

PROCEDURES OFFERED:

Facial Surgery

Face Lift

Neck Lift

Eyelid Lift

Nose Surgery

(Rhinoplasty)

Ear Pinning (Otoplasty)

Breast Enhancement

Breast Augmentation

Breast Lift

Breast Reduction

Male Breast Reduction

(Gynecomastia)

Body Contouring

Tummy Tuck

(Abdominoplasty)

Liposuction

Thigh Lift

Buttock Augmentation

Facial Rejuvenation

Botox

Restylane

Chemical Peels

Obagi Nu-Derm

** Board Certified In Plastic Surgery*

** Fellow of the American College of Surgeons*

** Member of the American Society of Plastic Surgeons*

** Member of the Illinois Society of Plastic Surgeons*

** Assistant Professor of Surgery at the University of Illinois*

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North Shore Nip & Tuck

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In This Issue

Welcome to the second issue of our newsletter! This time the focus is on body contouring--a term that means different things to different people. And that's just as it should be. Every patient has unique needs, and there is a body contouring procedure to address just about every one of them. If you're interested in finding out more, give us a call at 847-297-8124 or visit our website www.enhancedform.com.

The Skinny on Cellulite

Cellulite is a term that originated in France in the early part of the 1900's. It refers to dimpling of the skin that overlies fat deposits.

Especially in lower regions of the body, fat deposits develop between muscles and skin. Skin is attached to the muscles beneath by fibrous bands, and cellulite occurs as a result of one or more of the following reasons:

- The fibrous bands are tight and inelastic, pulling the skin toward the muscles
- Excess fat bulges through to skin that is not tightly tethered to muscles beneath
- Skin is thin and loose, allowing fat pockets to push outward and make dimples

Treatment addresses one or more of these mechanisms:

- Releasing the tight fibrous bands that cause dimpling
- Decreasing the volume of fat through liposuction and/or weight loss
- Skin tightening treatment that enables skin to hold in fat more effectively

Which treatment might be the right one for you? Would you benefit by trying more than one approach? Come in for a consultation with Dr. Makhlouf and find out. Call 847-297-8124 for an appointment.



The Brazilian Butt Lift: What's in a Name?

The Brazilian butt lift is a very popular procedure; in fact it is the fastest growing form of cosmetic surgery today. If you're considering surgery to round out a backside that appears flat, square or simply too skimpy, it's critically important to choose a plastic surgeon who is very experienced. Here's why.

The Brazilian butt lift is not truly a lift. Muscles, fat and skin are not elevated in the same way that facelifts and breast lifts raise sagging tissues. A well-done butt lift appears to raise the buttocks because increased volume enables the skin to re-drape more tightly. There are only two ways to increase the size of the buttocks, and both present challenges for an inexperienced plastic surgeon.

Fat Transfer

Many physicians favor fat injections to add volume to the buttocks. This approach can be successful for a patient who desires a modest increase and has enough fat available from other areas of the body. After harvesting and processing, fat is transplanted in small quantities so surrounding tissues can nourish it. Some fat is lost during harvesting and some does not survive after transplanting—it is wise to plan for at least a 40% loss. A typical 400 cc result for each buttock requires more fat than many patients have available.

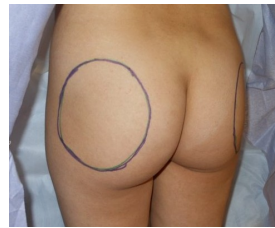
Silicone Implants

Silicone implants are a good alternative for many women. The material is a soft semi-solid that will not leak. The implants are safe, do not need to be replaced and feel natural.

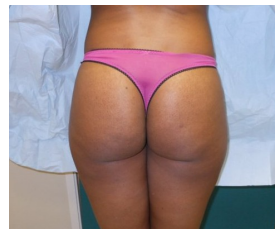
The challenge with implants is that some plastic surgeons only use up models up to 300 ccs in size. Larger implants mean wider pockets must be created through relatively small incisions with restricted visual access—a procedure that's problematic for many surgeons. Dr. Makhlof developed and patented special instruments for this purpose, tools that expose the proper amount of tissue, flood the area with light and allow for efficient suctioning. These instruments enable Dr. Makhlof to place implants up to 500 ccs in size. His patients are pleased with their results, happy with both projection and symmetry.

