



## MEN & PLASTIC SURGERY

Whether we like it or not our looks can make a difference in our opportunities for success. In the past most men felt uneasy and embarrassed to inquire about cosmetic surgery. Today, more and more men are discovering that cosmetic procedures are an acceptable alternative for enhancing their looks.

Some of the more popular cosmetic procedures for men are Liposuction, Eyelid Surgery, Neck Lift, and Facial Injections for wrinkles. The great thing about all of these procedures is that they are all minimally invasive, low risk and relatively low cost.

The cases shown below demonstrate two potential outcomes for our more common procedures: Liposuction of the Hips & Flanks aka "Love Handles" and Blepharoplasty (Eyelift).

Contact Dr. David Whiteman for a consultation to determine if one of these procedures is right for you. ■



BEFORE



AFTER



BEFORE



AFTER

## LIFESTYLE & WEIGHT MANAGEMENT



Seminars in Lifestyle and Weight Management will begin in January 2006.

Please contact Jackie Madison, Lifestyle & Weight Management Coach to set up a private consultation.

**Phone consultations now available.**

*Seminars Include:*

- Discussion of simple daily lifestyle changes
- Guest Speaker - Certified Personal Trainer
- Complimentary Body Composition Analysis
- Exercise Demonstrations
- Drawing for Free Prizes

## THANK YOU!

Southern Plastic Surgery would like to offer our most heartfelt thanks to all of our patients. We appreciate each and every one of you and wish you a very happy and prosperous New Year in 2006.

Hope to see you at the Open House in January 2006!





## DAVID M. WHITEMAN, M.D., FRCS

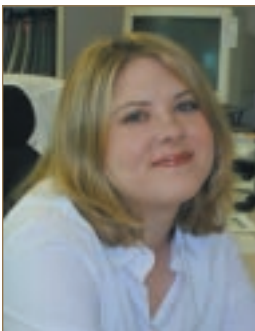


- Certified by the American Board of Plastic Surgery
- Certified by the Royal College of Physicians & Surgeons of Canada
- Member of the American Society of Plastic Surgery
- Spokesperson, VolleyFest, formally known as “Volley for a Cure”
- Director, Breast Cancer Survivors Information Network
- Director, Breast Cancer Buddy Group

### *Dr. Whiteman in the news...*

We want to thank Chuck Smith with 790 the Zone for featuring Dr. Whiteman on their afternoon radio show. The goal for the station was to increase awareness in Plastic Surgery for Men.

## SPS NEWS

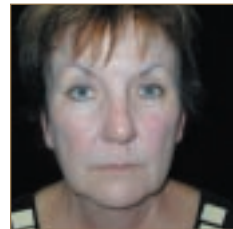


All of you are no doubt familiar with the devastation that Hurricane Katrina caused. When a disaster affects someone you are close to, it tends to make most of us pay a little more attention to the tragedy than we normally would.

Heather Bomeia worked with us for two years as our receptionist and moved to Slidell, Louisiana this year when her husband was transferred. Heather and her husband lost everything to Hurricane Katrina; their home was destroyed, along with all of their possessions.

The generous patients of Southern Plastic Surgery offered their donations to Heather which were matched by Dr. Whiteman. We were able to send Heather a check for \$5,000. We want to thank everyone who donated to Heather and her husband; we appreciate your warmth and caring. Heather and her husband are rebuilding their lives and are grateful to all of you. ■

## WHAT'S NEW...



**BEFORE**

**AFTER**

The popularity of the **MINI-FACE LIFT** has increased over the last couple of years and for good reason; people like to maintain their youth. Minimizing procedures are the latest wave. The popularity of facial injections such as Botox® and Restylane® continually prove this. However, facial injections alone can not correct all signs of aging.

Dr. Whiteman is aware of a trend by dermatologists for a thread lifting procedure in which sutures are placed within the skin to lift tissue. At this point, he believes this operation is of limited value; the duration of effectiveness is unclear and not without risks including infection and visibility of the sutures.

Signs of aging ultimately affect deep structures of the face. The face will show evident signs of aging such as reduced facial fat, loose skin, and increased wrinkles. A mini-face lift can slow down the aging process restoring a patient's youthful appearance.

The average age for a mini-face lift is generally between 35-50 years. Genetics, stress and sun exposure are a few factors which determine what age you may want to consider this procedure.

