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Get **20% off** of skin care products and services rendered as well as **20% off** of Botox®, Dysport®, Restylane®, Perlane®, Juvederm®, and Radiesse®

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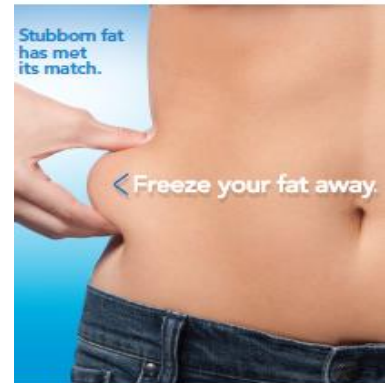
## The Bitar Cosmetic Surgery Institute Is Now Offering



### “Un-Love Your Handles”

# STUBBORN FAT HAS MET ITS MATCH.

- » Non-surgical
- » No downtime
- » Clinically proven



Now Offering Cool Sculpting,  
Non Surgical Fat Reduction

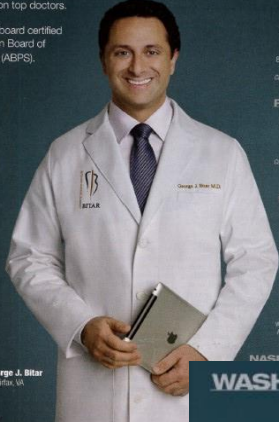
## “Best Plastic Surgeon In America”



THESE DOCTORS ARE AMONG  
**THE BEST PLASTIC SURGEONS IN AMERICA**

Each doctor has been peer-nominated and selected by the nation's leading providers of information on top doctors.

All doctors are board certified by the American Board of Plastic Surgery (ABPS).



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George J. Bitar, MD  
3023 Hamaker Court  
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703-206-0506  
www.DrBitar.com  
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**PITTSBURGH, PA**  
Leo R. McCafferty, MD  
580 South Allen Avenue  
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3023 Hamaker Court  
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The Bitar Cosmetic Surgery Institute Is proud to announce Dr. George Bitar appeared in US Airways magazine, as one of the best plastic surgeons in America!

Each doctor has been peer nominated, and selected by the nation's leading providers of information of top doctors.





## CoolSculpting®: Banishing Bulges without Surgery

By Dr. Robert Centeno, Board Certified Plastic Surgeon

**Are you bothered by stubborn fat on your thighs, tummy, flanks or arms but do not want liposuction or the downtime that comes with surgery?**

**What is CoolSculpting®?** CoolSculpting® is a technology that safely and effectively freezes fat to improve body contour of unsightly bulges that are resistant to exercise and diet.

**What Areas Can I Treat?** Popular areas for treatment include the upper and lower abdomen, love handles, bra rolls, arms and inner thighs.

**What Happens During the Procedure?** A cool gel sheet is applied to protect the skin. A suction cup device is applied to the problem area which sucks the skin and fat in and gently freezes the fat. The crystallization of fat leads to permanent clearance of these fat cells. After the procedure, patients can drive themselves home and resume normal activities that same day.

For more information visit [BitarInstitute.com/CoolSculpting](http://BitarInstitute.com/CoolSculpting)  
Call #703 206 0506 to schedule your complimentary CoolSculpting® consultation.



BEFORE

75 DAYS AFTER  
ONE COOLSCULPTING® TREATMENT



BEFORE

60 DAYS AFTER  
ONE COOLSCULPTING® TREATMENT



BEFORE

40 DAYS AFTER  
ONE COOLSCULPTING® TREATMENT



BEFORE

120 DAYS AFTER  
ONE COOLSCULPTING® TREATMENT

**Want to keep up with #TeamBitar? Follow us on Facebook and Twitter!**

5K Run In Mosaic District, Fairfax VA



#TEAMBITAR



Leukemia and Lymphoma Society Support Dinner, "Cancer Ends With Me"

SALON NORDINE & DAY SPA

Winter Beautiful Event



Kiss and Makeup Valentines Event



Tysons Corner, Group Workout



## Contemporary Management of Acne & Acne Scars

By: Robert F Centeno MD, MBA, FACS

**Acne vulgaris is the most common skin disease affecting approximately 80% of Americans.**

### Regain Your Self-Esteem!

#### Common factors for acne are:

- Genetic predisposition
- Bacteria
- Overactive oil glands
- Malfunction of the pore clearing
- Hormonal disturbances
- Inflammation

Today's over the counter acne treatments typically only addresses the bacterial component and clogged pores but **rarely** treats, gland over-activity, hormonal components, and pigmentation issues.

Prescription strength skincare and facial peels are the basis of a acne program. Speak to your physician or esthetician about prescription medications tailored for your skin type.

#### Typical prescriptions used:

- Retinoid-like medications for suppression of the sebaceous gland,
- Benzoyl peroxide, topical and oral.
- Phototherapies with broad band light or lasers Levulan®, are used to suppress the bacteria and oil glands.

**Acne Scarring, tethered, depressed or "ice-pick" scars can be very disconcerting to patients.**

#### Treatments for acne scarring include:

- Dermabrasion and laser resurfacing are used to improve appearance, while effective; these treatments are not applicable in darker skin types.
- Surgical release of scars is also a useful.
- Fractional lasers to partially resurface the skin while reducing downtime. This treatment stimulates collagen production to improve scars while leaving areas of normal skin to accelerate healing. Fractional laser resurfacing is also well tolerated in darker skin.

**For additional information visit [www.Bitarinstitute.com](http://www.Bitarinstitute.com) or call #702.206.0506**

## What Can Your Blood Do For You?

By: Robert F Centeno MD, MBA, FACS

**What do professional athletes know about rapid recovery after injury that you don't? It has now become common place to hear about sports icons returning to play after serious injuries in what seems like record time!**

**Platelet Rich Plasma (PRP) has become one of the fastest growing treatments in post-surgical patients!**

**What Is PRP?** PRP is composed of a patient's own blood platelet components, plasma, and a small amount of red blood cells. This cocktail of blood products contains key cells that accelerate the wound healing process. These growth factors improve new blood vessel growth, collagen deposition, and the recruitment of other cells responsible for healing.

**How Is PRP used in cosmetic surgery?** PRP is one of the most exciting advances in post-surgical healing currently being studied. Today, this FDA cleared treatment appears to be most effective when used in healing after cosmetic resurfacing procedures, skin grafts, or potentially fat grafting procedures. When considering the use of PRP after a surgical procedure, discuss the benefits with our doctors.

**To view the full article, written by Dr. Centeno visit our website [www.Bitarinstitute.com/Blog](http://www.Bitarinstitute.com/Blog) or call #702.206.0506**



### Before and After Photos with Levulan Laser



Newsletter design:

Lauren M Brown

Newsletter editors:

Robert F. Centeno MD,  
FACS, MBA

George J. Bitar  
MD, FACS

Bitar Cosmetic Surgery Institute  
3023 Hamaker Court, Suite 109  
Fairfax, VA 22031

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