



307 Southgate Court,
Brentwood, TN 37027



Phone: 615.205.5155
MusicCityPlasticSurgery.com



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INSIDE THIS ISSUE

The Mommy Makeover Gets a
Makeover
[PAGE 1](#)

Melasma, Sun Spots, or Post-Acne
Marks? Learn the Key Differences

AlloClae Is Changing Body Contouring
[PAGE 2](#)

Goal-Setting Became One of My
Favorite Ways to Train My Brain

Sip of the Month
[PAGE 3](#)

Fun Designs Without the Messy
Pumpkin Carving
[PAGE 4](#)

NO CARVING REQUIRED

CREATIVE PUMPKIN
DECORATING IDEAS KIDS
WILL LOVE

Boo! When you think of Halloween pumpkins, you probably picture the classics: spooky jack-o'-lantern faces with triangle eyes, silly toothy grins, scary monsters, creepy cats, or maybe a pumpkin glowing on the front porch with a candle inside. Carving pumpkins has been a favorite fall tradition for generations, but let's be honest, it can also mean scooping out slimy pumpkin guts, dealing with sharp carving tools, and cleaning up a big orange mess afterward.

That's where no-carve pumpkin decorating comes in! Instead of cutting into your pumpkin, you can turn it into almost anything with paint, stickers, craft supplies, and a little imagination. No-carve decorating is a fun

way for kids of all ages to join in without the stress of traditional carving. Whether you're looking for an easy Halloween craft, a creative weekend activity, or a new way to decorate your home, these ideas prove that pumpkins don't need to be carved to steal the spotlight.

PAINT YOUR WAY TO A PUMPKIN MASTERPIECE.

A plain pumpkin can quickly become a bright, colorful decoration with just a few brushes and some creativity. Kids can paint traditional Halloween designs, such as ghosts, bats, spiders, and monsters, or they can create something completely different. Paint pens and markers are also great options for adding small details, patterns, and funny faces.

ADD TEXTURE WITH CRAFT SUPPLIES.

No-carve pumpkin decorating is the perfect excuse to use up those extra craft supplies sitting around the house. Items like googly eyes, ribbons, stickers, felt, yarn, pom-poms, and foam shapes can turn an ordinary pumpkin into something full of personality.

Kids will love creating silly pumpkin faces with oversized eyes, wild hair, or funny

expressions. Younger children can enjoy adding stickers and decorations, while older kids can create more detailed designs. The possibilities are endless, and there's no wrong way to decorate.

CREATE A FESTIVE PUMPKIN THEME.

A fun way to make decorating even more exciting is by choosing a theme. Families can create matching pumpkins, such as a group of friendly monsters, a collection of favorite animals, or pumpkins inspired by a favorite movie or book.

Themed pumpkins also make a great Halloween display for porches, entryways, or family gatherings. Everyone can add their own style while still creating a fun collection that looks great together.

MAKE IT A FAMILY PUMPKIN CHALLENGE.

Turn pumpkin decorating into a fun family competition. Everyone can choose a pumpkin and create their own design using the same supplies. Once everyone is finished, vote on categories like "funniest pumpkin," "most creative," "best use of color," or "spookiest design." It



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Reclaiming Confidence, One Procedure at a Time

THE LATEST INNOVATION IN THE MOMMY MAKEOVER

There's something pretty exciting about being able to look back and say, "We're three for three." After releasing my book, "The Mommy Makeover: How Real Moms Reclaim Confidence, Connection, and Their Reflection", in June, we quickly hit Amazon Best Seller status. That's been incredibly exciting, and I really want to thank everybody who bought a copy and helped us get there.

There are some pretty interesting things happening on the procedural side, too. I recently went down to Costa Rica to train with Motiva, a new breast implant company that's newly FDA-approved here in the States. They only sell to board-certified plastic surgeons, so they're intentionally limiting their market, which I like. It means that whoever gets this type of implant can be assured they're getting it from a reputable source and from people who've actually been trained in the technique.

Their technique is called Preserve vax, and it uses a new mechanism for placing the implant. Instead of going underneath the muscle, which is what we've previously been doing, we go above the muscle, but underneath the breast tissue to place the implant within this breast ligament called the circummammary ligament, that's been newly diagnosed and discovered.

