

# PARVA PLASTIC SURGERY

## *Aesthetic & Reconstructive Surgery*

Vol 1 Issue 3 SUMMER 2009



### MOMMY MAKEOVER SERIES: BREAST REJUVENATION

Our previous issue introduced the concept of the "Mommy Makeover," which encompasses several procedures designed to rejuvenate areas of the body that have experienced irreversible changes after pregnancy. Certainly, a healthy diet and exercise are critical to good health and returning to a pre-pregnancy weight and figure. However, the changes that occur to the skin and its supporting structures can leave the skin loose with a loss of youthful shape and contours. Because the abdomen and the breasts are most affected with weight increase and subsequent weight loss, they are the primary areas that women seek rejuvenation. The skin excess of the abdomen can be removed through a tummy tuck, as discussed in our last issue. Often, more pronounced changes can occur to the breast resulting in loss of volume and shape and a descent in the position of the breast.

Generally, the two significant breast changes are volume loss and a drop in the breast position. Each is addressed differently. Volume loss is corrected with implants, while a position drop is corrected through a breast lift procedure. Therefore,

some women may require one or the other or both procedures. For example, if you start with an A or B cup, typically the breast skin changes are not as significant and the placement of an implant will re-establish or increase breast volume without the need to lift the breast. On the other hand, if you start with a C or D cup, there may be more laxity of the skin causing the breast to drop and a breast lift would be indicated to elevate the breast to achieve a more youthful appearance. If the volume is sufficient, then no implant is needed. However, some women also experience significant volume loss and may choose an implant along with the lift to acquire the volume they had before pregnancy. You may then ask, "How do I know if I need a breast lift?" The answer lies in the position of the nipple relative to the breast crease. If the nipple position has dropped below the breast crease, generally a breast lift is indicated to achieve a more youthful look to the breast. Keep in mind that these are general guidelines and a full consultation with a physical exam is necessary to individualize the plan to your specific needs. *P*

### THE GUATEMALAN PEOPLE NEED YOUR HELP!

Dr. Parva will be traveling to El Tizante, Guatemala with a team from Cornerstone Chapel in Leesburg to work with Servants 4 Him, a mission organization that uses appropriate technologies and education to open doors to explain the good news of Jesus Christ in developing countries. They will build a second floor addition to a Christian woman's home. She has taken in 3 abandoned children and does not have enough room to house them. Servants 4 Him also uses Bio-sand water filters and improved wood burning stoves to improve the health conditions for the villagers. The children of the village will be invited to attend vacation Bible school and hygiene classes. Small gifts will be passed out to the women in the village. This is where we can use your help. We are collecting sample or hotel-size soap, shampoo, conditioner, lotion, purse-size mirrors, etc. for Dr. Parva to take with him to be given to the women of El Tizante. If you would like to be part of this effort, we ask that you kindly drop off your donations at the office before Friday, July 24. Your help is greatly appreciated by Dr. Parva, the team and especially the people of El Tizante, Guatemala. *P*

## OUR FAREWELL TO LYNN KRUELLE

After 11 years with Parva Plastic Surgery and serving the many patients who called and walked through our doors, Lynn says goodbye. From the early days of preparing charts and countless hours talking with patients and managing the office, Lynn has been an integral part of our practice. As she moves on to spend time with family, travel and pursue other career opportunities, we pray for her good health, continued success and Godspeed! Thank you and may God Bless you richly! *P*



## "THE EYES HAVE IT!"

By now, you have heard the buzz - longer lashes without mascara. LATISSE®, the first FDA-approved prescription treatment for growing longer eye lashes is now available. LATISSE® is applied nightly and is believed to affect the

growth phase of the eyelash hair cycle, thereby promoting longer, thicker and darker lashes. The effects of LATISSE® are gradual, with the majority of patients seeing a significant improvement in 2 months. Your medical history should be reviewed to determine if you're a good candidate for LATISSE®. If you have an eye infection, broken or irritated upper eyelid skin, or if you are using products for elevated intraocular pressure, talk to your eye doctor. You can review additional information at [www.latisse.com](http://www.latisse.com) and view the before and after pictures of spokesperson Brooke Shields as she shares her journey with LATISSE®. You can also sign up online for their rewards program and a contribution will be made to The Make-A-Wish Foundation. If you have questions or would like to meet with Dr. Parva to discuss LATISSE®, please call us at 703-777-7477. *P*

### GROW YOUR OWN LASHES

WEEK 0...NOW



WEEK 12...WOW!



