



BITAR
COSMETIC SURGERY INSTITUTE
www.DrBitar.com



Summer 2010

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September 23, 10am - 6pm

October 21, 10am- 6pm

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8650 Sudley Road,
Suite 203

July 1, 10am – 6pm

August 12, 10am - 6pm

September 9, 10am - 6pm

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To book your appointment
call us at:

703 206 0506

Or visit our website at:

www.DrBitar.com

Our Top Ten In-Office Procedures

Considering plastic surgery but concerned about going under general anesthesia in a hospital setting? Think again.

Due to heavy national and international patients' request, the Bitar Cosmetic Surgery Institute is offering a wide array of surgeries which can be safely performed under local anesthesia, in an office setting and with minimal downtime. Here is our top ten:

1- LASER TIGHT

By far our most demanded in office procedure: Perfect for removing these little bulges of fat (up to 7 lbs per session). Tightens the skin too!
Downtime: 1-7 days.

2- UPPER AND LOWER EYELID LIFTS

Instantly refreshes your look.
Downtime: 1-6 days.

3- LIQUID LASER LIFTS

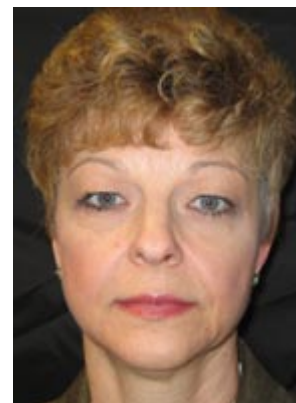
Fillers, Dysport or Botox plus Fractional CO2 laser facial resurfacing
Downtime: 1-4 days

4- GYNECOMASTIA (male breast reduction)

Downtime: 1-4 days

5- SIX PACK ABDOMINAL LASER LIPOSUCTION

Downtime: 3 days



Before and after lower and upper eyelid lifts

6-TORN EARLOBE REPAIR

Downtime: None

7-LABIAPLASTY

Downtime: 3-6 days

8-SCAR REVISION

Downtime: none

9-HAND REJUVENATION

Downtime: none

10-MOLE REMOVAL

Downtime: none



A 65 year old lady before and after a liquid facelift (without laser resurfacing)



Silicone Implants on the Rise

By Priscilla Patel MSII, Summer Intern

Summer is here and breast augmentations are among our most popular procedures!

In 2006, the FDA approved the use of cohesive gel silicone breast implants (also known as the “gummy bear” implants for breast augmentation).

Many patients who walk into our offices are confused by how these implants differ from the older silicone implants which have been banned since 1992. Dr. Bitar will meet with you, and you will decide together whether saline or the new silicone implants are best for you. Here are some pros and cons to make your decision easier:

Pros of “Gummy bear” implants vs. old silicone implants:

- Less risk of rupturing and leaking
- A more similar texture to natural breast tissue
- Lower risk of capsular contracture, inflammation and hardening of scar tissue that may create pain and a breast hardening

Cons of “gummy bear” implants vs. saline implants:

- Cost: More expensive than saline implants
- Bi-annual MRIs to detect potential leaks
- Larger incision size than with saline implants

The Skinny on Male Breast Surgery

Cosmetic surgery has reached a feverish pitch among men! If you think plastic surgery is only for women, think again: at the Bitar Cosmetic Surgery Institute, about 25% of our patients are men. So it’s no surprise then that men are now openly embracing a procedure that allows them to combat enlarged breasts with very little pain or downtime!

When a male patient comes in to our offices complaining of enlarged breasts, we start with an initial consultation to determine whether he is a good candidate for the surgery. Dr. Bitar will then determine the severity of the gynecomastia as either:

1. Minimal gynecomastia, which is primarily the result of excess breast tissue and can be treated with excising it under local anesthesia.
2. Moderate gynecomastia, which results from moderate excess fat and breast tissue and is treated with both liposuction and excess breast tissue removal either in the office or in the hospital.
3. Severe gynecomastia, which results from excess breast tissue, fat, as well as excess skin after weight loss and is treated with liposuction, excess breast tissue removal as well as excess skin removal in the hospital.

