



GREAT LAKES



Plastic Surgery

You Deserve It!

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Volume 2, Issue 3

September, 2007

Breast Implants and Pregnancy

Today breast augmentation is at the top of the list of the most popular cosmetic procedures. Many women desire fuller, firmer breasts, especially after pregnancy and nursing when the breast tissue has been stretched and not returned to its original size and shape. But even women who haven't started their families yet are desiring breast augmentations for reasons of their own. *Is this an impossibility if they do want to become pregnant someday? The answer: No.* Research has shown that implants do not interfere with pregnancy, and pregnancy does not interfere with implants. Implants have a soft silicone shell filled with saline or a silicone gel. These materials have been proven to be non-reactive, therefore posing no harm or risk to normal pregnancy. Though pregnancy could cause a rare event such as deflation or hardening of the implants, there are no unusual implant complications during pregnancy. Even the usual increase in breast size (engorgement) during pregnancy does not involve

or affect the implants themselves. While the skin stretches and the breast tissue volume is diminished after pregnancy and breast feeding, the augmented breasts maintain more of their volume. This results in women noticing less drastic changes in the shape and size of their breasts. Even breast feeding is not impossible. The incision techniques available do not prevent breast feeding. Implant placement under the muscle allows for an extra layer of protection between the implants and the milk ducts. This technique also allows for better mammograms, and a more natural look and feel. A consultation with one of our American Board of Plastic Surgery certified surgeons is the first step in evaluating your augmentation desires. An individualized plan based on your current and future needs will ensure an outstanding result.

Source: "Breast Implant and Pregnancy 5 Things You Must Know," Scott R. Miller, MD, www.breastimplants411.com, June 5, 2006

The Power of Niacin

Now that summer is almost over, it's time to repair all of the damage your skin received from our warmest season. Sun exposure can cause hyperpigmentation, actinic keratosis, lines and age spots, all of which can make you look older. Niacin, by nature, increases circulation to help generate cellular regeneration. Great Lakes Plastic Surgery now carries NIA24 Niacin-based Skin Therapy products.

These medical grade products build stronger skin that is more resilient and resistant to damage improving overall skin tone and texture, and reduces the appearance of brown spots and fine lines. Continued use will stimulate natural repair to renew healthy skin cells, energize skin to promote healthy skin, and strengthen the skin barrier for overall resilience. Visit www.glyphs.com to find out more about this scientific

cally proven product, or call our office today to schedule a skin care consultation with our licensed Esthetician.

NIA24: PreDamage
PostDamage
UnDamage



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Skin Care

MONTHLY SKIN CARE SPECIALS

SEPTEMBER

-IPL Laser Treatment to the face for \$200, or to the face and neck for \$300

-Microdermabrasion \$25 off

OCTOBER

-Laser Hair Removal Special: Lip with FREE chin, package of 4 for \$488

NOVEMBER

-Buy a Bikini package and get an Underarm package FREE -or- Buy a Lower Leg package for only \$1000

-FREE Skin Care Consult

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Join us Sunday, September 23 at
the Radisson for the
Kalamazoo Bridal Show
and
Tuesday, October 3 at
the Kalamazoo
County Fairgrounds
for the
Senior Expo

Body Contouring After Major Weight Loss

Dramatic weight loss, from either diet and exercise or Bariatric surgery, can result in excess skin that sags. Body contours seem irregular and out of proportion and you still don't have the body image you had hoped for. Body contouring after major weight loss can be the most rewarding phase of your weight loss journey. There are surgical options for all of the affected areas such as the face, neck and jowls, the breasts and abdominal areas, the upper arms, and the buttocks, thighs, and groin. The shape and tone of the skin, underlying tissue, and fat can be improved resulting in a more normal appearance to the body. There are some important

things to understand before deciding to have body contouring surgery. Most important is that your weight loss must be stabilized. Continued weight loss can cause sagging areas to redevelop, and rapid weight regain can severely stress your skin, which is now weakened and thinned from the first major weight loss. This can cause stretch marks and your surgery scars to widen. Individuals who are healthy with no medical conditions that can impair healing, are non-smokers, and those who have a positive outlook and realistic goals are the best candidates for body contouring. Body contouring procedures are often performed in stages and

final results can take equally as long as the time it took you to lose all the weight. Because of the amount of excess skin removed, incisions may be extensive. The pattern and length of incisions will vary, but advanced techniques allow them to be placed strategically so they can be hidden by clothing. An extensive consultation with our plastic surgeons will prepare you for what to expect from body contouring. For more information contact a cosmetic coordinator today at either of our locations.

Source: www.plasticsurgery.org