Clinical study before and after—Your results may vary.  
**By prescription only.**

## FAQ

**Q**

**Are silicone breast implants safe?**

**A**

The American Society for Aesthetic Plastic Surgery (ASAPS) and the American Society for Plastic Surgeons (ASPS) support the U.S. Food and Drug Administration (FDA) in its effort to ensure patients receive safe and effective medical devices. Patient safety is the primary concern of all plastic surgeons. Scientific studies on the safety of breast implants support the more than 30-year clinical experience that saline-filled breast implants are safe medical devices. Regarding silicone gel implants, in 1999, a landmark report, undertaken by the Institute of Medicine (IOM) concluded that silicone implants do not cause major health problems such as lupus or rheumatoid arthritis. And while no one can ignore the fact that silicone – and saline – breast implants may cause localized problems for some patients, numerous scientific studies over the years have shown that silicone gel-filled implants are both safe and effective for breast augmentation and reconstruction. In fact, silicone gel breast implants are widely used in 60 countries around the world including Europe, and now are available for use in the U.S. market. Now that silicone gel breast implants have been FDA-approved to be made available for the U.S. market and determined to be safe and effective, the FDA will continue to monitor them by requiring Allergan and Mentor Corporation (the manufacturers) to conduct a large post-approval study following about 40,000 women for 10 years after receiving breast implants. ASAPS and ASPS support continued research on both saline-filled and silicone gel-filled breast implants (adapted from [www.breastimplantsafety.org](http://www.breastimplantsafety.org)).

## A PATIENT'S PERSPECTIVE

*In keeping with our theme of breast rejuvenation for Moms after childbirth, Leslie graciously shares her story below in her own words:*

In 2002 I finally gave in to my biological clock and decided to start a family. In 2003 I gave birth to our daughter and in 2006 I gave birth to our son. While pregnant, my husband and I discussed breastfeeding vs. formula. We decided on breastfeeding. Of course that was an easy decision for him; they weren't his breasts. Don't get me wrong, I have no regrets nursing my children...NONE.

Before getting pregnant my breasts were a nice perky "C" cup size. During pregnancy they were a "DD" cup size and well, during nursing...they were literally twice the size of my children's heads.

After I stopped breastfeeding I basically was left with very droopy, saggy, "I have empty socks for breasts" type breasts. They were covered with faded stretch marks and at times reminded me of cow udders. I hated looking at them in the shower. I hated looking at them in the mirror and mostly I hated them any time my husband and I had intimate encounters. I was so self-conscious I hated the lights on at night and I avoided any encounters during daylight hours.

I was left with breasts that sat in the bottom of my bra cups. I could slide my hand inside my bra and still have room at the top of the cup. I hated the way my clothes fit. My shirts revealed my crinkled bras underneath. Push-up bras were a joke. Sure they lifted my breasts. But I wasn't interested in having jello-boobies. I went from store to store searching for the perfect fitting bra. I found none. The more I searched and shopped the more disappointed and frustrated I became.

During one of my "I hate my breasts" conversations with my husband, I looked at him and said, "I gave you two beautiful babies. Fair is fair. I want two beautiful breasts." I was surprised when he said, "If you feel like you need to do this for you, go ahead. Start looking for doctors. But I love you no matter what you think or feel about your breasts."

So my search began. The doctors I consulted with all had different ideas for me. One wanted to perform two separate surgeries...just in case I liked my newly lifted breasts...please...the amount of flesh I had left...a lift would have been pointless. The point was none of them listened to what I wanted and none of them were nothing more than a doctor.

