

A New Leaf



The Center for
Plastic Surgery
at Copper Ridge

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"Meet"

The Center for Plastic Surgery Staff



Dr. Steve Thomas (center) and The Center for Plastic Surgery (from left to right): Kim, Tina, Karen, Lori Thomas, Sandy, Jan and Lori. Following are some sentiments that staff members have heard from patients – and each other – recently:

- "Dr. Thomas has a heart of gold and treats each patient with respect and professionalism."
- "Not only is our office cozy and warm, but the staff is too... what a welcoming environment."
- "Dr. Thomas and his staff make the journey through breast cancer bearable – from diagnosis through recovery to survival."
- "Because of his commitment to each patient's well being, Dr. Thomas never performs a surgery that he doesn't believe in."
- "I love arriving every morning, knowing my day will be filled with great patients, lots of laughs, and genuine warmth from everyone."
- "Dr. Thomas and The Center for Plastic Surgery are well respected by colleagues in the medical profession throughout the state."

"Thomas Technique"

Face Lift

As people age, facial skin loses elasticity and can begin to sag. Dr. Thomas performs facelift surgeries to smooth loose skin on the face and neck, tighten underlying tissue and remove excess fat. There are many variations of the facelift procedure, with the goal that incisions are hidden as much as possible. In some instances, deeper facial tissue may be repositioned to restore a more youthful facial contour. In addition, Dr. Thomas sometimes makes a small incision beneath the chin to permit removal of fat and to smooth the cord-like structures of the neck.

Those without a significant amount of excess skin may be good candidates for a limited-incision facelift. This is a minimally invasive procedure that requires very small incisions that are placed inconspicuously.

The procedure is performed at the hospital or surgical center and may require an overnight stay. After facelift surgery, a patient may experience temporary skin discoloration and some tightness or numbness in the face and neck. A few days following surgery, a patient can wear cosmetics, and can typically return to normal activity levels within ten days or less.

“Circle of Friends”



🌿 Celebrating Milestones 🌿

- * *It's your 40th birthday.*
- * *Your oldest son is graduating from college.*
- * *Retirement from a long, fruitful career is approaching.*

These are all big milestones. The question is how do you celebrate such milestones in your life?

There are many schools of thought when it comes to marking important life events. Some take a vacation; some run a marathon; some buy a gold watch.

Plenty of men and women at important stages of life visit The Center for Plastic Surgery to treat themselves to the gift of a cosmetic procedure. It can be a wonderful and fulfilling way to celebrate, with lasting effects to boot. While some celebrate with a non-invasive procedure, others choose a more extensive overhaul.

Here are some examples:

<i>20th Anniversary Pampering</i>	<i>vs.</i>	<i>The Baby's in High School Overhaul</i>
<i>Chemical Peel to smooth and brighten your face</i>		<i>Liposuction and tummy tuck to rid yourself of that extra bulk.</i>
<i>Permanent Make-up for a little extra definition around your eyes and lips.</i>		<i>Breast enhancement for just the right shape and size</i>
<i>Botox® to smooth the creases in your forehead and beside your mouth</i>		<i>Nasal surgery to reshape your nose.</i>

So when it's time to mark a significant life event and you want to do something special for yourself, consider The Center for Plastic Surgery. Dr. Thomas and the staff can help identify cosmetic procedures that can safely satisfy your craving for change – whether it's a little pampering or a complete overhaul.

* *Greeting Cards for your Circle*

Now you can purchase Lift Me Up greeting cards, offering the perfect (and humorous) sentiment for the cosmetically enhanced, from breast augmentation to tummy tuck. Check out the web site liftmeupcards.com.



Have an uplifting day!

© Lift Me Up Cards

“\$25 Gift in Your Future!”

🌿 Sharing Experiences 🌿

The Center for Plastic Surgery is a community that cares and shares. We love it when you tell others about your experiences with Dr. Thomas and our staff. Your sharing often leads to enthusiastic and well-educated new patients.

To show our appreciation, we now award \$25 gift certificates to patients who refer friends and family to The Center for Plastic Surgery. The \$25 certificate is redeemable for our wonderful skin care products and non-surgical skin care services, such as Botox®, fillers, or permanent make-up.

