Spring 2008
Days of Beauty:

April 5, 10am-4pm
Lofty Salon and Wellness Center, Vienna
354 West Maple Ave

May 5, 10am-4pm
Prince William Hospital, Manassas
8650 Sudley Road, Suite 203

June 12, 10am-6pm
Prosperity Medical Plaza, Fairfax
8501 Arlington Blvd, Suite 500

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www.DrBitar.com

Dr. Bitar Named Top Plastic Surgeon by the Consumers' Research Council of America

Dr. Bitar was recently named a top plastic surgeon by the Consumers' Research Council of America. Consumers' Research Council of America is a Washington, D.C. based research organization that provides consumers' information guides for professional services throughout America.

The plastic surgeons' unbiased selection process was based on a point value system where the surgeon's experience, training, professional associations and board certifications were all taken into account.

CARE 62nd Annual Gala: Mark your Calendars for June 17 and June 19 2008!

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Dr. and Mrs. George Bitar are the co-chairs of the 2008 National CARE Gala in Washington DC. Based in the USA, CARE is an international humanitarian organization fighting global poverty. CARE aims at empowering women, 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 that are involved with CARE in the capital. For more information to attend the galas, or to donate, visit www.care.org, or call Oliver Truong 202-595-2819

Neck lifts and tummy tucks are among the common procedures requested by people who have undergone significant weight loss.

Plastic Surgery after Massive Weight Loss (MWL)

Losing a lot of weight is a great achievement as it requires will power and determination. People can either lose massive weight by dieting and exercising or via bariatric surgery such as lap banding or gastric bypass in one form or another. The disappointment happens after the massive weight loss because instead of having a fabulous sexy body, usually there is a lot of excess unwanted skin. What is the solution? When someone has excess fat, it can be lost via diet and exercise, but when the muscles are very loose, as in abdominal muscles after child birth, or when the skin is loose, such as the state after losing massive weight, then exercise, unfortunately, offers little help. The most effective answer to remove the loose skin and tighten the muscles is plastic surgery.

Changes occur in the process of weight loss with respect to family dynamics, romantic relationships, social interactions, work habits, self-esteem, and other life issues that may be unique to each individual patient. Ideally, plastic surgery on MWL patients provides enormously positive results for their self-image, self-esteem, attitude, and—ultimately—their health.

The most common plastic surgical operations requested by MWL patients are tummy tucks, neck lifts (for people who are too young to have a full face lift), arm lifts, thigh lifts, breast lifts (with or without implants), and lower body lifts. Each individual patient usually determines what they are bothered about and then seeks the help of a plastic surgeon to correct the problem. A detailed consultation is very important to lay a good foundation for the expectations and the desired objectives on the patient's behalf. Also, a plastic surgeon has to be clear about what can be realistically and safely achieved via plastic surgery and in what time frame. Sometimes a long term plan is discussed to address multiple areas with which a patient is not happy. For example the decision can be made to proceed with performing a tummy tuck and arm lifts in an initial operation, wait a year, and then perform the thigh lifts and breast lifts. This is a common and realistic scenario because it addresses multiple areas to be improved in a safe approach.

The most frequent request by a MWL patient is for a tummy tuck. When someone has had a gastric bypass surgery with an upper midline scar, they can develop a hernia. The good news is that the hernia can be fixed at the same time as a tummy tuck. The other good news is that the hernia does not require additional time and does not require mesh to fix in the vast majority of cases. The abdominal muscles themselves are sutured over the hernia defect to close it and create a strong supportive layer. The rest of the abdominal muscles are tightened and the excess skin is removed, giving a very nice abdominal contour and a significantly improved waistline. For more information, check out our website with a special section on plastic surgery after massive weight loss at www.DrBitar.com. Dr. Bitar is a member of the American Society of Bariatric Plastic Surgeons (www.ASBPS.org)

Bitar Cosmetic Surgery Institute in the News

Dr. Bitar's neck lift chapter published in the book Simplified Facial Rejuvenation.

The article on breast lifts and augmentation authored by Dr. Bitar published in the December 07 issue of Plastic Surgery Products magazine

Dr. Bitar is quoted in Capitol File magazine in an article on med-spas, minimally invasive procedures and plastic surgery for men.

What you Need to Know about Microdermabrasion

By Amy Rinehart, LE

Microdermabrasion is an exfoliation treatment that rejuvenates the skin and accelerates the cell renewal process. It helps improve skin texture, lighten pigmentation, reduce sun damage and pore size, smooth fine lines and control acne. At the Bitar Cosmetic Surgery Institute Med-spa, this is achieved by painlessly abrading the top layer of skin using a crystal-free diamond chip wand that is gently run across the outer layer of skin with a vacuum suction to remove the dead skin cells. A series of treatments followed with a home maintenance program will offer the best results. Initially, six to ten treatments spaced ten days apart are recommended for most people.

It is important to have an initial consultation with a licensed esthetician. Microdermabrasion is a safe procedure with an almost immediate recovery time. An individual would not be a candidate for this procedure if experiencing active inflamed acne, has eczema or dermatitis, skin cancer, open wounds, pregnancy, herpes breakout, vascular lesions, is on blood thinners (Coumadin), uncontrolled diabetes or has had Botox injections within ten days.

Following treatment, it is very important to protect your skin from the sun and continue with recommended homecare to maintain results. The Bitar Cosmetic Surgery Institute recommends Skinceuticals® Physical UV Block SPF 30 for post microdermabrasion protection. This product is chemical free and ideal for use after skin procedures.

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

Amy Rinehart, Licensed Esthetician

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Call 703.255.2757 to book your appointment.

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www.DrBitar.com

*A $180 value

Expires: June 30, 2008