



MODERN SURGERY, CLASSIC BEAUTY

A glimpse into the innovative techniques of Drs. Mahlon Kerr and Amy Bekanich, two physicians who are dedicated to making plastic surgery accessible to everyone at Synergy Plastic Surgery BY JODY JOSEPH MARMEL

Dr. Mahlon Kerr opened his practice two years ago in Round Rock. As the doors opened, the patient population grew very quickly.

"I brought Dr. Amy Bekanich on board not only because we were doing so well," Kerr explains. "She has a lot of experience and knowledge in breast reconstruction and is an excellent plastic surgeon."

Having a male and a female surgeon at Synergy Plastic Surgery makes the practice unique. And it certainly gives the patients a myriad of choices with these remarkable board-certified plastic surgeons.

They offer a procedure that is new in the medical field. It is called BRAVA + AFT (autologous fat transfer), and it is different from traditional breast reconstructive surgery.

The following Q&A explains the practice and philosophy. It is sure to pique your interest, so keep in

mind that in the next issue of NSIDE Austin, these talented surgeons will reveal and explain even more.

Q: How is the BRAVA + AFT procedure different from traditional breast reconstructive surgery?

A: The BRAVA + AFT procedure is different in that it essentially regenerates a new breast using entirely a patient's own fat while performing minimally invasive techniques. There are no additional incisions made beyond the original mastectomy incisions. All subsequent procedures are outpatient based and use no scalpels. There are only small needle holes made to both obtain the fat through standard liposuction and to inject the fat into the new breast. The end result is a breast that is entirely natural, sensate and soft, without the need of an implant. Unlike with implant-based reconstruction, there are no antici-

pated subsequent surgeries for implant malposition, capsular contracture or implant rupture. Likewise, while flap-based reconstruction does use a patient's own tissues to recreate a new breast, BRAVA + AFT reconstruction does not require a lengthy, intense surgery that will really impact the patient's life for a few weeks. All BRAVA + AFT reconstruction is performed as an outpatient and is minimally invasive.

Q: What should you look for when deciding on a plastic surgeon?

A: When looking for a plastic surgeon, it is important to examine their credentials and clarify if they are board certified. A "true" board-certified plastic surgeon is someone who has completed a fellowship in plastic and reconstructive surgery after having already gone through many years of surgical

training, and has undergone rigorous testing and examination to become board certified. Beyond that, it may be important for a patient to seek out a board-certified plastic surgeon who has obtained even further training in a particular subspecialty. It is important that a patient feels comfortable with their surgeon. They should feel free to communicate with their surgeon and not feel judged or pushed into a procedure. When performed by a qualified surgeon, plastic surgery is a safe way for people to make positive changes in their lives.

Q: What is the most common plastic surgery procedure?

A: Breast augmentation is the most common procedure performed in the United States, followed closely by liposuction. At Synergy Plastic Surgery, breast augmentation is the most common procedure we perform. Together, we perform multiple breast augmentation surgeries each week, and we are one of the highest-volume providers of this procedure in the Austin area. Our breast augmentation procedures include implants made in Dallas, Texas, by the FDA-approved Mentor Corporation, the safety of a local hospital and anesthesia provided by board-certified anesthesiologists. Because of our volume, we are able to offer this package starting at \$3,999, which is the best value in Central Texas.

Q: What are the most common areas for liposuction?

A: The abdominal and leg area in women and the abdomen and chest in men. Liposuction is used to remove stubborn fat deposits from these or any area on the body that is bothersome. It typically takes less than an hour per area and may not require general anesthesia. The procedure is performed via incisions, which are extremely small, and really helps with the shape and contour of the body. This results in patients getting the best shape possible. Liposuction is the second most common plastic surgery procedure performed in the United States after breast augmentation surgery.

Q: What is a mini facelift, and how long does it last?

A: A mini facelift is a facelift that keeps all the incisions in front of the ear and takes only a few hours to complete. Traditional facelifts involve more extensive incisions and surgery that lifts skin in multiple areas, including in front of and behind the ears and into the neck. During the procedure, excess skin is removed and the underlying layers of the face are tightened with sutures. Liposuction is usually performed in the neck rather than extensive neck surgery. A mini facelift is a perfect way to return volume to the cheek area and improve the appearance of jowls and smile lines. The surgery takes about a week to recover from and is done as an outpatient. The results are expected to last 10 years or more in most patients, depending on genetics and time spent in the sun.

Q: What is a mommy makeover?

A: A mommy makeover is a combination of procedures designed to give a mother her pre-baby shape back or make her body better than it was even before giving birth. Typically, a mommy makeover involves some type of breast procedure such as breast augmentation, breast reduction and/or a breast lift. An abdominal procedure such as a tummy tuck or liposuction is usually included in the makeover. By combining procedures, we are able to dramatically change the body's contour and shape and limit downtime to a single recovery time.

Future plans include expanding into the Austin area. Kerr and Bekanich are looking further down the road. "We plan to expand beyond Austin and be a brand that you can trust. We want to make plastic surgery accessible to everyone."

Synergy Plastic Surgery is located at 170 Deepwood Drive, No. 102, Round Rock, Texas 78681. For more information, call 512-244-1444 or visit www.synergyplasticsurgery.com.



Dr. Mahlon Kerr

Dr. Amy Bekanich