“Uplift”

🕊️ **“Reconstruction to Recover”** 🕊️

Reconstructive surgery is performed every day by ASPS surgeons to help patients regain a healthy appearance and identity following tragic accidents or ailments. Elaine Ferri’s story is an uplifting example of a tragic accident followed by a rewarding and restorative reconstructive surgery.

Elaine had a lifelong love of horses, but one frightened filly kicked Elaine, shattering all of the bones in the central and left side of her face with one blow. Fortunately, ASPS Member Surgeon Stephen Chidylo, MD agreed to care for Elaine on a pro bono basis because of inadequate health insurance coverage. Elaine’s course of treatment included creating a custom cranial implant to replace lost tissue, inserting a cheek implant, surgically elevating her left lower eyelid, and performing an upper blepharoplasty (eyelid surgery) on her right side to enhance symmetry.

When reflecting on Elaine’s transformation, Dr. Chidylo recalls one image: sunglasses.

“When I first met her in my office, she was so uncomfortable with her appearance that she wore dark sunglasses, and I actually had to ask her to take them off,” he says. “As soon I finished examining her, she put them right back on. So, when she didn’t put them back on after the surgery, I knew she was on her way to recovery.

See the complete story on ASPS’s website www.plasticsurgery.org.

“Men’s Motivators”

🕊️ **Body Contouring** 🕊️

Although men still only comprise about 9% of all plastic surgery patients, the numbers are on the rise. In particular, liposuction is one of the top five procedures performed on men according to the American Society of Plastic Surgeons. Many men cite a fit and healthy appearance as a motivator for surgery. That, combined with the tendency for men to carry most of their excess fat in the abdominal area, makes for the popularity of liposuction. Many surgeons consider liposuction a ‘body contouring’ technique that subtly reshapes the targeted area to be more lean and proportional to the rest of the torso. Liposuction is ideal for normal-weight men with firm, elastic skin.

Dr. Thomas performs liposuction at the hospital or surgical center on an outpatient basis. The most common liposuction technique used involves creating a tiny incision through which fat cells are suctioned out. Usually patients can resume normal activity within a few days.



* *Men and Botox*

“BOTOX® has helped me feel more positive about the way I look and feel. When you’re confident, you feel better and you attract people that are positive around you. It’s a contagious emotion.”

- Mark Spitz, Olympic Gold Medalist in Swimming

Flash”

Breast reduction surgery improves self-esteem

Surgery can improve more than just appearance. According to the July/August 2008 issue of Aesthetic Surgery Journal, participants in a study showed a significant improvement in quality of life following breast reduction surgery.

“Patients seek out breast reduction surgery for many reasons, not the least of which is to ease pain and discomfort associated with having larger breasts,” said Miguel Sabino Neto, MD, Ph.D., a plastic surgeon in Sao Paolo, Brazil and lead author of the study. “However, there is also an emotional discomfort as well, including low self-esteem, social and sexual embarrassment, and frustration with difficulties in performing daily routines. It was our goal to determine quantitatively whether these emotional issues improved, as well as the physical.”

Heavy-chested since early adolescence, northern Michigan resident Betheny became a patient of Dr. Thomas for breast reduction surgery. Betheny explains the life-changing results of her surgery, “I felt somewhat disfigured before surgery, but now I have a sense of being ‘fixed.’ Because of my new appearance, I’m proud of myself.”

Betheny attributes an improved self-awareness to her breast reduction surgery. “When I’m with others, I can focus on expressing my personality – instead of being self-conscious about a body part.”

Alan H. Gold, MD, President of American Society for Aesthetic Plastic Surgery explains, “this study further demonstrates that the connection between the aesthetic results of plastic surgery and the emotional, social and physical quality of life of our patients cannot be underestimated.”

*** 153,087**

breast reduction procedures were performed in 2007.

Source: American Society for Aesthetic Plastic Surgery



*** “She got her looks from her father**

He’s a plastic surgeon.”