Catchy procedure names abound in the world of cosmetic surgery today, and the Brazilian butt lift is no exception. Not only is the lift aspect of the procedure not strictly accurate, there's really nothing Brazilian about it. With an accomplished, experienced plastic surgeon like Dr. Makhlof, however, your results can be very satisfying.

Visit www.enhancedform.com to learn more and see before and after photos. Then, schedule a consultation to hear what Dr. Makhlof can do for you.



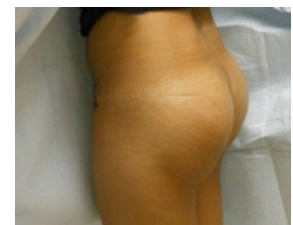
32 year old female that had 400 cc implants placed through a single incision.



32 year old female seeking buttock enhancement. 550cc soft solid implants were placed through a single incision.



28 year old female seeking correction of the flattening of her buttocks. 380 cc silicone implants were placed.



28 year old female seeking buttock enhancement. 485cc implants were placed.

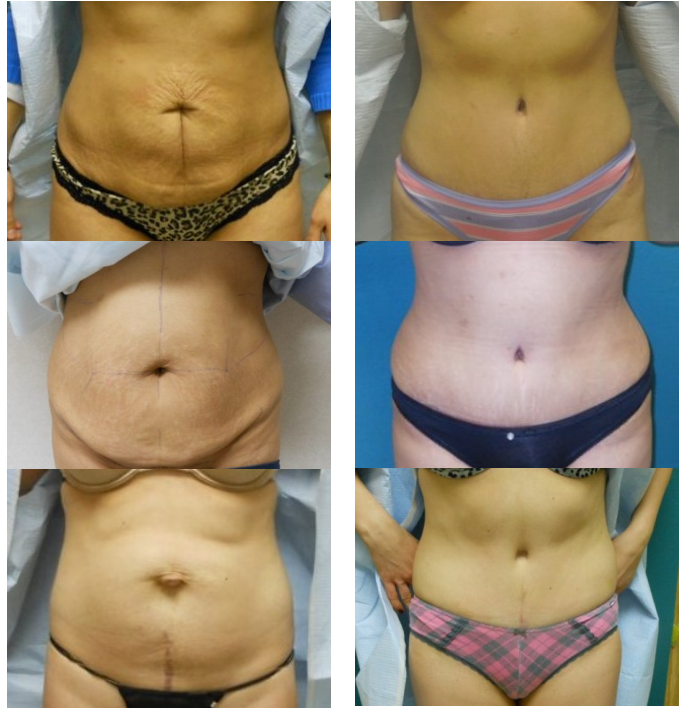
The Center of a Great Tummy Tuck

When it comes to the ultimate post-op results of tummy tuck surgery, the appearance of the navel, or umbilicus, is all-important. The patient should feel very comfortable in a two-piece bathing suit without worrying that others will know she had plastic surgery.

An aesthetically pleasing umbilicus is vertically oriented and has a small web of tissue in the upper portion where some women place belly button rings. This outcome requires careful handling during surgery, including proper planning and suturing.

Dr. Makhlof has designed a special technique that involves a small incision around the lower portion of the umbilicus, avoiding a horizontal scar that can look unnatural. His work, presented by the chief resident at the University of Illinois, won first place in a competition among several universities.

These photos show an example of Dr. Makhlof's technique. The small scar deep inside the tunnel of the umbilicus is nearly invisible.



Did you know?

Fifty percent of our new patients come to us referred by our established patients.

Do you know someone who is considering plastic surgery? If so, feel free to pass along a complimentary consultation card to them.



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