

**bodySCULPT®**

# **Is Winter the Right Time for Plastic or Cosmetic Surgery?**



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# Plan for a Hot Girl Summer Now This Winter Season !!

The demand for plastic surgery has dramatically increased. Individuals are choosing invasive, minimally invasive and non-invasive plastic surgery procedures for many reasons.

Why not have your bikini body ready by summer? Consider the winter season to undergo your plastic surgery procedure, as you can benefit from the ease of taking extra time off work and camouflaging post-surgery bandages to start the summer season with the new you.

For most plastic surgery treatments, you may have to wait 2-3 months to notice complete results and some people may also require another sitting for optimal results.

Read our blog on

[DOWNTIME FOR DIFFERENT PLASTIC SURGERY PROCEDURES](#)

Different procedures have different recovery periods. Many minimally-invasive or non-invasive procedures involve less to no downtime.

## Advantages of Winter Plastic Surgery

Timing is a crucial factor. If you're thinking about refreshing your appearance, here are some reasons why you should consider booking an appointment in the colder months.







## Get enough time to take care of yourself

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The amount of downtime and extensiveness of recovery are the key deciding factors for patients when it comes to deciding when to undergo a procedure. The type of anesthesia used also impact the recovery time needed. Some procedures require only local anesthesia and can provide excellent results with short downtime and fast recovery. Recovery is much faster with non-invasive procedures. Winter season will provide more time to take care of yourself and fully recover from the procedure.

### Less Sun

Prolonged exposure to the sun can delay healing. Compared to the hot summer, daylight hours are shorter in winter, which protects the skin from U.V. rays. This would speed up the healing process and increase the chances of a scarless recovery.



# Plan a Staycation



An extended vacation or a long off from work can be beneficial in allowing for a full recovery before going back to work. The off-season provides plenty of time to explore your plastic surgery options and also consult multiple cosmetic surgeons to make the best choice to achieve a beach-ready summer body.



**For certain non-invasive procedures, long holiday weekends may be convenient for recovery.**

# What are you waiting for?

It's time to plan for a new you in the New Year! Contact your plastic surgeon to discuss what procedure or treatment is right for you and when you can schedule it.

*G*  
*e*  
*t* your *plastic*  
*surgeries* done this  
winter season!

*Gift plastic surgery treatments to yourself or to your loved ones!*





# Plastic Surgery Procedures to Consider this Winter

Minimally invasive  
procedures



# Facial Procedures

## EmbraceRF

EmbraceRF treatment addresses the lower third of the face, specifically the neck and jowls. This powerful technology combines two procedures: FaceTite and the recently FDA-approved Morpheus8 a Subdermal Adipose Remodeling Device (SARD). The procedure can treat both superficial and deep tissues, improve the jaw line, and thereby retain the youthful fullness of the face and improve the skin tone.

## Chin Liposuction

This procedure is ideal to reduce a double chin, tighten loose skin in the jaw and neck area, and thus reshape and improve chin contour. Skilled plastic surgeons perform liposuction using advanced technologies such as

Smartlipo Triplex (laser-assisted)

BodyTite™ (radiofrequency-assisted)

VASERlipo (ultrasound-assisted)

## Blepharoplasty

This procedure can improve drooping/wrinkled lower eyelids/eyebrows, bags under the eyes, and excess sagging skin.

# Breast Procedures

## Breast Lift

Breast lift (mastopexy) can address sagginess and provide women with firm, perkier breasts. The procedure can help restore a firm, youthful-looking bust line. You can achieve an aesthetically pleasing bust line, as the procedure tightens the loose skin and muscles around the breasts.

## Breast Augmentation

Breast augmentation is done either with FDA-approved breast enhancements such as saline, silicone gel, gummy bear, and IDEAL IMPLANT or via composite breast augmentation technique that combines breast implants and fat grafting to provide a natural-looking outcome.

Read [WHY WINTER IS THE BEST SEASON FOR BREAST AUGMENTATION](#)

## Revision Procedures

The procedure involves modifying irregularities from previous treatment and removing or replacing an implant as well as areolar reduction, internal pocket adjustment, and removal of excess scar tissue.

## Reduction Mammoplasty

The procedure involves removing excess tissue and skin and repositioning the nipples to result in smaller and more proportionate breasts.

## Gynecomastia Treatment

Male breast reduction procedure helps to treat the over development of the male breasts or gynecomastia and thus achieve a flatter, firmer and manly chest.



# Body Contouring Procedures

## Abdominoplasty

Surgeons may recommend different approaches such as: Full abdominoplasty, Mini abdominoplasty, or High lateral tension abdominoplasty to remove stubborn abdominal fat and loose skin. Fat transfer procedures can be done along with tummy tuck procedure for women who want to improve the size and shape of the buttocks.

## Brazilian Butt Lift

The procedure involves liposuction for harvesting the fat for injecting into the buttocks, and injecting the purified fat into the buttocks to increase their volume and improve the contour.



# Non-Invasive Procedures

## Kybella Double Chin Treatment

Kybella is an effective FDA-approved non-surgical treatment to address submental fat. This injectable literally dissolves fat in the upper neck and provides a well-defined jawline. This clinically-proven treatment effectively eliminates fat, and improves the overall contour of the neck line.

## InMode EVOKE

FDA-cleared, non-invasive EVOKE face treatment tightens and improves the tissues of the lower face and neck. Its hands-free design and programmable technology make it an ideal treatment at this time of social distancing.

## Botox and Facial Fillers

These injectables can help to provide a youthful appearance. Botox injections can temporarily paralyze the muscles that cause lines and thus reduce wrinkles. Facial fillers can rejuvenate your appearance by adding volume to your face and smoothing the skin.

**Read how to -**

[ENHANCE YOUR BEAUTY THIS NOVEMBER WITH GREAT DEALS ON BOTOX AND FACIAL FILLERS](#)

# How to maintain your plastic surgery results

Whatever procedure you undergo, make sure to strictly follow your plastic surgeon's instructions and follow these tips to enjoy optimal results:

- Consume a balanced diet
- Get enough rest
- Use sunscreen, while moving out
- Attend follow-up appointments
- Stay hydrated

**Read - [9 LIFESTYLE CHANGES TO FOLLOW AFTER BODY CONTOURING FOR LONG-LASTING RESULTS](#)**



# What to wait for!

Plan your winter plastic surgery procedure today!

Interested in plastic surgery this winter season? Call our bodySCULPT® surgeons at **1-800-282-7285** or send an email to [info@bodysculpt.com](mailto:info@bodysculpt.com).

