

UNLEASH YOUR BEST SELF

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Kaylin Salubro
MSN, NP-C



Dr. Brian Pinsky
Board-certified Plastic Surgeon



Patient Stories

BROUGHT TO YOU BY:

NEW YORK
PLASTIC SURGICAL GROUP

DEEP BLUE
med spa

renuvion[®]
RESHAPING WHAT'S POSSIBLE[®]

BRIAN PINSKY, MD, FACS

CASTLE CONNOLLY
TOP DOCTORS 


SUPERDOCTORS
NEW YORK TIMES RISING STARS

- Board-certified plastic surgeon and partner at New York Plastic Surgical Group
- In practice for 12+ years
- I perform a wide variety of surgical and non-surgical cosmetic procedures including breast augmentation, breast reduction, abdominoplasty, rhinoplasty, and injectable treatments to enhance facial features.
- I specialize in reconstructive surgical procedures including post weight loss body contouring procedures, skin cancer reconstruction, breast cancer reconstruction as well treating hand conditions such as carpal tunnel and rheumatoid arthritis.



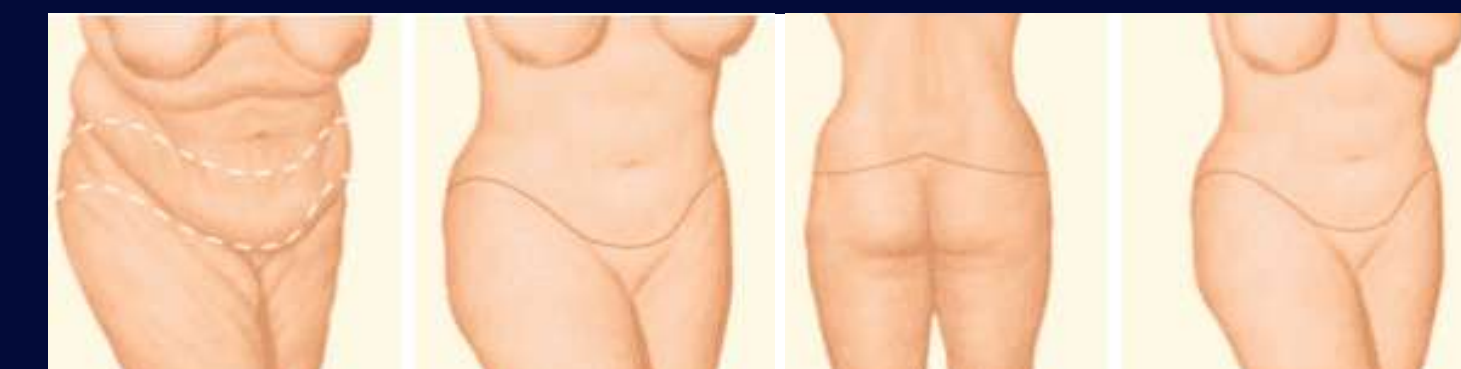
@BrianPinskyMD

BRIAN PINSKY, MD
PLASTIC, RECONSTRUCTIVE
& HAND SURGERY
NEW YORK
PLASTIC SURGICAL GROUP



TRUNK: WHAT ARE MY OPTIONS?

- **Panniculectomy:** Removes excess skin and fat from the lower abdomen or pannus, which can cause functional problems like skin irritation, rashes, and infections.
- **Full Tummy Tuck:** Removes excess skin and fat from the entire abdominal area, including above and below the navel, and tightens the abdominal muscles. Aims to create a flatter, firmer, and more toned midsection.
- **Fleur de Lis:** Specialized form of tummy tuck that involves two incisions: a horizontal incision similar to a traditional tummy tuck, and a vertical incision that extends up the abdomen. Offers more contouring of the midsection compared to a standard tummy tuck.
- **Body Lift:** Removes excess skin and fat from the lower body, particularly the abdomen, hips, thighs, and buttocks. Often considered after significant weight loss or for individuals with sagging skin due to aging.



Invest in YOURSELF

There's a right procedure for everyone..



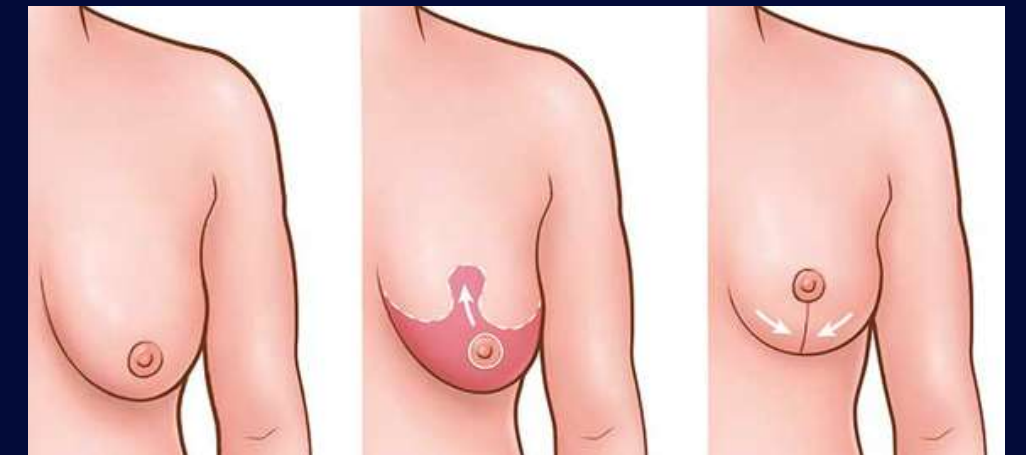
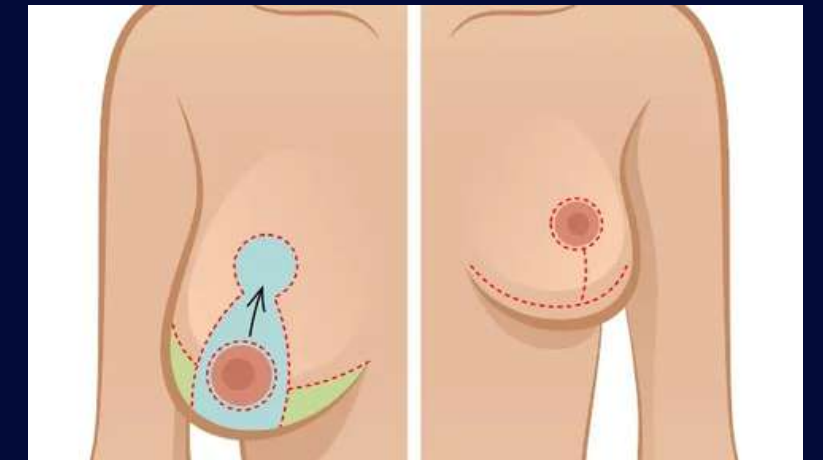
This patient had a panniculectomy, while she is happy with her result, she would have benefited from a panniculectomy with tummy tuck. The Panniculectomy only removes the skin hanging over the pannus region for function. A tummy tuck would not only remove the skin, but also tighten the muscles, and remove excess fat and skin above and below the belly button.