Following surgery, each patient will be seen by Dr. Bitar several times to ensure optimal results have been achieved and to address any concerns the patient may have.



Before and after photos of a patient who had undergone gynecomastia

The Sun and Your Skin

By Michelle Laplante, LE

1- What is the difference between UVA and UVB rays?

The sun rays that are responsible for 'burning' our skin are known as the UVB rays. These rays hit our top layer of skin, the epidermis. However, everyone also needs to be protected against the 'aging' rays, known as the UVA rays. These rays are always among us. The rays are the primary reason of extrinsic aging as they penetrate our dermis, the layer of skin where our elastin and collagen are made. When the sun's UVA rays hit the dermis, the collagen and elastin are broken down, in turn, forming premature wrinkling.

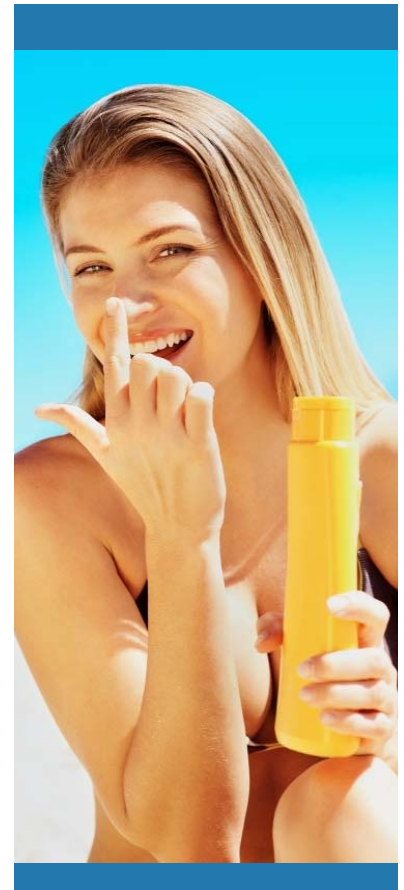
2- What exactly is SPF, and how much SPF do I need?

SPF stands for Sun Protection Factor. An SPF of 30 is the recommended daily use of sunscreen. The percentage of UVB absorbed and an overall protection of the skin increases only slightly. So an individual wearing SPF 30 daily, will delay the onset of a sunburn by 300 minutes, reapplying every two hours if outside for a prolonged time.

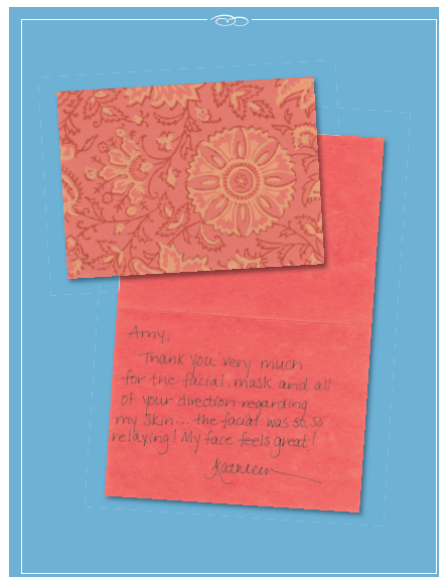
3- Other than sunscreen, what products can I use daily to protect my skin?

Wearing a daily antioxidant serum can help reduce the signs of aging due to sun damage. Antioxidants come in many ingredients, for example, Vitamin C, Vitamin A, Green Tea Extract, are to name a few. Applying a Vitamin C serum every morning after you cleanse and tone will further assist in neutralizing of free radicals, giving an extra protection from UVB and UVA rays, while also firming and toning the skin.

Call 703 206 0506 to schedule your complimentary skin care consultation today



Patients' Corner



We always enjoy receiving thank you cards from our patients telling us about how surgery that they received by Dr. Bitar has changed their lives!



Bitar Cosmetic
Surgery Institute

Summer Skincare Special

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*a \$170 value

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www.DrBitar.com/newsletters.php

Interested in learning about our new services?
Check out our upcoming fall issue

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