



HAPPY NEW YEAR!

Winter 2008

Days of Beauty:

January 12, 10am-4pm

Lofty Salon and Wellness Center, Vienna

354 West Maple Ave

February 11, 10am-4pm

Prince William Hospital, Manassas

8650 Sudley Road, Suite 203

March 13, 10am-6pm

Prosperity Medical Plaza, Fairfax

8501 Arlington Blvd, Suite 500

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To book your appointment call us at: 1-800-BEAUTIFUL Or visit our website at: www.DrBitar.com

Dr. Bitar's Breast Augmentation Article Published

The article featuring Dr. Bitar's approach of performing breast augmentations by inserting a saline implant from the armpit without the use of any endoscopic equipment was published in the October issue of *Plastic Surgery Products* magazine.

This approach is simple, straight forward, and yields excellent results with relatively short recovery periods and has lower complication rates than the national reported averages.

Dr. Bitar's follow up article on breast lifts and augmentation will be featured in the December Issue of the same magazine.



Ever Wanted Luscious Lips?

By George Bitar, MD.



Lip Augmentation can either be achieved using fillers or fat grafting

Do you want pretty lips to enhance your beauty, sensuality, and intimacy? Now, it's easier than ever to get them, at a low cost and minimal discomfort. They can even be customized to fit what you imagine them to be when you close your eyes.

For non-surgical enhancement, fillers such as Juvederm or Restylane are gels made from hyaluronic acid, a natural sugar that binds to water and can create a very nice enhancement for your lips, which will last about six to twelve months. If you want more long-term results, fat grafting, or fat transfer can provide the nice volume with your own fat that can survive years. If the lips are very thin, with fine wrinkles caused by smoking or sun-damage, the answer could be an upper and/or lower lip lift, a permanent procedure to show more lips.

Please see more on lip augmentation on page 2

The Lip Enhancement Procedures

- Lip augmentation with fillers (Restylane or Juvederm):**
 The procedure takes about 15 minutes, in general. I will apply a topical anesthetic, or just ice, to numb the area before the injection. The results of the fillers are immediate with minimal discomfort. This procedure gives a huge improvement that can last up to twelve months. My patients have not reported any significant side effects or complications, and they have happily returned for repeat treatments. Some minor lumpiness can last a few days and can be massaged to form nicely uniform lips.
- Lip Augmentation with Fat Grafting:**
 This is a surgical procedure performed in the operating room under sedation or general anesthesia. Fat is removed from the abdomen, processed in a special way, and injected into the lips. This will cause a 2-3 week swelling and bruising period, but the final results can be permanent with very naturally looking lips.
- Lip Lift:**
 A lip lift is performed when the lip (either upper or lower) is very thin, or the distance between the nose and the upper lip is very long. This procedure achieves two permanent goals; removing the wrinkles surrounding the lip and making the lip more visible. This procedure leaves a scar that can be covered with make-up, either regular or permanent.



Before and After Pictures of a lip augmentation with restylane



Mrs. Victoria Lee, Mrs. North Carolina 2005, opted for lip augmentation by fat grafting performed by Dr. Bitar

Dr. Bitar's Lip Augmentation Article featured in Imagen Magazine Magazine launch reception in presence of the President of El Salvador

In the presence of his Excellency, the president of El Salvador, Elias Antonio Saca, Imagen magazine, the leading Hispanic lifestyle magazine in Washington DC, launched its latest issue featuring an article on lip augmentation by Dr. Bitar. The event took place at the National Press Club in Washington.

The reception also honored Salvadoran philanthropist and businessman, Jose Ramon Barahona, in a book signing event of "The Possible Dream", "Il Sueno Possible". The book chronicled Barahona's rags to riches story as an immigrant to the USA.



Protect your Skin from the Cold

By Amy Rinehart, LE

Dry cold air tends to be less humid than warm air, and the constant switching in winter between the warm indoor air and the cold wind outdoors depletes the moisture from our skin. Unfortunately, this often leaves our skin dry, dehydrated and irritated. Luckily, this can be minimized by following the few easy tips below:

1. Use a soap-free cleanser on your face and neck that is formulated for your specific skin type. Follow-up with moisturizing ingredients that match your current skin condition. Avoid using toners and eye make-up removers that contain alcohol, as this will contribute to dehydration.
2. Add a humidifier in your home and office to increase the moisture level of the air. In addition, while a hot shower may feel great on a cold day, limit the time you expose yourself to hot water and steam; this can contribute to dehydration and result in increased skin sensitivity.
3. Gently exfoliate 2-3 times a week to remove dead skin cells and reveal your skin's natural glow. Always use extra caution during winter months not to over exfoliate, as this can cause an increase in irritation.
4. Protect your skin every day by applying a broad spectrum sunscreen with an SPF of 15 or higher to face, neck, back of hands and other exposed areas. An SPF of 30 is recommended if spending prolonged periods of time outdoors. If you are sensitive to chemical sunscreen agents, use a sunscreen containing zinc oxide or titanium dioxide as they are less likely to cause irritation.

For more information, or to schedule a complimentary skin consultation with Amy, call our medspa at 703 255 2757.

CARE 62nd Annual Gala:

Mark your Calendars for June 17 and June 19 2008!

Dr. and Mrs. George Bitar will be the co-chairs of the 2008 National CARE Gala in Washington DC. CARE is a leading humanitarian organization fighting global poverty. It places special focus on working alongside poor women because, equipped with the proper resources, women have the power to help whole families and entire communities escape poverty. CARE aims at improving basic education, preventing the spread of HIV, increasing access to clean water and sanitation, expanding economic opportunity, and protecting natural resources. CARE also delivers emergency aid to survivors of war and natural disasters.

The national celebration will consist of two separate receptions held on June 17 and June 19 at multiple embassies in the Capital that are involved with CARE.



Amy Rinehart,
Licensed Esthetician



Missed an Issue?

All our newsletters are now available online

www.DrBitar.com/newsletters.php

Interested in learning about plastic surgery after weight loss?

Check out our Upcoming Spring Issue

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