

JULY/AUG/SEPT
2026

BURGDORF BEAUTY INSIDER



615.205.5155 | MUSICCITYPLASTICSURGERY.COM

‘Could Haves’ and ‘Should Haves’ Can Take Over Your Life

Most people don't realize how exhausting it is to constantly argue with the past. The conversations happen in our minds every day. *I should've handled that better. I could've taken that opportunity. Why did I trust that person? Why didn't I start sooner?*

Those thoughts have a way of piling up over time and can turn reflection into regret and regret into a habit. I've always tried to live my life without regrets, but I'd be lying if I said those thoughts never creep in. They do. I think everybody has moments where they look back and wonder whether they should've made a different choice or taken a different path. Sometimes, I've thought, maybe I shouldn't have followed that trend or trusted that advice or gone in that direction. Then later on, something better comes along, and I realize maybe there was a reason I had to go through that season first.

That's where my faith really grounds me. I believe God's got a plan for me, even when things don't make sense in the moment. Sometimes, you have to experience the disappointments and the hard seasons so you can really appreciate the good ones when they come. Looking back, situations that once felt like mistakes ended up teaching me something I desperately needed to learn.

That perspective has shaped the way I approach medicine, too. Back in residency, we used to have morbidity and mortality conferences every Friday. Those meetings were all about reviewing complications,

mistakes, and difficult outcomes. When you're in medicine, especially early in your training, you see a lot of heavy things and don't have the luxury of slowing down and processing every moment because the pace is nonstop. It's move on to the next patient, move on to the next surgery, move on to the next emergency.

In some ways, compartmentalizing helps you survive in that environment. Long term, though, I don't think it's healthy to constantly ignore things and just push past them.

Now that I'm in plastic surgery, I still spend a lot of time reflecting on cases and looking at ways I can improve. The difference is that now it's usually about refining and tweaking instead of dealing with massive trauma or life-or-death situations every day. I constantly ask myself, *What can I improve? What can I do better next time? How can I make the experience smoother for the patient?* Reflection should lead to growth, not paralysis.

One thing we focus on in our office is seeing everything from the patient's perspective. We'll look at the waiting room, exam room, or even just what it feels like to sit there in a gown waiting for the doctor, and ask ourselves how we can make the process more comfortable and less stressful.

When you shift your mindset that way, you stop sitting in the "could haves" and "should haves." Instead, you start focusing on how to improve moving forward.

Ironically, I hear patients say all the time, "I should've done this years ago." Sometimes, they say it before surgery, but especially afterward. My response is usually that maybe the timing just wasn't right before. It's possible they weren't ready yet, or perhaps I wasn't the right surgeon for them at that point in life. Sometimes, things line up when they're supposed to line up. That's why I try to stay focused on the present. We're doing it now, and that's what matters.

I don't think there's much value in beating yourself up endlessly over mistakes unless you're actually learning from them. If I lose my temper or speak impatiently to somebody, I need to own that and apologize. I need to make it right. Sitting around punishing myself mentally all day doesn't help anybody.

I've tried to teach my kids that, too. It's okay to say you're sorry and take ownership. In fact, I believe it's far better to acknowledge your mistakes than to sweep them under the rug and pretend they never happened.

That mindset has helped me avoid getting trapped in regret. Instead of sitting there thinking about what I could've done differently, I try to own the mistake, learn from it, make amends if needed, and move forward.

That's why I actually like the idea of Toss Away the "Could Haves" and "Should Haves" Day on July 18. I think we all need that reminder. Reflection is healthy, but spending all day stuck in the past isn't. At some point, you have to stop replaying old mistakes and step back into the present moment. That's where life actually happens.

—Dr. Mike

THE HERB EVERYONE'S TALKING ABOUT

Is Rosemary Oil the Secret to Rapunzel-Level Hair?

If your social media feed has suddenly turned into a parade of longer, shinier hair transformations, you're not imagining it. Rosemary oil is in the spotlight. From viral "before and after" clips to glowing reviews, it's being hyped as a natural way to boost hair growth. But is this leafy little oil the real deal, or just another trend with good lighting?

WHAT IS THIS STUFF ANYWAY?

Extracted from the fragrant rosemary plant, this essential oil has been used for centuries in everything from wellness rituals to beauty products. Packed with anti-inflammatory, antimicrobial, and antioxidant benefits, hair and skin care formulas often include this oil for its soothing and revitalizing qualities.

