



**Fall 2007**

**Days of Beauty:**

**October 6, 10am-4pm**

**Lofty Salon and Wellness Center, Vienna**  
354 West Maple Ave

**November 3, 10am-4pm**

**Prince William Hospital, Manassas**

8650 Sudley Road,  
Suite 203

**December 6, 10am-4pm**

**Prosperity Medical Plaza, Fairfax**  
8501 Arlington Blvd,  
Suite 500

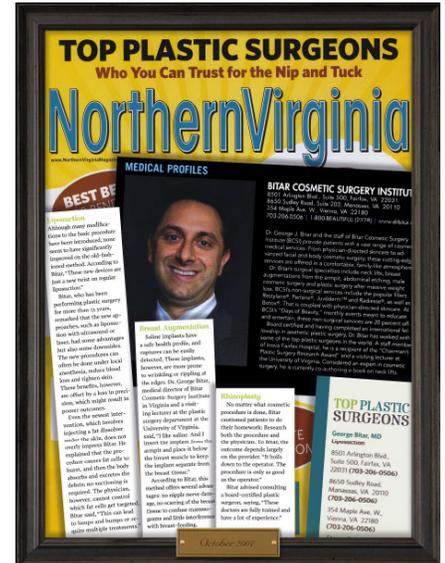
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**Dr. Bitar Voted among "Top Plastic Surgeons" by other DC Area Plastic Surgeons**

In its Oct. 2007 issue, Northern Virginia Magazine asked 142 DC area plastic surgeons and ENT's: "To which board certified plastic surgeon would you send a friend or family member to for plastic surgery?" The surgeons answered, the votes were tallied, and Dr. George Bitar was among the top plastic surgeons who made the cut- a great honor!

Dr. Bitar was also quoted in the same issue in a special section about the cutting edge cosmetic surgery procedures. He discussed breast augmentations, liposuction, and rhinoplasty procedures.



**Teenage Plastic Surgery: How Young is too Young?**



With plastic surgery for teen-agers on the rise, WBAL radio station of Baltimore had a special segment on that subject during which they interviewed Dr. George Bitar.

The heated debate was centered around 12-year old Brooke Bates from Texas who had undergone liposuction and tummy tuck procedures resulting in the removal of 35 pounds of fat and skin. Dr. Bitar disagreed with performing liposuction over 10 pounds on anyone, especially a 12 year old girl who is too young to comprehend the magnitude of the decision to undergo cosmetic surgery.

He stated that the decision to operate on a teenager is a complex one. It involves the patient's level of maturity, appropriateness of the operation, and support system. Dr. Bitar stressed that cosmetic surgery is a decision not to be taken lightly and preferably approached with the consent and cooperation of the teen's parents.

According to the American Society of Plastic Surgeons, over 333,000 people 18 years and younger had plastic surgery in 2005.



A painting by Georgia O'Keefe

*“Enlarged uneven labia minora can cause physical discomfort during sex or physical activity”*



## **Labiaplasty**

By George Bitar, M.D.

### **What is it?**

Lately, a lot of media attention has been given to what was once a rather obscure area of cosmetic surgery: “vaginal rejuvenation”. Vaginal rejuvenation is a catch-all term encompassing many procedures performed on the female genitalia including tightening the vagina after childbirth, reconstructing the hymen after loss of virginity, labiaplasty to reduce large or uneven labia minora (inner vaginal lips) or labia majora (outer vaginal lips), or fillers to “plump” small labia minora. This article will focus on labiaplasty for labia minora, a procedure that is frequently requested by our patients.

A labiaplasty can be an operation that gives a woman an immense feeling of joy and self-image boost, in my experience. It is a surgery that offers both physical and psychological satisfaction. Usually, women who seek labiaplasty have either enlarged labia minora uneven, or both. In these women, enlarged labia minora can be due to genetics, childbirth, aging or other factors. Enlarged uneven labia minora can cause physical discomfort during sex or physical activity, as well as embarrassment in intimate moments. The labiaplasty procedure can provide an effective cure to the mentioned problems.

### **Preparing for Surgery**

An initial consultation is set-up where we discuss the labiaplasty procedure, and whether you are a good candidate for the surgery. Your medical history is reviewed. You are asked to stop smoking, if you are a smoker, two weeks before and two weeks after surgery, for the surgery to be performed safely, and for you to have optimal results. You are given the opportunity to talk to patients who have had the same surgery. I will see you shortly after the surgery (in a day or two usually). You are seen regularly after your surgery. You are always welcome to come back for follow-up, even years after your surgery, free of charge.

### **The Labiaplasty Procedure**

The size and shapes of labia vary tremendously between different women. The procedure can be done either in the office under local anesthesia, in the hospital with local anesthesia and sedation, or general anesthesia. The decision is the patient's. When the patient is relaxed and the labia minora are anesthetized, the excess skin is trimmed in a moderate fashion leaving the best possible symmetry between the two labia. The incisions are closed with absorbable sutures, so sutures do not need to be removed. Warm water baths are recommended after the surgery, and follow-up is in the office within the next few days.

## ***“The Flawless Skin of Ugly People” Comes to Northern Virginia***



Author Doug Crandell with Dr. and Mrs. Bitar and other guests at book signing

Marie Claire magazine called it “the book to pick up if you root for Ugly Betty”. “The Flawless Skin of Ugly People,” is a novel that focuses on real people dealing with problems that we have all faced at one time or another. The main character’s cystic acne has affected his life profoundly. His common-law wife is obese and struggling to lose weight. Ultimately, this is a wonderfully warm novel that deals with the frailties of the human spirit and how beauty is defined in our culture.

Published by Virgin Books, it is the first novel of Doug Crandell, who hosted a book signing and discussion session in the DC area as part of a national tour featuring physicians to discuss the medical and psychological aspects of the novel. Dr. Bitar was invited to comment on issues of beauty, skin conditions and body image after weight loss, and “fun was had by all!”

## ***Meet Amy Rinehart, our Newest Esthetician.***

This fall, we welcome Amy Rinehart to our Institute. Amy is a licensed esthetician who has always had a passion for the skin care industry.

She is from Buffalo, NY, and has received a B.S. degree from the University of New York in 1996. She completed her esthetics training and received her license in New York State and continues to pursue advanced esthetics training in Virginia.

Amy believes in providing personalized skin care. Starting with a detailed consultation and skin analysis, she recommends treatment options using medical grade skin care products. Her main areas of interest include anti-aging treatment plans, chemical peels, and microdermabrasion. Additional skin care services she enjoys offering to her clients include deep pore cleansing facials for people with acne and over-productive oil glands, waxing services, and mineral make-up consultations using Jane Iredale make-up.

To schedule an appointment with Amy, please call our Vienna Medspa at 703 255 2757



Our newest esthetician, Amy Rinehart

## Bitar Cosmetic Surgery Institute in the News

1. Dr. George Bitar listed as one of the top plastic surgeons by Health and Beauty Magazine in their July/August 2007 Issue
2. Dr. and Mrs. George Bitar at the Leukemia and Lymphoma Man and Woman of the Year 2007 Gala
3. The Bitar Cosmetic Surgery Institute Manassas Day of Beauty featured in the Manassas Journal Messenger
4. Dr. and Mrs. George Bitar at the 61<sup>st</sup> Care Gala at the Colombian Embassy



**Ever wished for Angelina Jolie Lips?**

Check out our next newsletter for the latest on lip augmentation

Missed an Issue?

**All our newsletters are now available online**

[www.DrBitar.com/newsletters.php](http://www.DrBitar.com/newsletters.php)

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