



2009 Days of Beauty

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

Fairfax Days of Beauty

8501 Arlington Blvd,
Suite 500

May 28, 9am – 5pm

July 18, 9am – 5pm

September 10, 9am – 5pm

November 14, 9am – 5pm

Manassas Days of Beauty

8650 Sudley Road,
Suite 203

April 18, 9am – 5pm

June 8, 9am – 5pm

August 10, 9am – 5pm

October 17, 9am – 5pm

December 7, 9am – 5pm

To book your appointment call us at:

703 206 0506

Or visit our website at:
www.DrBitar.com

LATISSE™!

The First FDA Approved Eyelash Grower

Have you ever wished for longer eyelashes, but did not want to go through the hassle of wearing eyelash extensions? Look no further! In December 2008, the FDA approved Latisse, the first drug approved to promote eyelash growth, making them longer, thicker and darker.



Latisse is available only by prescription and contains the active ingredient of the glaucoma drug, Lumigan. Allergan, the company that manufactures Latisse, states that "Latisse users can expect to experience longer, fuller and darker lashes in as little as eight weeks, with full results expected in 16 weeks. If Latisse is stopped, eyelashes will gradually return to their previous appearance as new lashes grow in." Latisse is applied at night directly to the upper lash line using a sterile, disposable applicator provided in the kit. Clinical trials on safety were performed by Allergan and approved by the FDA. Side effects from Latisse were reported in 4% of users, with the most common being eye itching and redness. Some users found that these irritations went away as they became accustomed to the product or began applying properly.

Call 703.206.0506 to book your FREE LATISSE consultation today!

2009 Seminar Series

Latest in Cosmetic Surgery Seminars

(For Exact Locations visit our website at www.DrBitar.com)

May 7, Middleburg

July 8, Oakton

September 2, Fairfax

November 4, Arlington

Specialty Seminars

8501 Arlington Blvd, #500

Fairfax, VA

April 30

June 18

Mommy Makeovers

What Men Want

August 6

October 8

Latest Techniques in Rhinoplasty

Plastic Surgery after Weight Loss

December 10

Facial Rejuvenation



Before and after photos of a man who has undergone a six-pack abdominal etching procedure and a woman who has undergone the same procedure plus breast augmentations, simultaneously.

Trade a Keg for a Six Pack No Implants Required!

by George Bitar MD, FACS

Wouldn't it be nice to go to the gym or the beach and show off a nice chiseled abdomen even if the endless hours at the gym have not paid off? For patients who diet and exercise, have good skin and muscle tone, but have a few extra pounds in the abdomen that are stubborn, a six-pack abdomen, or abdominal etching, may be the answer. This is one of the specialty liposuction procedures that I offer, where I can create a nicely sculpted abdomen, for the appropriate patient, in an hour, with liposuction, alone. No implants are needed, and the patients usually think the results are spectacular.

If you are seriously considering a six-pack abdominal etching procedure, an initial consultation is set-up where we discuss the procedure in details, and whether you are a good candidate for the surgery. Your medical history is reviewed, and you will be asked to see your medical doctor for a physical check-up and a few labs to make sure you can undergo the surgery safely. You are given the opportunity to be seen by your own doctor to give the green light for surgery. 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 you are considering. I will see you shortly after the surgery (in a day or two usually). You are given garments and complimentary scar management tape and cream when appropriate, all free of charge, to enhance your recuperation. 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 procedure is relatively simple and straightforward. A patient, who is deemed a good candidate for this procedure, is given antibiotics, and anesthetized in the operating room. The abdomen is injected with tumescent solution to give some pain relief and decrease the bleeding during surgery. Then small incisions are made around the abdomen and liposuction is performed to accentuate the "ripples" of the abdominal muscles. When sufficient fat is removed, and the appropriate contours are achieved, the incisions are closed and the patient is awakened. A word of caution is that this procedure will create temporary swelling and bruising in the pubic area that resolves in about a week. The results when the healing is fully complete, which usually takes six months to a year, look very natural and fit.

Call our office at 703-206-0506 to schedule a free consultation for a six-pack abdominal etching procedure and see our website for more Before and After photos at www.DrBitar.com

Skin Care Services are now available in Fairfax and Manassas!

We now offer full skin care services in our Fairfax and Manassas offices. These include skin care consultations, advanced skin care lines including Obagi, Skinceuticals, Image and Jane Iredale mineral makeup, as well as customized skin treatments including:

- Signature Firming Facial: Utilizing a 30% enzyme resurfacing solution, glycolic acid and active enzymes to speed up cellular turnover, and brighten, tighten and lighten your skin.
- Gentlemen's Signature Facial: Specially formulated for men's skin.
- Deep Pore Cleansing Facial: Includes cleansing, analysis, steaming, exfoliation, extractions, and a mask customized for your skin type.
- Customized Superficial Chemical Peels: To exfoliate and accelerate cell renewal, stimulate collagen synthesis, reduce pore size, balance skin tone, improve hydration, and improve skin texture and clarity.
- Medical Grade Chemical Peels including the TCA Orange Peel™ and the Jessner Peel.
- Microdermabrasion: Utilizing a crystal free system to polish the skin and accelerate the cell renewal process, which helps to improve skin texture, reduce pore size, lighten pigmentation, reduce sun damage, smooth fine lines and control acne.
- Dermablade Exfoliation Treatment: To manually exfoliate the top layer of skin and remove unwanted facial hair.
- Waxing and Jane Iredale Makeup Services.

For more information, or to schedule a free consultation with one of our licensed estheticians Amy Rinehart (Fairfax office) or Michelle LaPlante (Manassas office), please call 703.206.0506

Introducing our Esthetician, Michelle LaPlante

Michelle is a graduate from Yvonne de Vilar Scientific SkinCare in Virginia. She is licensed in Virginia, Maryland, and the District of Columbia. Michelle was raised in an Army family and enjoyed the majority of her life in South America and is now a resident of Virginia. She also is proficient in Spanish. Michelle believes in healthy skin, education, and overall personal wellness. Her main focus is making her patients smile with having great skin. Michelle is based in our Manassas location.



Michelle LaPlante



Bitar Cosmetic
Surgery Institute

Spring Skin Care Special

It's All About the Eyes

Skin Analysis • Signature Spring Facial • Latisse™ Consultation

All for \$80*

*Please present this coupon at our Fairfax or Manassas office to take advantage of this special offer,
and receive a 10% discount on all eye makeup and FDA-approved Latisse™ eyelash grower at the time of your visit.*

Call 703.206.0506 to book your appointment today.

*A \$140 value

8501 Arlington Blvd, Suite 500, Fairfax, VA 22031 • 8650 Sudley Road, Suite 203, Manassas, VA 20110 • www.DrBitar.com

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Missed an issue?

All our newsletters are now available online
www.DrBitar.com/newsletters.php

Interested in learning about rhinoplasty?
Check out our upcoming summer issue

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