

PARVA PLASTIC SURGERY

Aesthetic & Reconstructive Surgery

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MOMMY MAKEOVER SERIES: TUMMY TUCK

Bringing a child into the world is one of the most rewarding experiences a woman can have, but it can exact a high toll upon her body, and often her self-esteem. More and more women are turning to plastic surgery in order to flatten their stomachs, restore volume to their breasts and reestablish their pre-pregnancy figures. These so-called "Mommy Makeovers" are becoming increasingly popular, thus we have created the Mommy Makeover Series, a collection of articles designed to inform our patients about various procedures that can restore a more youthful, pre-pregnancy figure.

Imagine: you are a mother who has been through pregnancy, childbirth, and months of diet and exercise to get back your pre-pregnancy figure. You have done hundreds of sit-ups, but no matter what you try, you cannot seem to tighten the skin around your tummy. Countless women go through this scenario, and long for a figure closer to the one they had before pregnancy.

When a woman is pregnant, her abdominal tissue and skin can become stretched so taut that the skin will remain loose even after she has delivered her baby and returned to her natural weight. A similar problem occurs in people who have lost drastic amounts of weight. While the amount of fat diminishes, the skin around the stomach becomes loose and saggy. Both of these scenarios would make the individuals prime candidates for abdominoplasty.

Once the abdominal skin is overstretched, the collagen and elastin fibers in the skin become damaged and can no longer tighten as they once did. They are like a rubber band that has lost its elasticity. Stretch marks are actually scars caused by tears in the skin.

While your skin is being stretched to its limit, the tissue around your abdominal muscles can also become over-stretched and cease to respond as well as before. Even with extensive time spent at the gym, the damaged skin will only tighten a limited amount. Fortunately, a tummy tuck can provide an opportunity to further rejuvenate the abdomen.

Keep in mind, there is no point in pursuing a tummy tuck until you are finished having children. Furthermore, if you are planning on losing a significant amount of weight, it is best to postpone

any surgery until after the weight is lost. In both of these instances, the final result would be negatively impacted by another pregnancy or a massive weight loss regime.

There are three major components of abdominoplasty: 1.) Excess, damaged skin in the lower part of your abdomen is removed; 2.) The deep abdominal wall that has been stretched is tightened; 3.) The skin of the upper abdomen is redraped over the entire abdomen. Finally, in some cases, liposuction may also be performed to further contour the abdomen, flanks and hips.

The procedure usually takes 2-2½ hours, and recovery ranges on average about 10-14 days. The scar extends from hip-to-hip and is concealed below the bikini line, with another small scar around the belly button.



Before



After

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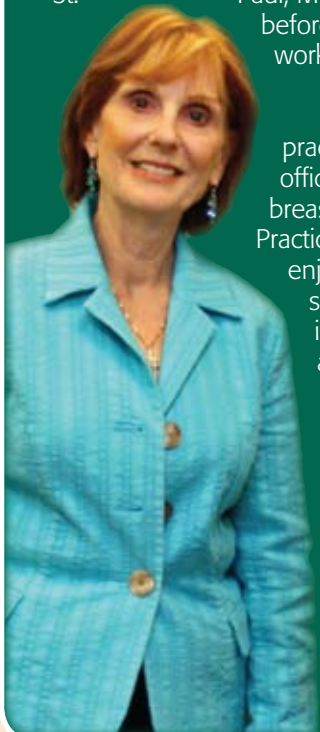
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PROFILE – LYNN KRUELLE

Born and raised in Pittsburgh, Pennsylvania, Lynn graduated from the University of Pittsburgh with a degree in Elementary Education and Psychology. After college, she married her husband, Paul, and moved to St.

Paul, Minnesota. They lived in Minnesota for 20 years before moving to Northern Virginia for her husband's work and to be closer to their families.



Lynn has been with Dr. Parva since the practice began 11 years ago. In that time their office has earned the reputation as the premier breast and body center in the region. Lynn is the Practice Manager/Patient Coordinator. She especially enjoys working with patients before and after surgery, as well as interacting with her co-workers in what she describes as her "small work-family away from home."

