


DR. TAD GRENGA  
Chesapeake Center for  
Cosmetic and Plastic Surgery

Fall 2007

757-673-5900




A warm welcome to all of my former and current patients and friends. As you may have noticed, I'm sporting a new look—the mustache of many years is gone! Perhaps you've been thinking of a "new look" as well. In this introductory edition of our newsletter series, we've put together information that we are really excited about. "Mommy Makeovers" have helped a lot of my patients regain confidence about the way they look by restoring their figures to a more youthful shape. We're offering a new variety of injectable fillers and BOTOX Cosmetic® to help keep you looking your best. Lip enhancement is not just for celebrities and screen actresses anymore. Want more kissable lips? Read about it below. Lastly, we'll be relocating our Chesapeake office during the fall of 2007 to a newly decorated facility conveniently located at 113 Gainsborough Square, Suite 400. We're looking forward to seeing you there! 

## Mommy Makeover

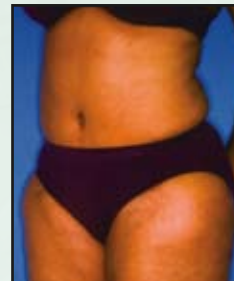
For women who have experienced dramatic changes in body shape after child bearing, a "Mommy Makeover" can help restore a more youthful figure or a less tired appearance. Often, even the most earnest exercise program and healthful eating habits can not overcome the extra pounds put on during and after childbirth or erase the tired appearance of facial wrinkling or eyelid bags. For many women, the excess tissue just won't seem to go away and the loose skin won't tighten up ... But there is hope for a shapelier figure after all!

At your consultation, Dr. Grenga will listen carefully to your goals and conduct an analysis of just what features you'd like to see nipped, tucked or smoothed. He'll combine a tummy tuck with breast lift, or maybe liposuction, to remove the "leftovers" on the trunk that just won't melt away. To get the flattest tummy that you can expect, he'll tighten up tummy muscles and help "put things back where they belong." For facial wrinkling or loose eyelids bags, Dr. Grenga offers lifts, tucks and skin resurfacing for restoring your facial appearance to a more youthful glow.

If you are interested in learning just what a "Mommy Makeover" can do for your figure or your facial appearance, you may call our office directly at 757-673-5900 to schedule your consultation with one of Tidewater's most experienced plastic surgeons, Dr. Tad Grenga. 



Before



After



Before



After

## Fall Special

If you would like to schedule your cosmetic procedure during the months of November and December, please call us at

**757-673-5900**

to take advantage of our *very special limited time offer.*

The Chesapeake Center for Cosmetic & Plastic Surgery  
5818 Harbour View Blvd., Suite 220  
Suffolk, Virginia 23435

Visit us at our new office. We plan to move in October 1st. Our new address is 113 Gainsborough Square, Suite 400, Chesapeake, Va 23320 757-673-5900

*See you there!*



## You've Got Lips!

If you've been wishing that you had fuller, plumper lips, then consider what injectable fillers can do for you. At the Chesapeake Center for Cosmetic & Plastic Surgery, we offer a variety of injectable options. For just a brief investment of your time, and virtually no recovery period, the options that we offer can create almost immediate results. To mimic the natural softness of lush lips, our most popular agent is Restylane®. It's made of the same natural material that constitutes the fullness of youthful lips. When the fullness of your lips diminishes, as is to be expected with the normal aging process, injectable materials can replenish volume and enhance the shape of the lips as well. Their benefit is not limited to the lips — we offer Restylane®, Perlane®, Juvederm® and others depending on the location, depth and severity of wrinkles and creases. For the treatment of wrinkles in the forehead, crow's feet and around the lips, we offer BOTOX Cosmetic® injections. Call us at 757-673-5900 to schedule your consultation and learn more about which filler is right for you. In most instances, Dr. Grenga can perform your injections the same day. 