

face forward

may-june 2008

Thinking About Breast Implants?



Women choose to have breast implants for many reasons. As a cosmetic surgeon, I am able to offer implants to address your particular reason, such as reconstruction after mastectomy, volume loss after pregnancy, growth asymmetry, or—as is most often requested—simply for augmentation as a personal preference.

While there are different types of implants, most women select silicone because it feels more like natural breast tissue. After years of careful testing and patient data analysis, studies found silicone to be safe, effective, and long-lasting. The U.S. Food and Drug Administration approved the latest types of silicone breast implants in November 2006.

Today, silicone breast implants come in a wide variety of sizes, shapes, and consistencies. I will help you choose a size that is pleasing and appropriate for you, so no one will know. I achieve natural-appearing breast augmentation in clients by considering placement, type of implant, size, and location of incisions. Most important, I look at your body as a whole, and consider proportion and balance in my approach to complement your overall figure.

A detailed, private consultation with me and careful planning will help me give you a result that is expected, natural, and beautiful. To learn more about breast implants, and to see before and after patient photographs, please visit my website at www.drjudithgurley.com.



message
from the
doctor

By Judith Gurley, M.D., F.A.C.S.

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“All my life I wished for larger breasts (I was a 34A) but I was afraid that I was too old or that breast augmentation was too vain or too expensive. Dr. Gurley and her staff validated my feelings that breast augmentation is not vain – that for me, it was simply part of being the best that I can be. At 46, I am fit and enjoy an active lifestyle, and breast augmentation was a surprisingly affordable decision that could help me have the figure that I always wanted. After eight weeks, I was back to my pre-surgery activity level – running, working out at the gym, traveling – and I feel and look great.”

— M., a patient and registered nurse

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Did you know?

Breast augmentation is the most popular cosmetic surgical procedure among women, with **399,440** procedures performed in 2007.

(American Society for Aesthetic Plastic Surgery)

take a look:

Dr. Gurley discusses immediate breast reconstruction after mastectomy with KSDK-TV's Jennifer Blome. See the interview by clicking the link from our homepage, www.drjudithgurley.com.

next steps...

selecting your breast implants

Respecting our clients' unique body frame and proportions, my surgical nurse **Suzie Massaro, R.N.**, and I follow the recommendations and best practices of the American Association of Aesthetic Plastic Surgeons, the leading organization of board-certified plastic surgeons specializing in cosmetic plastic surgery. I use techniques that will allow you to visualize your new size before surgery.

The breast augmentation technique I use requires no surgical pain pumps and minimal downtime. Why? Because the pain is not severe. It all starts in the operating room: Delicate handling of tissue minimizes bruising, meaning there is minimal discomfort. A good supportive bra and muscle relaxers provide most of the relief. In general, women return to work and may drive two to four days after surgery. For optimal healing, allow four to six weeks before more aggressive physical activity and exercise. Suzie and I are always available for questions, and we'll walk you through the process. Once you've healed, you can take advantage of the full range of services at our medical spa.



You may view our before and after photo gallery at www.drjudithgurley.com



Has your face lost your natural, healthy glow?

Have Fun in the Sun...But Protect Your Skin!

Did you know that sun exposure tops the list along with smoking as two of the most harmful and aging factors on the skin? Our skin—our largest bodily organ—deserves all of the protection we can give it! As a licensed esthetician and certified laser technician, **Ivy Filson, L.E., C.L.T.**, can help develop a skin care regimen that is customized just for you. The first step? Apply an appropriate broad-spectrum sunscreen—which protects against both UVA and UVB rays—every morning, and in every season, rain or shine. Next, tailor your skin care to include exfoliation, hydration, and treatment to affect the surface and deep layers of your skin. We have several prescription-only product lines at the medical spa to meet your needs, as well as treatments and complementary procedures such as BOTOX and fillers that might be right for you. Please visit our website at www.drjudithgurley.com or call the office for a full description of our services.

aesthetician's
corner

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 “ I have a closet full of skin care products advertised to address whatever skin problems I thought I had over the years – but none of them ever really changed the way my skin looked. Obagi Nu-Derm system has made a complete difference in the look and feel of my skin. Six weeks after I started using it, my mother told me my skin was glowing, and a friend I had not seen for some time asked me if I had had a face lift! I was so excited to tell them that I had just simplified my skin care routine.”

— E., an About Face client

in the
NEWS

For women seeking breast augmentation, a recent issue of the *Aesthetic Surgery Journal* gives plastic surgeons guidelines for assessing patients' breast cancer risk before surgery. It also discusses surgical intervention and reconstruction to cut cancer occurrence in high-risk women.

(American Society for Aesthetic Plastic Surgery, January/February 2008)

events:

Friday, May 9, 2008 – Missouri Baptist Medical Center's "Pearls of Wisdom" program. This annual women's event provides a variety of health information just for women. Check www.drjudithgurley.com for Dr. Gurley's talk, "Healthy Skin, A Plastic Surgeon's Perspective."