Then I went to my appointment with Dr. Parva. I remember him coming in to the consult room with a big smile. He seemed like he had a very relaxed way about him. I felt very comfortable discussing what I hated about my breasts and what I wanted. And he listened. He also laughed. (My choice of words and expectations were a wee bit blunt.) But, I wanted to make myself clear and he took my twisted sense of humor regarding my breasts in stride. That alone set him apart from the other doctors. I liked him.

We sat and talked for a while and Dr. Parva discussed my options for implants and the surgery procedure. Any questions I had; he answered. Any concerns I had; he addressed. When I came home that evening, I told my husband that I found the doctor for me.

I had a couple appointments before my scheduled surgery; taking pictures, figuring implant sizes...things like that and his office kept in constant contact with me. Thank goodness for Lynn. She helped and guided me through so many issues I had. And I had a bunch. I remember it was time to order my implants and she called to verify the cc amount. It took two or three more phone calls for me to make up my mind and she was patient through it all. This is the only doctor's office I have visited where everyone is genuine. Completely genuine.

On August 27, 2008, I had my surgery. I was elated and scared at the same time. Right before surgery, Dr. Parva came in to make the surgical marks and put me at ease. My surgery went very well and after a couple of hours in the out-patient ward, I was sent home.

I remember coming home to hear my husband tell me Dr. Parva called to talk to him. Not me; him. Dr. Parva called to let my husband know my surgery went well and what to expect from me the next couple of days. Now, I really like him.

I went back one week after my surgery for my post surgery check-up. I was feeling like Frankenstein's Bride (probably acting a bit like her too), and still swollen and bruised. But Dr. Parva reassured me the swelling

would go down, everything would heal and my breasts would settle nicely. He reviewed the importance of my post-op care, performed the examination, listened to my concerns, answered my questions and talked with me.

It has been a little over nine months since my surgery. I have been to all my scheduled check-up dates, followed my post-op care and I am happy to report everything has healed and settled nicely. My scars are slightly visible and are still fading.

Ask me if I regret having my surgery. No. Would I do it again? Oh yeah. I am so glad I did this for me. I love my breasts. I love the way they feel. I love my cleavage. I love feeling sexy. I love the compliments I receive. I love how they look in bras. I love how they look natural without a bra. I love looking at them in the mirror. And let's just say...I am not concerned about what time of the day it is anymore.

As far as Dr. Parva...yeah, I thank him every time I see him. I thank him for his beautiful work and my gorgeous breasts. But that's a pretty obvious "Thank You". It is not a complete thank you. I am grateful and thankful for him always having a gentle smile, a warm heart, a genuine concern, a great ear and an excellent sense of humor. For all of these reasons I respect him immensely and love him to pieces. *S*

***I am so glad I did  
this for me.  
I love the  
compliments  
I receive.***

# BOTOX AND DERMAL FILLER UPDATE

Dr. Parva recently attended a course in advanced injection techniques for Botox and Dermal Fillers. Botox goes well beyond the typical use of softening facial lines that give someone an aged appearance. It is possible to sculpt the face, turn up the nose or lift the eyebrows to enlarge the eyes and give a more youthful appearance to the eyes. As little as 1 unit of Botox can be injected under the bottom lip to puff it out, creating the appearance of a pouty lip. "Bunny" lines of the nose, a "gummy" smile and smoker's lines around the mouth can be reduced with Botox. Vertical bands in the neck can be softened and even those with a dimpled chin can be treated with Botox. Call to learn more about what can be achieved with Botox.

Dermal fillers (i.e. Restylane, Radiesse and Juvederm) have gained popularity because of the desire to reduce the aged appearance of the face through limited procedures that avoid more extensive surgical intervention. Deep lines, particularly from the nose to the corner of the mouth (nasolabial crease), can be elevated with fillers and give a more youthful, freshened appearance. Fillers can also be used to augment the cheeks and eye brows. The manufacturer of Radiesse is presently running a promotion for our patients with a \$100 discount through July 31, 2009! Give our office a call for details and to schedule an appointment. *P*

