



Are You Ready for Your Wedding Day?

By George Bitar M.D., Board Certified Plastic Surgeon

Every woman needs to learn that there are unique aspects about her that make her beautiful in her own way-her eyes, her smile, a creamy complexion. However, when it comes to your wedding day, the stakes are high. Here are some practical tips to maximize your chances of shining brightest on your wedding day.

Your Face: Skin Care to Surgery

The face of a woman is central to her overall image. It is what people see most and it needs to be treated with the utmost care and respect.

Facial skin is very important, and skin care can be as mild as the medically offered skin care Obagi or MD Forte or as strong as a facial peel or laser.

Facial wrinkles can be significantly reduced with Botox , a protein that relaxes muscles forming wrinkles in the forehead, around the eyes, and around the mouth! Restylane , a filler with which I have worked in Europe and South America, has finally gotten FDA approval in the U.S. It is very safe with long lasting results around the facial wrinkles and folds. Restylane can also create luscious lips lasting twice as long as collagen without skin testing needed.

A person's nose is the centerpiece of the face and has to be aesthetically pleasing for the face to glow. A rhinoplasty , or a nose job, can be a minimal or extended operation, depending on what a particular nose needs, but it has to look natural, not with that "done" look.

Breast Enhancement

Breasts are the ageless sign of femininity and sex appeal. Breast enhancement is often considered by brides to fill out an attractive silhouette in their wedding dress.

Breast augmentation is done now in ways that minimize looking "done." Small breasts can be enlarged with the saline breast implants placed under the muscle to create nice cleavage and give it a natural, sexy look and feel, so neither the guests nor the groom know they are not really yours! The scar is about an inch and can be either in the armpit or at the lower border of the areola and heals very nicely.

Breasts that have sagged can be lifted to recreate that "perky" look, with a scar only around the areola and heals well. In a woman who wants fuller and raised breasts, a breast lift and implant operation can be performed yielding truly remarkable results. Large breasts can be reduced to make them more congruent with the body. Some women have old breast implants with problems about which they may feel embarrassed. Those can be corrected. I offer my patients a unique scar cream I bring from South Africa that makes scars on breasts and elsewhere on the body heal very nicely. The ultimate goal is to create beautiful youthful breasts.

Body Contouring: Tummy - Thighs

Bodywork is crucial for shining in that wedding dress. Six pack abdomens or just flat stomachs are next on the agenda. If those endless hours at the gym have not yielded a chiseled body, liposuction can help. Liposuction can be performed through tiny, almost invisible, scars and the unwanted fat can be suctioned out from the tummy, thighs, buttocks or even the neck. If desired, liposuction can create a six-pack abdomen or "heart shaped" buttocks without any implants, even though it may look like it! Finally, unwanted hair is a nuisance.

Laser Hair Removal

Laser hair removal can be a painless way of reducing unwanted hair permanently from the face, underarms, arms, legs, and bikini area.

Nobody is perfect. If there is an area or two where Mother Nature was not as kind to you as you would have liked, there are ways of optimizing these areas. I welcome the opportunity to meet with you in a one-on-one consultation in either our office in Fairfax and Manassas and create a plan that would work for you. Please call 703-206-0506 for a complementary consultation or visit our website at www.DrBitar.com to view results achieved by recent patients. We look forward to hearing from you. Good luck on your wedding day!

About George John Bitar, M.D.

After completing his plastic surgery training at the University of Virginia, Dr. Bitar worked with top plastic surgeons in Beverly Hills, London, Paris, and Rio de Janeiro – working on models, beauty pageant contestants, muscle and fitness models, and actresses. He brings to Northern Virginia the art and latest techniques of the cosmetic surgery secrets of the stars.

His experienced team will help in making your cosmetic surgery experience a very easy and pleasant one as they have helped many brides get ready for that special day. With offices in Fairfax and Manassas, his welcomes the opportunity to serve as your cosmetic surgery center.

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