

Nip/Tuck



Remember the Songs We Loved to Dance To?

By Gregory Albert, M.D.

December is a wonderful month of hectic celebration and the accumulation of months of seasonality, change, that hopefully had more wonderful days than not.

We recapture the past and indulge in the fond memories. Another year passed by and we have to sit and think for a moment, did we do all the things we set out to do when the year began. A little quiet time with yourself or a loved one will help put things in perspective and will give you an opportunity to prioritize for the next year. My staff and I see many of our patients for their rejuvenation so they can look their very best for the holiday parties and the New Year celebrations.

We're thankful for our patients and honored that they choose us for their medical needs. After all, our joy comes from giving back to each of them the self-esteem, the confidence, and the look they desire. Most likely you have thought about some form of cosmetic surgery. Does this story seem familiar? Now and then you look into the mirror and you see something, a mark, an age spot, that scar that's been there since your school years and each time you say to yourself, 'I've got to get that taken care of' or, 'I wonder what it would cost to get rid of those brown spots, or that sun damaged

wrinkled skin.' Then the internal battle begins when those pesky internal voices start. The first says no, you must be practical, you're old, you're past your prime and who really cares. After all you're the only one that really notices, so you tell yourself. Then you hear that other voice jumping in reminding you that you worked hard, and that it is about you. You gave for so long and now its time for you to do something for yourself. You stop and think; wait, I'm really not old. I'm still active; I can still make head's turn, with a little tweaking I bet I can look as good as any women my age. But the cost, the time, do I really want to invest in this, after all isn't cosmetic surgery for the Hollywood type? Then you immediately reminisce that it's been a long time since you danced to the songs you loved. Is my self-esteem getting in the way of dating again? Maybe. Then it dawns on you, most of the ladies at your tennis club have had some type of procedure and they do look great. In fact, some have gone for more than one procedure. I guess it can't hurt to go for a consultation. If they can take that step so can I.

I called my board certified Plastic Surgeon, he is the same one that the girls used and they are thrilled with their results. We set an appointment for my complimentary consultation and I went in. Well, I was very surprised. I thought that it was going to be this very sterile environment; it wasn't like any other doctor's office I had been to. The office personnel were all

smiling and helpful; I truly felt that I was their only patient and that they were there just to care for me. I was very relaxed. Dr. Albert came in and I spent time discussing my ideas and concerns and he thoroughly understood my issues. In a short time we concluded that I didn't need surgery, but a laser resurfacing and a regimen of skin care will improve my skins appearance. I was really happy with my results! It's been a couple of years since that day, and I'm re-married, and we are dancing to those songs we remember. I'm still playing tennis and wherever I go, I turn heads. How different things are because I made that decision to call. If you've been thinking about Cosmetic or Plastic Surgery, I recommend that you pick up the phone and call for your complimentary consultation. Dr. Albert and his staff handled all the details. I trust Dr. Albert and I know you'll be glad you chose him for your procedure.

D.S., Delray Beach Florida (patient testimonial)

Thank you for those kind words. We do try hard to make our patient's experience the most relaxed experience. People are investing in an outcome that improves their life. I hope that your plan for 2010 starts with you. Cosmetic surgery is very common these days, it is no longer only accessible to the rich and famous. Any person can have the procedure they want done.

Are you dancing to the songs you remember?

Call for your complimentary consultation.

Dr. Gregory Albert is a Board Certified Plastic Surgeon who specializes in minimally invasive Plastic Surgery. He is a member of the American Society of Plastic Surgeons and a diplomat of the American Board of Plastic Surgery. He is the official Plastic Surgeon for the Florida Panthers national hockey team, has been featured on ABC, CBS, NBC news. His office is located at 6290 Linton Boulevard, Suite 203, Delray Beach, Florida 33484 or you can reach him at 561-495-2700, toll free at 877-3ALBERT, or visit, www.drgregoryalbert.com or our blog at, www.AskDrAlbert.com

