



Personal Best

Cosmetic and Plastic Surgery Update
of Dr. Sheila Bond
Fall 2009

Procedure of the Month - Short Scar Brachioplasty (ArmLift)

How many of us can say that we LOVE the look of our arms? Do you hate to show your arms in sleeveless tops? Have you tried to buy a formal dress with a sleeve lately? At a certain age, even if the arms are relatively slim, we may experience some sagging, wrinkled skin on the inside of our arms. When we age, the upper arm skin becomes loose and flabby. Weight gain and loss, as well as heredity, will precipitate sagging of the tissue and skin under the arms, known unfortunately as a “batwing”, technically the amount of loose skin that hangs down when the arm is extended.. A Brachioplasty (also known as arm lift), is a surgical procedure to reduce the circumference of the upper arm by removing and tightening the loose skin.

If the amount of fat and skin sag is extreme, a full Brachioplasty will probably be necessary. In this procedure, the upper arms are liposuctioned to sculpt the arms and remove any excess fat deposits. Underlying supportive tissue will be tightened and reshaped with internal sutures, and the skin is smoothed over the new contour of your arm. A full Brachioplasty will definitely improve the appearance of the upper arm, but will require a scar that can extend from the arm pit to the elbow. The length of the scar will depend upon the amount of fat and “batwing” (the loose skin that hangs down when the arm is extended) that needs to be removed. These scars usually heal well, but will be noticeable in sleeveless or short sleeved blouses. The tiny scars from the Liposuction part of the procedure will be barely noticeable once healed.

Underlying supportive tissue will be tightened and reshaped with internal sutures, and the skin is smoothed over the new contour of your arm. The length of the scar will depend upon the amount of fat and “batwing” (the loose skin that hangs down when the arm is extended) that needs to be removed.

Many plastic surgeons prefer performing the “Long Scar” traditional method for all Brachioplasties. Understanding women's fashion needs, Dr. Bond has perfected her technique for short-scar Brachioplasty, a procedure that leaves no external scarring that is visible in the short or

sleeveless tops.

If the amount of stretched skin is not quite so severe, a short scar Brachioplasty is a workable alternative. The short scar technique will create a beautiful improvement in contour with a well camouflaged excision of excess or loose skin in the inner arm. In the short scar procedure, the arm is liposuctioned and loose skin is removed. The beauty of the short scar procedure is that the incision is fully hidden within the armpit crease, delivering a newly refined contour and smoothing of the skin with minimal scarring and patient downtime. The incisions will be closed with absorbable sutures that will dissolve within one to two weeks after surgery. A compression garment will be worn for six to eight weeks following surgery for best healing results.

The smoother, tighter contours that result from brachioplasty are apparent almost immediately following the procedure, although initial results may be somewhat obscured by swelling and bruising. Your new, shapely and toned upper arm is dramatically improved both in appearance and feel.

If you would like to improve the look of your arms and exercise has not accomplished your goal, call us to set up a personalized consultation with Dr. Bond, who will determine if you are a good candidate for the procedure.

Fear sleeveless tops no more: the solution you need may be a short scar Brachioplasty.

Autumn Seminars

October 20 - All About Breasts (Augmentations, Lifts, Reductions)

November 24- Middle Makeovers (Tummy Tucks, Abdomen Liposuction)

See our website and look for email blasts for exact dates and more specific information about these informative seminars.

3 Dimensional Therapy for the Face

Have you looked in the mirror lately and felt that your post-summer face could use a bit of freshening? Why not treat yourself to a **3 Dimensional Face Therapy** package?

The package includes 3 Titan Laser treatments (first phase)to stimulate new collagen growth beneath the skin's surface to produce a tightening of sagging skin on the face. The next phase includes 4 Laser Genesis treatments to reduce fine lines, redness and fill in acne scarring. The third phase is 2 IPL Laser treatments to correct any sun damage,redness or hyperpigmentation. The cost of this package is \$2500. If purchased separately, individual components would equal nearly \$3000. If any of the components are not appropriate for your skin type, we will customize the package to suit your your needs.

Purchase a package before the end of November and be ready to show your fresh, new face for the holidays!

SmartLipo and Getting Smarter!

Patients have loved SmartLipo because of the easy recovery as well as the savings on hospital and anesthesia fees. While SmartLipo is not useful for larger areas of the body, like an abdomen or back, it's perfect for smaller problem areas - a "saddlebag", an inner thigh, an upper arm, or our new favorite, the neck. A heavy looking neck and double chin can add years to your appearance and even cause the appearance of an overall weight gain.

In the past year, Dr. Bond has created many beautiful necks with SmartLipo, melting underchin fat and sculpting beautiful new jawlines. The procedure takes about an hour, and recovery time is minimal. Patients are delighted with their sleek new facial profiles, and no one is missing their old double chin!

For the months of October and November, we are discounting SmartLipo procedures by 10%.

Testimonials- Spread the Good Word!

Prospective patients love to read the comments and insights of patients who have visited our office. If you love the results of your surgery and the way you were treated here, please write us a few words to share your experience with newcomers. Testimonials would be appreciated on both our website www.bondplasticsurgery.com and also www.makemeheal.com.

Leaving a testimonial couldn't be easier. Just log on to www.bondplasticsurgery.com. On the left hand side, click on "Testimonials" and drag over to "Leave a Comment". A screen will open to take your comments and forward them to our webmaster. If the comments you leave are anything like the compliments we receive in the office, our Testimonials page should be chock full of much appreciated good news!

While you're on the website, look for some beautiful new cosmetic changes; the website is getting a FaceLift!

Welcome Dysport

Since the invention of the frown, BOTOX has been the only show in town for relaxing frown lines, crow's feet and lifting brows. We've long awaited the FDA approval of **Dysport**, a new alternative to BOTOX with a **less expensive** price tag. (For all you Googlers, its original name was Reloxin, now the official name of the product's medical formulation, used for excessive perspiration.) This new product is being marketed by Medicis, the company that brought us the wonderful Restylane and Perlane. Needless to say, we have all (including Dr. Bond) tried **Dysport** and are very pleased with the results. You'll be pleased with the savings over BOTOX.

See below for a **Dysport** special!

Fill In and Relax - Frown-less for Less!

Restylane/ Perlane/Dysport Days - Friday, October 23rd and November 20th

To introduce our patients to **Dysport** as an alternative to BOTOX, we are having a Buy One/ Get One Discount. Our first 2 BOGO days were overfilled, so we are adding two more discount days. On **Friday, October 23rd and November 20th only**, we are offering **major** discounts on **Dysport**

with **Restylane and Perlane**. Use one vial of **Restylane** or **Perlane** and get **25%** off a **Dysport** Treatment. If you use 2 vials of Restylane or Perlane, your 2nd vial will be discounted by **\$200** and you'll get **50%** off **Dysport!** There are limited appointments on these 2 days, so please call for an appointment. Fill your folds and wrinkles and correct your frown at a great price!

October is Breast Cancer Awareness Month

Please remember to check your breasts regularly and have a mammogram as recommended by your doctor.

Copyright 2009



This message was sent from Sheila Bond, M.D. to pumckr@pumc.com. It was sent from: Sheila Bond, M.D., 39 South Fullerton Ave , Montclair, NJ 07042. You can modify/update your subscription via the link below.

[Email Marketing](#)
by
 iContact
try it free



[To be removed click here](#)



FORWARD TO A FRIEND