Lynn and her husband live in Ashburn. They have 3 grown children and 4 grandchildren (a 5th is due in February). Lynn enjoys travel, reading (especially crime, suspense and religious books) and getting together with family and friends. *P*

DR. PARVA

I just want to say "thank-you" for a job well done.

I have not had a doctor call me on the day of surgery and even 3 days after my return to home, to make sure I am doing okay.

You have done for me what I have not been able to accomplish; you have enabled me to like myself better and not be in earnest to hide.

Thanks for you caring and compassionate ways.

FAQ

Q

Are silicone breast implants safe?

A

In November 2006, the FDA allowed silicone breast implants back on the market because research did not show a link to health issues. The FDA will continue to monitor silicone gel implants by requiring each breast implant manufacturer to conduct an exhaustive study until 2016. The FDA decided to approve silicone breast implants based on a thorough review of each manufacturers clinical studies. Both manufacturer and independent studies have indicated that there is no convincing evidence that silicone breast implants cause connective tissue disease or cancer. Many women appreciate the softer, more natural feel of silicone breast implants compared to their saline counterparts.

Q

How do I know if I may need a breast lift?

A

Generally, if there is significant stretch of the skin, to the point where the nipple is located below the breast crease, a breast lift may be indicated. A breast lift can reposition the breast to a more normal, aesthetically pleasing location.

Do you have a question about plastic surgery? Please submit your questions to Dr. Parva for inclusion in our future newsletters.

A PATIENT'S PERSPECTIVE

Lee was embarrassed by the loose skin on her stomach...

After giving birth to four children, Lee was embarrassed by the loose skin around her tummy. She hated to be seen in a bathing suit, and no matter how much she devoted herself to diet and exercise, her excess skin simply was not going away. Her children were grown, leaving Lee and her husband with plenty of time together, but there was always a barrier to their romantic time alone: Lee's self-confidence. She was constantly frustrated by her situation, but was reluctant to pursue plastic surgery.

Lee's path to a younger, more confident self-image began when she ran into a friend that she had not seen in a while. Her friend, Barbara, looked great, and after a few minutes, Barbara revealed that she had had a tummy tuck. After viewing Barbara's youthful abdomen and concealed scar, Lee finally believed that there was hope for her as well. At 47 years old, 20 years after the birth of her youngest child, Lee decided to do something about restoring her figure and self-confidence. She set up an appointment with Dr. Parva based on her friend's recommendation.

Lee was a little nervous when she arrived at the office, but Dr. Parva immediately put Lee at ease with his warmth and patience. After two consultations, Lee's surgery was scheduled in September of 2008. The procedure was over in just a few

short hours, and amazingly, Lee was back at work in a matter of days.

When asked if she would recommend a tummy tuck to a woman in a similar situation, Lee said, "Absolutely! I'd do it all over again." She has felt great about herself since the surgery, and her husband appreciates it as well.

A few weekends ago, Lee was visiting a friend who had a sauna. In days past, Lee would have been embarrassed to be seen in a bathing suit in front of her friends, but not this time. She was happy to show off her new flat tummy. At nearly 48 years old, Lee feels young and beautiful for the first time in years.

At nearly 48 years old, Lee feels young and beautiful for the first time in years.



Before



3 Months After

HAPPY NEW YEAR FROM DR. PARVA & STAFF!



PARVA PLASTIC SURGERY FORUM

We started this forum on our webpage because of our commitment to our breast cancer patients and their families. It is a means for anyone locally and worldwide to share their experience, to ask questions, as well as giving and receiving encouragement throughout their journey with breast cancer. Breast cancer now develops in 1 in 8 women and affects nearly every family in some capacity. Women, husbands, children, family and friends often benefit from interaction with others experiencing similar trials and those who have triumphed over breast cancer and its many challenges. This network is for you: your story, your questions and concerns, your experiences, your tears and your laughter! *P*



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“At Parva Plastic Surgery our purpose is to enhance a person’s body, mind and spirit. We want to support and promote a sense of wholeness and self-confidence.”