

**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

# North Shore Nip & Tuck

**M.V. MAKHLOUF, MD, FACS**

**WWW.ENHANCEDFORM.COM**

**August 2015**

## INTRO

This issue is dedicated to body contouring. I am excited to share with you some of the trade secrets that give such remarkable results.

It is the attention to detail that goes on while the patient is asleep that takes results up a notch.

## The Waist in Abdominoplasty

Many patients marvel at the results Dr. Makhlof is able to achieve in contouring the waist with an abdominoplasty.

He looks at tightening the muscles in the abdominal wall as the foundation for achieving his results. Dr. Makhlof first evaluates where the stretching of the abdomen has occurred: the upper, central, or lower abdomen. He then does a three layer repair for the abdominal wall paying particular attention to the most stretched area. The first two layers of the repair are made with specialized sutures that are placed independently of each other in two separate rows. These special sutures take into account that the stretching of the abdomen occurred in all directions. Therefore, the sutures will tighten up the abdomen in both the vertical and horizontal directions. The third layer of repair is to hide the knots of the sutures and avoid them from becoming palpable, while at the same time evening the tension across the abdomen.

When the umbilicus is set in the abdominal flap, the abdominal flap itself is sculpted in order to give the natural contour. A trim waistline surrounding a natural looking umbilicus is of paramount importance in achieving an esthetic goal.



**9301 Golf Rd, Suite 110  
Des Plaines, IL 60016  
(847) 297-8001**

## The Mommy Makeover

"I take great pride in all of my children; now it's time I take pride in myself!"

The Mommy Makeover is aimed at creating a body that a mother deserves after she has completed her family. This involves working on the breasts, abdomen, and areas where unsightly bulges have formed during pregnancy.

The procedure done on the abdomen is called an abdominoplasty. It corrects the abdominal wall relaxation and gets rid of the extra skin and stretch marks that have formed in the lower abdomen.

Breast procedures vary from an isolated breast lift to a breast lift with implants or a breast reduction with a lift.

Liposuction corrects some of the fat that is easily deposited during pregnancy: the back rolls, the lower back, flanks and hips, inner thighs and knees.

The best time to have the procedure is when the family is complete and the body has regained its stability postpartum.

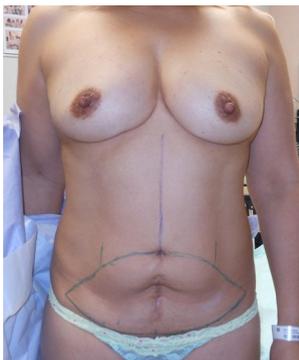
With 27 years of experience Dr. Makhlouf is well positioned to provide his patients with a result they will rave about.

Visit [enhancedform.com](http://enhancedform.com) to learn more and see before and after photos. Then, schedule a consultation to hear how Dr. Makhlouf and a Mommy Makeover can change your life in the best way possible.

### Patient 1



### Patient 2



## Breast Augmentation with Fat Transfer

For many years, fat transfer from one part of the body to the other was thought to only be a temporary correction. However, over the last few years a large body of evidence, both scientific and photographic have shown that if the fat is transferred properly, it can result in a permanent solution.

Early on there was a lot of fear that fat placed in the breasts would melt away, possibly create cysts, and more importantly create calcifications that would hide a present cancer by decreasing the efficacy of mammographic detection. There have been multiple reports in the literature which indicated that a radiologist is in fact able to distinguish between malignant calcification and benign calcification that could have resulted from fat placement in the breasts.

Studies have also shown some amazing results which support that fat grafting has improved the quality of the skin under which it was grafted. The safety of the procedure along with its incredible results have brought fat grafting to the breasts into the cutting edge of cosmetic surgery.

On a trial basis Dr. Makhlof has injected breasts with fat obtained through liposuction and has monitored the results. He was performing this trial of fat grafting to the breasts while doing another main procedure on the patient. He has been able to document survival of the fat and the patients have been quite happy.

It is worth mentioning that it is impossible to place large amounts of fat in the breasts in volumes similar to the sizes of breast implants. Many patients who desire breast augmentation want breast implants of 300 to 400 cc in volume. Fat grafting to the breasts cannot be expected to add to more than 200 cc in volume, therefore, a repeat procedure would be needed if one wants the augmentation done with fat alone.

# *NEW Mommy Makeover Specials!*

## Tummy Tuck & Breast Augmentation with Saline Implants

**\$8,600\***

**0% Financing  
Available**

## Tummy Tuck & Breast Lift

**\$9,000\***

**SPECIAL OFFER:** The first 5 patients to book their Mommy Makeover will receive an **additional \$200 off** of the surgery fee. \*\*

**Call us at 847-297-8001 to book your complimentary consultation today!**

**Know someone who may be interested in this offer? We would greatly appreciate you sharing the information with others!**

\*Price includes the surgeon's fee and the cost of implants only.

\*\*Offer valid for surgeries completed on or before September 30, 2015.

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