Benefits of the mini-face lift include: a smaller scar, fewer complications, lower costs and reduced recovery times. ■



## SPS SPECIALS

### SKIN CARE PRODUCT SPECIALS

Purchase any skin care product or service and receive **\$5 off** our product of the month.

#### December - "Beauty Control"

##### Lip Appeal

- Exfoliates
- Moisturizers
- Maintains lip color Longer

#### January - "Lady Bird"

Vitamin C & Aloe Toner

#### February - "Dermalogica"

Facial Masks & Scrubs



### SPS NEW PRODUCT PICK – ActiPatch™

In addition to the On-Q Pain System, we are also now recommending ActiPatch™. The ActiPatch™ is a new product used to speed up healing time after surgery. It is FDA approved, pain free, drug free and extremely safe. Placed directly on the skin, ActiPatch™ delivers a mild current into the damaged cells; cells become recharged and your body will heal faster. Patients, nurses and doctors consider the patch to be a medical breakthrough in reducing pain and swelling after surgery and are very pleased with the results.

## FUNDRAISERS

### VOLLYFEST - formerly known as Volley for a Cure

Dr. Whiteman is the new spokesperson for VolleyFest.

VolleyFest, formerly known as Volley for a Cure was founded by Sheila Stevens in 2001; Lynn Roberts is the Co-founder of the group. The VolleyFest focus is "Supporting Breast Cancer Care and Prevention in Your Community."

Dr. Whiteman was a natural choice to be the VolleyFest Spokesperson as he has cared for many patients in the reconstructive phase of Breast Cancer. In addition, he formed and presently directs "Breast Cancer Survivors Information Network", the "Breast Cancer Buddy Group," and he has been involved with the VolleyFest group since the beginning.

VolleyFest has grown over the years. Since its inception, VolleyFest has raised over \$438,000 and now has a total of five clubs who participate in the tennis events: Sugarloaf, St. Ives, Summit Chase, Laurel Springs and St. Marlo. The plans are to add more clubs in 2006. This year VolleyFest raised over \$158,000. The money raised was donated to the Gwinnett Hospital Foundation's "Time Matters" campaign to purchase the latest digital mammography technology.

VolleyFest is held every May. For more information about VolleyFest 2006 go to: [www.volleyfest.org](http://www.volleyfest.org). ■

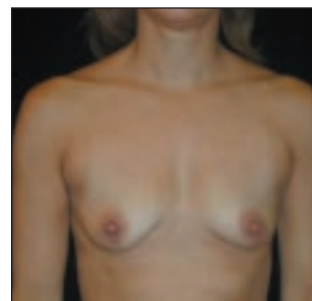
## COSMETIC PROCEDURE QUESTION & ANSWER

**Q:** If I decide to have Breast Augmentation (Enlargement), how much time will I have to take off work?

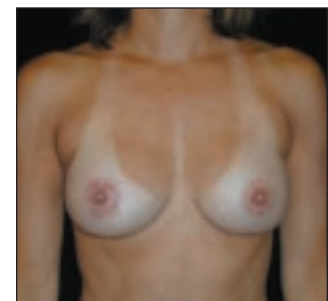
**A:** The average time typically needed to recuperate from breast augmentation (enlargement) surgery is between 3-5 days for most people. Pain threshold, healing ability, and the type of work you perform may decrease or even increase this time. The best way to find out the answer is for you to personally schedule a consultation with Dr. Whiteman.

*To learn more about this procedure, please call and schedule a free consultation with Board Certified Plastic Surgeon, Dr. David M. Whiteman at 770-622-9100 and review our website at: [www.southernplasticsurgery.com](http://www.southernplasticsurgery.com).*

Send Dr. Whiteman your questions on plastic surgery and cosmetic procedures to:  
**[info@southernplasticsurgery.com](mailto:info@southernplasticsurgery.com)**



BEFORE



AFTER



Southern Plastic Surgery, P.C.

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## OPEN HOUSE & EDUCATIONAL SEMINAR SERIES

*Please look for our upcoming seminars in 2006!*

We will have an open house in January celebrating the New Year. **Invitations will be mailed.**

## WANTED: EMAIL ADDRESSES

Southern Plastic Surgery will begin communicating online soon. Southern Plastic Surgery updates, cosmetic and plastic procedure news, along with other interesting bulletins can now be sent to you via email.

**Please send us your email address so you can be added to our email address list.**

*SPS Gift Certificates Available for the Holidays and Special Occasions!*



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