The exciting part is that we can use much smaller implants and do it with a much simpler technique ... it's a 30-minute operation! It

can also be done with a lot less anesthesia, sometimes IV sedation or even local anesthesia. People respond much quicker and get back to activity much sooner than anticipated with the under-the-muscle technique.

People experience significantly less downtime. ... they're waking up on the table and moving their arms around. Previously, patients had restrictions and couldn't do heavy lifting for a month or do weight training. This is much, much different. It's a lot less traumatic and dramatic for the overall operation.

The approach has also gained significant traction on social media, so we've dedicated resources to it. We have a new website specifically for this called **ballerinabreastaug.com**! There is a Ballerina Breast Fit Test that patients can take on that website to see if it's the right option for them.

The smaller, athletic woman may not want a giant augmentation; she may just want a little bit of a bump, that kind of ballerina look. With this approach, we can use a much smaller implant that places much less stress on the surrounding breast tissue. We're talking about 150-250 cc implants, whereas the average regular implant is more like 350-450 cc.

It can also be placed much more precisely. Most women have more breast tissue on the



outer, lower outside aspect, so they need more fullness on the upper inside. This allows us to place volume where it's actually needed and create a beautiful, cohesive overall shape, rather than just putting in a big lump.

The implant itself is also much stretchier than previously used implants, so it can go through a smaller access site much more easily.

For the right candidate, this can mean a simpler procedure, less downtime, and a quicker return to the activities they love. If you're curious whether this approach could be right for you, give us a call. We'd be happy to talk through your options, answer your questions, and help you find the approach that best fits your goals.

-Dr. Mike

THINK IT’S JUST A DARK SPOT ON YOUR FACE?

Here’s How to Know What’s Causing It

Have you ever wondered why that stubborn dark spot won’t fade? You’re not alone. Melasma, acne marks, and sun spots can look similar, but treating them the same way may not deliver results. Understanding what’s causing your discoloration is the first step toward choosing the right skin care routine or treatment. Here’s how to tell the difference.

MELASMA, THE SYMMETRICAL SHADOW

Melasma appears as larger patches of brown or gray-brown discoloration, most often on the cheeks, forehead, nose, and upper lip. One of its biggest clues is symmetry. It usually develops on both sides of the face rather than in random spots.

Hormonal changes are a major trigger, which is why melasma is common during

pregnancy or while taking hormonal birth control. Sun exposure can make it much darker, and even heat and visible light may cause flare-ups. Since melasma tends to return, consistent sun protection is one of the most important parts of managing it.

SUN SPOTS, EVIDENCE OF YEARS IN THE SUN

Sun spots, also known as age spots or solar lentigines, develop after years of ultraviolet exposure. Unlike melasma, they appear as individual flat spots with well-defined edges. They’re most common on areas that receive the most sun, including the face, hands, shoulders, and chest.

These spots usually don’t fade on their own but can improve with brightening ingredients, professional treatments, and daily sunscreen to prevent new ones.

POST-ACNE MARKS: LEFT BEHIND AFTER BREAKOUTS

If a dark mark showed up exactly where a pimple healed, you’re likely dealing with post-inflammatory hyperpigmentation, often called PIH. These marks develop after inflammation triggers excess melanin production during the healing process.

Post-acne marks can appear brown, pink, or red depending on your skin tone. Unlike melasma, they follow previous breakouts and usually fade over several months.

WHY IT’S IMPORTANT TO IDENTIFY THE DIFFERENCE

Every type of discoloration responds differently to treatment. Ingredients that work well for post-acne marks may not be enough for melasma, while procedures that improve sun spots aren’t always appropriate for hormone-driven pigmentation.

No matter the cause, daily sunscreen is the foundation of any treatment plan. Protecting your skin from UV exposure helps prevent existing discoloration from becoming darker and reduces the risk of new spots developing.

If you’re unsure what type of pigmentation you have or notice a spot changing in size, shape, or color, schedule an evaluation with a board-certified dermatologist. The correct diagnosis can save you time, money, and unnecessary trial and error.



I DON’T WANT TO STOP LEARNING AS I GET OLDER

WHY I MAKE BRAIN HEALTH PART OF MY EVERYDAY ROUTINE

What if staying sharp didn’t require a complicated routine, expensive equipment, or hours at the gym? Sometimes, training your brain can be as simple as solving a crossword, learning something new, or challenging yourself to think differently.

That’s something I think about on National Train Your Brain Day, celebrated on Oct. 13. For me, keeping my brain active isn’t just about solving puzzles. It’s about continuing to grow, setting goals, learning every day, and staying engaged with life.