- Groucho Marx

The Gift of Pampering

Fill out your holiday wish list and do your shopping in one great place: The Center for Plastic Surgery at Copper Ridge! We offer non-surgical cosmetic services that are wonderful, luxurious gifts...consider a facial or rejuvenating chemical peel, or perhaps another pampering treatment. Gift certificates for these and many other reasonably priced services are available at our office. Call 231.929.7700 for more information.



*** Happy with your plastic surgery?**

Oprah.com readers took a survey about cosmetic enhancement for the June 2008 issue of O Magazine. Here are some of the results:

- 92% of those who had plastic surgery had it to please themselves.
- 86% of those who had plastic surgery would do it again.
- 59% wanted to get a procedure done after the success of a friend’s.

“Heartfelt”

The Beauty of Giving: Improving the lives of women and children in our area

While the name of Zonta may not be familiar to you, perhaps the club has touched your life in some invisible way. Each year, Zonta Club of Traverse City hosts the Festival of Trees Fashion Show. The theme of this year's show, "The Beauty of Giving" underscores the club's commitment to serving the women and children in our area.

Proceeds from the Festival of Trees events, along with the Zonta Golf Outing, allow Zonta to channel the maximum amount of funds to where they are needed most – to charitable organizations that serve women and children in northern Michigan, such as the Smith Family Breast Health Center at Munson Medical Center and an endowed scholarship program at Northwestern Michigan College for female victims of domestic violence.

Thank you to Dr. Steven Thomas and the Center for Plastic Surgery for generously supporting Zonta in the past, and continuing with a major sponsorship of this year's Fashion Show.

Sincerely,

Heather Brady

Zonta Fashion Show Chair, 2008



Details on this year's Festival of Trees events are available online at www.zontacluboftraversecity.org.

“Clicks”

See 3D surgery online

It's helpful to read all about plastic surgery, but now it's easy to see how a plastic surgery is performed at: www.plasticsurgery.org. The site shows a realistic-looking animated person undergoing many of the most common plastic surgeries and non-surgical cosmetic procedures. From pre-operative preparations through the surgery itself, the 3-D animations have great research value for those who are considering a procedure.

Note: www.plasticsurgery.org is the official website of the American Society of Plastic Surgeons.

“Calling all Artists”

Our Art Gallery

In a previous issue of our newsletter, *A New Leaf*, we called for local artists to submit their original drawings and paintings for display in our office gallery. Thank you to all of you who are willing to share your work with us! We have a number of new pieces for all to appreciate.



*Mood Enhancer

A study by the American Society of Plastic Surgeons revealed that the number of patients taking antidepressant medications decreased by 31% after undergoing cosmetic plastic surgery.

Source: *Medical News Today*, October 8, 2006



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“Ask the Doc”

 ***I have a burn scar from a childhood accident. Is there any way to remove it?*** 

In some cases, the appearance of a scar can be improved with the help of a plastic surgeon, though no scar can be completely removed. For that reason, it is important to discuss your expectations with the plastic surgeon prior to the procedure. At that time, techniques and probable outcomes will be explored. Z-plasty is one surgical technique that is often used to repair burn scars. Z-plasty repositions a scar so that it more closely conforms to the natural lines and creases of the skin. Skin grafting and flap surgery are more serious scar surgery techniques that require several weeks or months to heal.

Dr. Thomas performs these procedures at the hospital or surgical center. Healing times will vary depending on the scar revision technique employed.

 ***My teenage daughter is interested in cosmetic surgery. Do plastic surgeons consider working with young people?*** 

As a member of the American Society of Plastic Surgeons, Dr. Thomas does not have a blanket opinion about plastic surgery for young people. Each child's case is unique and must be considered that way. The factors taken most seriously are:

- Is a procedure requested to correct a congenital birth defect (such as cleft palate)?
- Is there a minor physical deformity that can be corrected with minimal change in cosmetic appearance (such as reshaping ears)?
- Would surgery help to relieve physical pain or social distress?

All of the above are important factors in evaluating plastic surgery for young people. In the case of strictly cosmetic procedures such as nasal surgery, a youth's emotional state and expectations must be carefully evaluated.