

TOP PLASTIC SURGEONS

Who You Can Trust for the Nip and Tuck

Northern Virginia

www.NorthernVirginiaMag

MEDICAL PROFILES

Liposuction

Although many modifications to the basic procedure have been introduced, none seem to have significantly improved on the old-fashioned method. According to Bitar, "These new devices are just a new twist on regular liposuction."

Bitar, who has been performing plastic surgery for more than 13 years, remarked that the new approaches, such as liposuction with ultrasound or laser, had some advantages but also some downsides. The new procedures can often be done under local anesthesia, reduce blood loss and tighten skin. These benefits, however, are offset by a loss in precision, which might result in poorer outcomes.

Even the newest intervention, which involves injecting a fat dissolver under the skin, does not overly impress Bitar. He explained that the procedure causes fat cells to burst, and then the body absorbs and excretes the debris; no suctioning is required. The physician, however, cannot control which fat cells get targeted. Bitar said, "This can lead to lumps and bumps or require multiple treatments."

Breast Augmentation

Saline implants have a safe health profile, and ruptures can be easily detected. These implants, however, are more prone to wrinkling or rippling at the edges. Dr. George Bitar, medical director of Bitar Cosmetic Surgery Institute in Virginia and a visiting lecturer at the plastic surgery department at the University of Virginia, said, "I like saline. And I insert the implant from the armpit and place it below the breast muscle to keep the implant separate from the breast tissue."

According to Bitar, this method offers several advantages: no nipple nerve damage, no scarring of the breast tissue to confuse mammograms and little interference with breast-feeding.

Rhinoplasty

No matter what cosmetic procedure is done, Bitar cautioned patients to do their homework: Research both the procedure and the physician. To Bitar, the outcome depends largely on the provider. "It boils down to the operator. The procedure is only as good as the operator."

Bitar advised consulting a board-certified plastic surgeon, saying, "These doctors are fully trained and have a lot of experience."

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Dr. George J. Bitar and the staff of Bitar Cosmetic Surgery Institute (BCSI) provide patients with a vast range of cosmetic medical services. From physician-directed skincare to advanced facial and body cosmetic surgery, these cutting-edge services are offered in a comfortable, family-like atmosphere.

Dr. Bitar's surgical specialties include neck lifts, breast augmentations from the armpit, abdominal etching, male cosmetic surgery and plastic surgery after massive weight loss. BCSI's non-surgical services include the popular fillers Restylane®, Perlane®, Juvéderm™ and Radiesse®, as well as Botox®. That is coupled with physician-directed skincare. At BCSI's "Days of Beauty," monthly events meant to educate and entertain, these non-surgical services are 20 percent off. Board certified and having completed an international fellowship in aesthetic plastic surgery, Dr. Bitar has worked with some of the top plastic surgeons in the world. A staff member of Inova Fairfax Hospital, he is a recipient of the "Chairman's Plastic Surgery Research Award" and a visiting lecturer at the University of Virginia. Considered an expert in cosmetic surgery, he is currently co-authoring a book on neck lifts.

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