



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

January 24, 9am – 5pm

March 12, 9am – 5pm

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

February 9, 9am – 5pm

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

Happy New Year!

Thank you for your trust in the Bitar Cosmetic Surgery Institute and for making 2008 a successful year. We promise you continued improvement of our services.

Thanks to you, our days of beauty continue to be a huge success and will continue monthly next year in addition to monthly seminars covering all topics in plastic surgery.

In 2009, in an effort to consolidate our skin care services, we will be offering skin care exclusively in our Fairfax and Manassas Offices.

Best wishes for a happy and healthy 2009,

Dr. George Bitar and Staff



2009 Seminar Series

Latest in Cosmetic Surgery Seminars

(Locations to be announced)

January 28, McLean

March 4, Gainesville

May 7, Middleburg

July 8, Oakton

September 2, Fairfax

November 4, Arlington

Specialty Seminars

8501 Arlington Blvd, #500

Fairfax, VA

February 19:

April 30

June 18

What a Girl Wants

Mommy Makeovers

What Men Want

August 6

October 8

Latest Techniques in Rhinoplasty

Plastic Surgery After Weight Loss

December 10

Facial Rejuvenation

To reserve today, please call 703 206 0506



A middle aged woman who underwent a non surgical facelift by Dr. Bitar



A young woman who underwent non surgical rhinoplasty by Dr. Bitar

Concerned about Surgery? Non Surgical Enhancements within your Reach

by George Bitar, MD

Some people prefer not to have surgery for health reasons: apprehension towards surgery, inability to afford the downtime or the cost, or simply because they are not sure they want a permanent result. Botox® and fillers offer these patients a great alternative to surgery. Because of the massive amounts of fillers on the market, people can get confused by the difference between each injectable:

1. Botox® is a protein that temporarily stops the nerve from communicating with the muscle, thus preventing that muscle from creating a wrinkle. Botox® is usually used to reduce the appearance of crow's feet, forehead wrinkles and can even reduce the appearance of a gummy smile. This effect takes four days to take place and lasts 4-6 months.
2. Restylane®, Perlane®, and Juvederm® are all organic gels made from hyaluronic acid, a natural sugar that binds water and creates fullness that lasts 6-12 months. These fillers are ideal to create fuller lips and reduce the appearance of smile lines.
3. Radiesse®, a more viscous filler, is made from tiny calcium particles in a solution, which also creates fullness that can last 1-2 years. The thick consistency of Radiesse® makes it the filler of choice for non-surgical rhinoplasties, non-surgical chin augmentations and non-surgical cheek augmentations.

A non-surgical facelift, also known as a liquid facelift, can be performed on patients by utilizing a combination of the different fillers and Botox®, as a temporary substitute for a surgical facelift. At the Bitar Cosmetic Surgery Institute, we are happy to provide our patients with the following non-surgical procedures:

- Microdermabrasion
- Glycolic acid peels
- Crow's feet (periorbital wrinkles) reduction
- Forehead wrinkle reduction
- Frown line (glabellar wrinkles) reduction
- Smile Line (nasolabial folds) reduction
- Cheek Augmentation
- Rhinoplasty
- Chin augmentation
- Liquid facelift
- Lip augmentation
- Gummy smile correction
- Forehead lift
- Sweat reduction
- Chin Wrinkle reduction
- Under-eye Bag reduction

Mommy Makeovers

By George Bitar, M.D.

One of the most beautiful gifts in life is giving birth. Mommies are lucky to do that, but to some mommies, the gift of life comes with a toll on their bodies. It is normal to gain weight during pregnancy and have a complete transformation of the body's physique around the time of pregnancy and delivery. Normally, a woman gains fat in order to support the growing fetus. The breasts engorge with milk for breast-feeding which can stretch the breasts and create a sagging appearance. The abdominal skin and muscles stretch to accommodate the growing fetus, and some of the skin's elasticity is never recovered after giving birth, especially when a woman is pregnant with twins or after multiple children. The hips and thighs can also get wider in the process.

The first and foremost action after the delivery is to enjoy the little bundle of joy! The second action is perhaps to commit to a healthy regimen of diet and exercise to shed the baby weight. In some circumstances, even the best diet and a highly-disciplined exercise regimen is not good enough to reshape the body contour to the pre-baby state or at least in the vicinity. The solution could be plastic surgery.

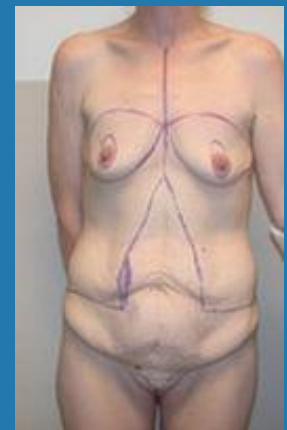
When women think of "mommy makeovers", they immediately think of lifting the breasts, a tummy tuck, and some liposuction to the hips and thighs. This combination is very popular, effective, and safe in healthy mommies, and can be performed in one operation most of the times.

First, the breasts, the symbol of femininity and sex-appeal can become flattened after breast-feeding, pendulous or both. Either a breast-lift or a breast augmentation, or a combination breast augmentation and lift will make that mommy very happy and will boost her self confidence when wearing nice dresses.

Secondly, the tummy, which may be tucked in clothes, but can become a nuisance, can undergo a tummy tuck, which is a procedure where the excess fat and skin are cut out, the muscle is tightened and the stretch marks are either completely, or mostly removed. This procedure by virtue of the muscle tightening offers a flattened tummy and an enhanced waistline as if the woman is wearing an internal corset.

Thirdly, liposuction, which can be used to reshape the silhouette, is most commonly utilized in combination with the tummy tuck procedure to shape the torso contour as well as to reshape the thighs and hips

Overall, mommy makeovers can take from one to five hours depending on the extent of the procedures performed. It can either be a same day surgery or can require an overnight hospital stay depending on the mommy. Ten days to two weeks off of work are typically needed, and about a month to return to the gym. A lifetime of happiness typically ensues!



Before and After photos of a woman after undergoing multiple procedures by Dr. Bitar



Bitar Cosmetic
Surgery Institute

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Expires: 6/30/2009

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www.DrBitar.com/newsletters.php

Interested in learning about six-pack abdominal etching?
Check out our upcoming spring issue

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