect with themselves.

Motherhood changes everything, from your body and priorities to your identity. While there's incredible beauty in that transformation, it can also come with moments of doubt when you look in the mirror and don't quite recognize the woman staring back at you. This book meets moms right there, in that quiet space.

What makes this version different? It's more interactive, personal, and reflective. Throughout the chapters, you'll find real patient stories: women who have walked this path and reclaimed not just their figures but also their confidence and sense of self. At the end of most chapters, there are

guided exercises designed to shift the inner dialogue so many moms struggle with.

There's a body gratitude meditation to help you appreciate what your body has carried and created, a "mirror truth" exercise that encourages you to look at yourself and speak kindness instead of criticism, and a reflection letter where you write to your pre-motherhood self, reminding her of the strength she's about to discover and that beauty doesn't disappear, it evolves.

Within the pages, we still talk about options. For some women, that journey may include surgery. For others, it absolutely won't. This book isn't about pressure or perfection. It's about empowerment and saying, "I'm still strong. I'm still confident. I'm still in here." And then taking steps, whatever those may be, to reclaim that feeling.

You can go through this journey privately, from the comfort of your home, at your own pace. I'm excited for you to check it out!

-Dr. Mike

EXTENDED TUMMY TUCK OR BELT LIPECTOMY?

EXPLORING OPTIONS FOR APRON BELLY

With the rise of GLP-1 medications and significant weight loss journeys, including pregnancies, we're seeing more patients struggling with excess skin that simply won't snap back. This isn't the slight looseness that comes with a modest weight gain. An apron belly is exactly what it sounds like: skin and tissue that hang down over the lower abdomen, sometimes past the hips, sometimes to the mid-thigh, and in more severe cases, even to the knees.

Pregnancy and weight gain stretch the abdominal wall in two major ways. First, the skin expands. Second, the connective tissue between the abdominal muscles, called diastasis recti, widens as it accommodates a growing baby or extra internal weight. After significant weight loss or childbirth, the fat may shrink, but the stretched skin and muscle separation often remain. That's where surgery can help.

Treatment for an apron belly is similar to a tummy tuck, but often more extensive. Depending on how far the overhang extends, it may involve an extended tummy tuck or even a belt lipectomy, a procedure that goes all the way around the waist to address excess skin in the back as well. The incision is typically placed low along the bikini line and extended to where the excess skin reaches. The abdominal muscles are tightened, the diastasis recti repaired, and the skin is pulled down, almost like lowering a window shade, before the excess tissue is removed. The belly button is repositioned, and everything is carefully closed to create a smoother contour.

The procedure usually takes two to four hours, depending on the extent of correction, and is performed as an outpatient surgery. Most patients are up and moving quickly, with recovery typically lasting about two to three weeks before returning to normal activity.

For many, the transformation is more than cosmetic. Excess apron tissue can interfere with exercise, bending, stretching, and even everyday clothing choices. Some people tuck the overhang into yoga pants or hide it beneath loose dresses. Removing it can feel like shedding a physical barrier!

Ideal candidates are those who are finished having children and have reached a stable weight, particularly after significant weight loss of 50 pounds or more. For the right person, apron belly removal can be life-changing!



To secure your copy of "The Mommy Makeover: How Real Moms Reclaim Confidence, Connection, and Their Reflection," scan the QR code on this page!



INTRODUCING: MOMMY DAYCARE A Mother's Day Exclusive!

Celebrate Mom in the most unforgettable way at our Mother's Day Event at Music City Plastic Surgery!

This year, give her the gift she truly deserves: a full day of pampering, relaxation, and rejuvenation. Drop Mom off for her very own "daycare" experience designed just for her! She'll enjoy luxurious treatments including expert injections, revitalizing IV therapy, customized skincare services, and more!

Our experienced team will make sure she feels refreshed, confident, and completely cared for. Whether she wants a subtle glow-up or total relaxation, we have something special waiting for her. Spots are limited for this exclusive event, so don't wait! **Call us today to learn more and reserve Mom's perfect day of indulgence.**

INSPIRATION

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

-Helen Keller