WHY IS EVERYONE RUBBING IT INTO THEIR SCALP?

Here's where rosemary oil starts to earn its reputation. It's packed with plant compounds that may help soothe and calm the scalp, fight buildup, and support a healthier foundation for hair.

And when you massage it in? That's where things get more interesting. That simple scalp massage can help stimulate hair follicles, encouraging thicker-looking strands over time. So, yes, it's not just the oil but how you use it.

THE BIG QUESTION: DOES IT ACTUALLY WORK?

Short answer: Maybe. Early research suggests that rosemary oil may promote hair growth, with results comparable to those of certain topical hair treatments in small studies. It's also been explored for specific types of hair loss. But you shouldn't expect overnight miracles. The science is still developing, and results vary. Factors like consistency, product quality, and your individual hair type all play a role.

A LITTLE GOES A LONG WAY.

Pure rosemary essential oil is strong. Applying it directly to your scalp without diluting it can be damaging, potentially causing irritation, sensitivity, or even worsening scalp issues and hair loss.

The smarter way to use it:

1. Mix a few drops with a carrier oil (like coconut or jojoba).
2. Massage it gently into your scalp.
3. Let it sit for a bit before rinsing.

IS IT WORTH THE HYPE?

Rosemary oil sits somewhere in that sweet spot between trend and tradition. It's not a miracle cure, but it's not just hype either. Think of it as a helpful addition to a bigger picture: healthy habits, a balanced routine, and good scalp care.

Meet AlloClae THE INJECTABLE FILLER CHANGING BODY CONTOURING

"Somebody else's fat" might sound like the start of a sci-fi movie, but it's actually one of the newest innovations in cosmetic medicine. A new injectable filler called AlloClae is creating buzz around our office because it offers something patients have wanted for years: subtle body contouring without major surgery.

Unlike traditional facial fillers, AlloClae is made from purified donor-derived fat that's been processed and sterilized to remove any immune reaction risks. The result is an injectable material that behaves differently from standard fat transfer procedures. Instead of harvesting fat from a patient's own body through liposuction, we can inject AlloClae directly into areas that need more volume or contour.

One of the greatest advantages is convenience. Traditional fat transfer procedures, such as a Brazilian Butt Lift, require liposuction, general anesthesia, and recovery in two separate areas of the body. AlloClae skips much of that process. It can be performed under local anesthetic with minimal downtime, which makes it appealing for patients who want enhancement without committing to a full surgical procedure.

Hip dips and buttock contouring are among the most common treatments, especially for patients who don't have enough body fat for a traditional fat transfer. We also use it in breast enhancement

procedures to soften implants, improve cleavage, or restore projection after implant removal. Beyond cosmetic contouring, the material can even help fill depressed scars or irregularities caused by injuries, steroid injections, or dog bites.

Another key difference is predictability. With traditional fat transfer, anywhere from 30% to 80% of the transferred fat may be reabsorbed by the body. AlloClae avoids much of that uncertainty because the material is ready to inject and doesn't rely on developing a new blood supply in the same way natural fat does.

It's important to understand it not like facial fillers in many ways, but actually more akin to the breast implants. It's advanced technology, ultra pure processing methods and consistent results require a more significant investment than simple facial fillers. Of our patients who have chosen this option, all have been ecstatic with results. It has been a game changer in our practice and is a substance that Dr Burgdorf believes will become the new standard for body contouring injectables.

For many patients, that subtlety may be exactly the point!



BEFORE AND AFTER ISN'T JUST PHYSICAL ...

IT'S EMOTIONAL, TOO

"Look how far you came." In a world where we're constantly chasing the next thing, it's easy to forget to stop, reflect, and admit when something good is happening right in front of us, which makes Admit You're Happy Month in August so important.

I'll be honest, I struggle with that myself. My mind's always moving to "What's next?" What's the next project, improvement, or challenge? That's why I think taking time to appreciate positive moments matters so much. Sometimes, you've got to stop and smell the roses and say, "Hey, we did a good job. We're having fun here."

I'm lucky because I get to experience those moments often in my work. In the operating room, we've built a tight-knit crew that genuinely enjoys working together. When things are running smoothly, we're efficient and getting great



results for patients, we feel a real sense of joy. You can feel the energy in the room.

My favorite moments are usually the before-and-after reveals. A patient sees their transformation side by side for the first time, and suddenly it hits them just how far they've come. I love having the opportunity to celebrate with them and witness their confidence returning.