MAKING PERSONAL GROWTH A HABIT

I’ve been using the GrowthDay app from Brendon Burchard, and it’s been incredibly helpful. He focuses on personal growth, achievement, and becoming a better version of yourself, whether that’s as a person, worker, husband, father, or human being.

One thing I particularly like is the focus on setting goals and creating a weekly

calendar. I like having specific goals to accomplish during the week, including what Burchard calls “Friday finishers.” Having those goals laid out gives me something tangible to work toward and helps me maintain high productivity.

In a way, it’s another form of training my brain. I’m teaching myself to stay focused, organized, and intentional about how I spend my time.

KEEPING THE BRAIN ACTIVE

I also think about the simple things my family does to keep our minds engaged. I remember my parents doing crossword puzzles, and now my sons will sometimes play Wordle with my wife.

There’s something enjoyable about sitting down with a puzzle and figuring it out. It doesn’t feel like work, but you’re still challenging your brain and keeping it active.

You don’t necessarily need a complicated system to exercise your mind. Sometimes, a few minutes with a crossword, a word game, a book, or something you’ve never learned before can be enough to spark your curiosity.

LEARN SOMETHING EVERY DAY

One phrase from one of my elementary school teachers has always stuck with me. *“As long as you learn something every day, your day isn’t wasted.”* I’ve carried that idea with me because I think there’s something powerful about continuing to learn throughout your life.

I believe keeping your brain active can help keep you feeling younger and healthier. Even when my body starts slowing down, I want my mind to remain curious, engaged, and ready to participate in life.

—Dr. Mike

Pass the Stuffing

ALLOCLAE OFFERS A NEW APPROACH TO ADDING VOLUME

Thanksgiving stuffing usually means bread, herbs, butter, and a seat at the dinner table. This year, there’s another kind of stuffing making its way into the conversation, and it has nothing to do with a roasting pan.



transfer surgery. Think of it as “stuffing” for the body, except this version comes in a medical syringe instead of a casserole dish.

WHAT EXACTLY IS ALLOCLAE?

AlloClare is made from processed, donor-derived adipose tissue. Unlike traditional fat transfer, where a surgeon removes fat

from one part of your body and places it elsewhere, AlloClare is ready to use. The product retains the three-dimensional structure of fat tissue along with its extracellular matrix, creating a framework that provides volume and support.

That distinction could make the treatment appealing to people who don’t have enough donor fat for a traditional transfer or simply don’t want to undergo liposuction.

LESS HARVESTING, LESS RECOVERY

Traditional fat transfers come with multiple steps. Fat has to be harvested, processed, and transferred, which means dealing with both a harvest site and the area receiving the fat.

AlloClare is designed to be applied directly to the area being treated, using a small needle or cannula, without creating a separate fat-harvesting site. It can be an in-office

treatment with minimal downtime, with many patients returning to normal activities within 24 to 48 hours.

A NEW MEANING OF “STUFFING”

The Thanksgiving connection might sound cheesy, but it captures the basic idea: AlloClare is used to add volume where it’s wanted strategically.

It isn’t a replacement for every fat-transfer procedure, and it’s not intended to create unlimited volume. Instead, it’s emerging as another option for people seeking targeted contouring without the recovery time associated with harvesting their own fat.

So, while Thanksgiving stuffing belongs on the plate, AlloClare represents a very different kind of “stuffing,” one designed to shape, support, and restore volume, and unlike leftovers, this new approach to body contouring could be sticking around.

SIP OF THE MONTH

Amarone: A Rich Italian Red Perfect for Holiday Dinners



Looking for a rich Italian red to bring a little taste of Italy to your next dinner? Amarone della Valpolicella is a smooth, full-bodied wine that makes a memorable choice for everything from a festive Thanksgiving meal to a relaxed evening with friends.

Dr. Mike recently returned from his 25th wedding anniversary trip to Italy, where he had the chance to enjoy Amarone, and it quickly became a wine worth remembering.

If you’re planning a holiday dinner, Amarone has the structure to pair well with hearty dishes. Pair it with meat dishes, game, and mature cheeses!

Amarone doesn’t have to be reserved for a special dinner, either. It’s also considered a “meditation wine,” meaning it’s perfectly suited to sipping slowly and enjoying on its own.

INSPIRATION

