



Aesthetic Plastic Surgery of Indiana

News from
Dr. Richard B. Linderman

For all your
aesthetic needs

Dr. Linderman answers your questions...

- * Tummy Tuck
- * Breast Augmentation
- * Liposuction
- * Facelift
- * Brow Lift
- * Breast Lift
- * Rhinoplasty
- * Body Contouring
- * LipoDissolve
- * Botox
- * Restylane
- * Radiesse

How to Choose a Cosmetic Surgeon

With the explosive growth of cosmetic surgery over the past ten years, it has become increasingly difficult to tell who is qualified to perform what procedure. As a consumer, selecting a qualified surgeon has become more complicated as the lines between specialties have blurred. There has been a dramatic increase in the competition among doctors for elective cosmetic surgery patients which has been fueled by the declining reimbursements for insured procedures. This has led to a huge influx of unqualified practitioners from other medical specialties and also non-medical personnel to compete for the cosmetic surgery patient. How is a consumer to choose?

I would suggest the potential patient seek out the answers to two questions.

1. Is the doctor board certified in plastic surgery?

There are many certifying boards. The American Board of Plastic Surgery is the only recognized board for training and certification in all aspects of plastic and cosmetic surgery.

2. Does the physician have privileges to perform the procedure you are interested in at your local hospital?

This is important as many physicians may perform a procedure in their office or surgery center, but are not certified by the American Board of Plastic Surgery and therefore not qualified to be granted privileges at your local hospital. Most hospitals will meticulously review a physician's training and require board certification before granting privileges to perform various procedures.



American Society
of
Plastic Surgeons.



American Society for
Aesthetic Plastic
Surgery Inc.

What is a Mommy Makeover?

Recently a new buzzword has been making the rounds in the plastic surgery news--- A Mommy Makeover. Simply stated this is a catch phrase for treatment of a particular group of women. These women are seeking plastic surgery to address the natural changes that occur with age and pregnancy. Many women desire figure rejuvenation after multiple pregnancies. These include improvement in breast size and shape, removal of excess skin and stretch marks of the abdomen and fatty deposits of the hips and thighs. Mothers who desire a return of their more youthful figures are wonderful candidates for combined procedures such as **mini tummy tuck** and **breast augmentation** with selected liposuction of small areas. Frequently this transformation can be accomplished as an outpatient.



Patient Reward Program

In appreciation of our patient's loyalty, Aesthetic Plastic Surgery of Indiana and Dr. Richard Linderman announce a patient reward program. Our patients who refer friends and relatives will qualify for the reward once the referred patient completes surgery. * Your reward options: \$50 gift certificate to a local day spa or \$100 off any future surgery you receive. Thank you again for your loyalty. Dr. Richard Linderman and Staff

*Certain restrictions and time limitations apply.

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Giving Shape to Dreams

What is a Brazilian Mastopexy?

Frequently I will see patients who are unhappy with the shape and contour of their breasts but do not wish augmentation of their size. When adequate breast volume is present, a mastopexy or breast lift is indicated. A Mastopexy attempts to lift the breast while preserving volume and reducing the excess skin. Throughout the years, I had become dissatisfied with the long-term

results of primary mastopexy without implant placement. In my search for a better procedure, I met Dr. Ruth Graf. She is the Brazilian doctor that developed an innovative technique of mastopexy, which provides excellent long term results. In my opinion, it is better than other described procedures. The **Brazilian Mastopexy technique**, corrects breast ptosis for those patients who have adequate volume and do not require or desire a breast implant. In this procedure, the nipple is moved to its new location while maintaining

an attachment to the breast tissue. A portion of breast tissue in the inferior portion is then moved to the superior breast to correct ptosis and provide superior fullness. This tissue is maintained in its new position by a loop of chest wall muscle that acts as an anchor to provide a permanent long-term fullness.

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