One patient stands out in particular. After major weight loss and previous surgery, things had shifted significantly. During

surgery, we were able to correct it, and the change was dramatic right there on the operating table. Seeing that transformation immediately was incredible. It was one of those "wow" moments you don't forget.

Life works the same way outside the operating room, too. Challenging times can feel overwhelming, but they're temporary, and that's key to remember. You never really appreciate the sunshine unless you've seen the rain. Progress doesn't happen overnight. Building our operating room took four long years. It was slow and difficult at times, but now every time I walk in there, I feel proud because I remember the process it took to get here.

Growth and healing take time ... and right there along with that is happiness!

-Dr. Mike

SIP OF THE MONTH

Shafer Cabernet Sauvignon



Looking for a bold and satisfying red wine to enjoy with a great meal or a relaxing evening outdoors? Shafer Cabernet Sauvignon is an excellent choice. Crafted in Napa Valley, this cabernet delivers all the classic characteristics wine lovers expect, with rich notes of black cherry, dark berries, oak, vanilla, and subtle earthy undertones, wrapped in a bold, dry finish.

Its full-bodied flavor profile makes it a fantastic pairing for lamb, grilled beef, and mature hard cheeses. Whether you're putting together a steak dinner or enjoying a wine-and-cheese night on the back porch, this Cabernet creates the perfect laid-back experience.

While some people find heavier reds a bit too robust for summer, this wine shines when served at the proper temperature, allowing the fruit and oak flavors to stay balanced and refreshing. Smooth, flavorful, and easy to enjoy, Shafer Cabernet Sauvignon is a great bottle to uncork when you want to slow down and savor the moment. Cheers!

INSPIRATION

**"Keep your face
always toward
the sunshine and
shadows will fall
behind you."**

- Walt Whitman



307 Southgate Court,
Brentwood, TN 37027

Phone: 615.205.5155
MusicCityPlasticSurgery.com

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

Reflection Helps You Grow. Regret Keeps You Stuck
PAGE 1

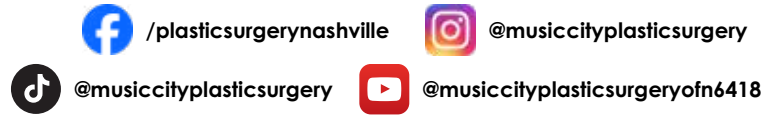
The Natural Hair Trick That's Breaking the Internet

AlloClae Makes Body Enhancement Simpler, Softer, and More Predictable
PAGE 2

Stop Chasing 'What's Next' and Celebrate How Far You've Come

Sip of the Month
PAGE 3

The Parenting Myth We Need to Let Go Of
PAGE 4



WHEN GOOD ENOUGH IS BETTER

THE MYTH OF PERFECT PARENTING

Most parents have found themselves in a situation with their kids where they stop and think, "I'm messing this up."

It usually happens in the middle of an ordinary day. You get short with your child when you meant to be patient, or you realize too late that they were trying to tell you something while you were only half listening. Maybe you were distracted or tired, maybe your mind was already on the next thing.

In those moments, it can feel like good parenting depends on getting everything right all the time. It doesn't. Kids tend to benefit much more from a parent who is emotionally available and engaged than from one who is so concerned with getting everything right that they neglect the relationship itself. That lines up with the

older idea of "good enough parenting," a research-backed approach that dates back to the 1950s.

Being a "good enough" parent isn't about lowering the bar you're working toward. The point is to recognize that kids can thrive with parents who are responsive and involved, even though they are also imperfect, distracted, and human.

Research shows that this approach is actually more beneficial for our kids than over-parenting, which can leave them more anxious and less confident. It also helps to remember that when parents make too much of their own mistakes, kids can start absorbing that same kind of pressure and self-criticism.

So, what does this type of parenting look like in real life? It basically comes down to staying connected with our kids without acting like every moment has to be handled perfectly. Often, that can be as simple as pausing before reacting or stopping to give kids our full attention when they're trying to tell us something. It might also mean going back to a moment we handled poorly and trying again. Responses like those can do more to build resilience and trust than parents sometimes realize.

No matter how much effort we put in, parenting will always be challenging. The goal isn't to get it perfect, but to keep showing up, learning, and growing, while letting go of the idea that every imperfect moment means we're doing something wrong.