POST WEIGHT-LOSS TUMMY TUCK

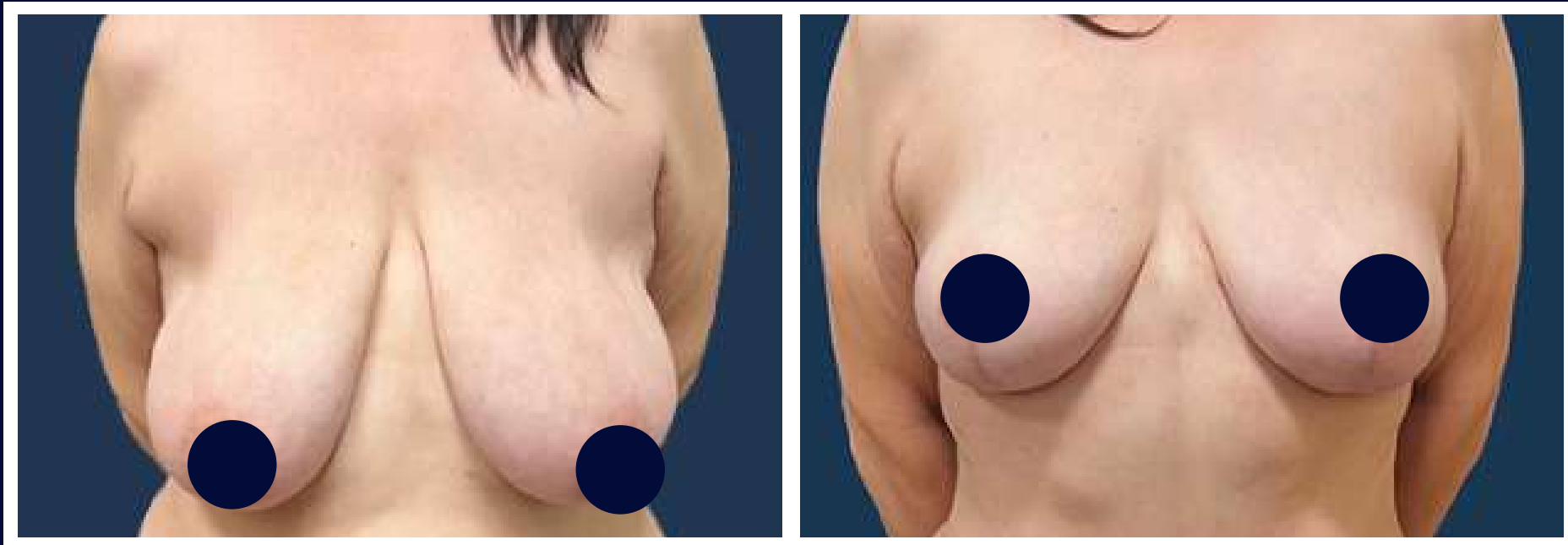


BREAST SURGERY: WHAT ARE MY OPTIONS?

- **Breast Reduction:** Removes excess breast tissue and skin. Many seek out this surgery for medically necessary issues like back, neck and shoulder pain as well as rashes beneath the breasts.
- **Breast Lift:** Also known as mastopexy, is a surgical procedure that raises sagging or drooping breasts to a higher, more youthful position. Repositions breast tissue and nipple-areola complex, removing excess skin, and reshaping the breast to create a firmer, more defined contour.
- **Breast Augmentation with or without implants:** Silicone or saline implants are placed to increase size. Alternatively, autologous augmentation, also known as fat transfer, harvests fat from another area of the body and injecting it into the breasts to enlarge them.
- **Gynecomastia Surgery:** Correct enlarged male breasts. Removes excess tissue and fat to achieve a flatter, more masculine contour. May involve liposuction, excision, or a combination, depending on the individual's needs.



POST WEIGHT LOSS BREAST SURGERY



BREAST REDUCTION



BREAST LIFT (MASTOPEXY) WITH AUTO-AUGMENTATION

OTHER COMMON POST WEIGHT LOSS PROCEDURES

BRACHIOPLASTY (ARM-LIFT)



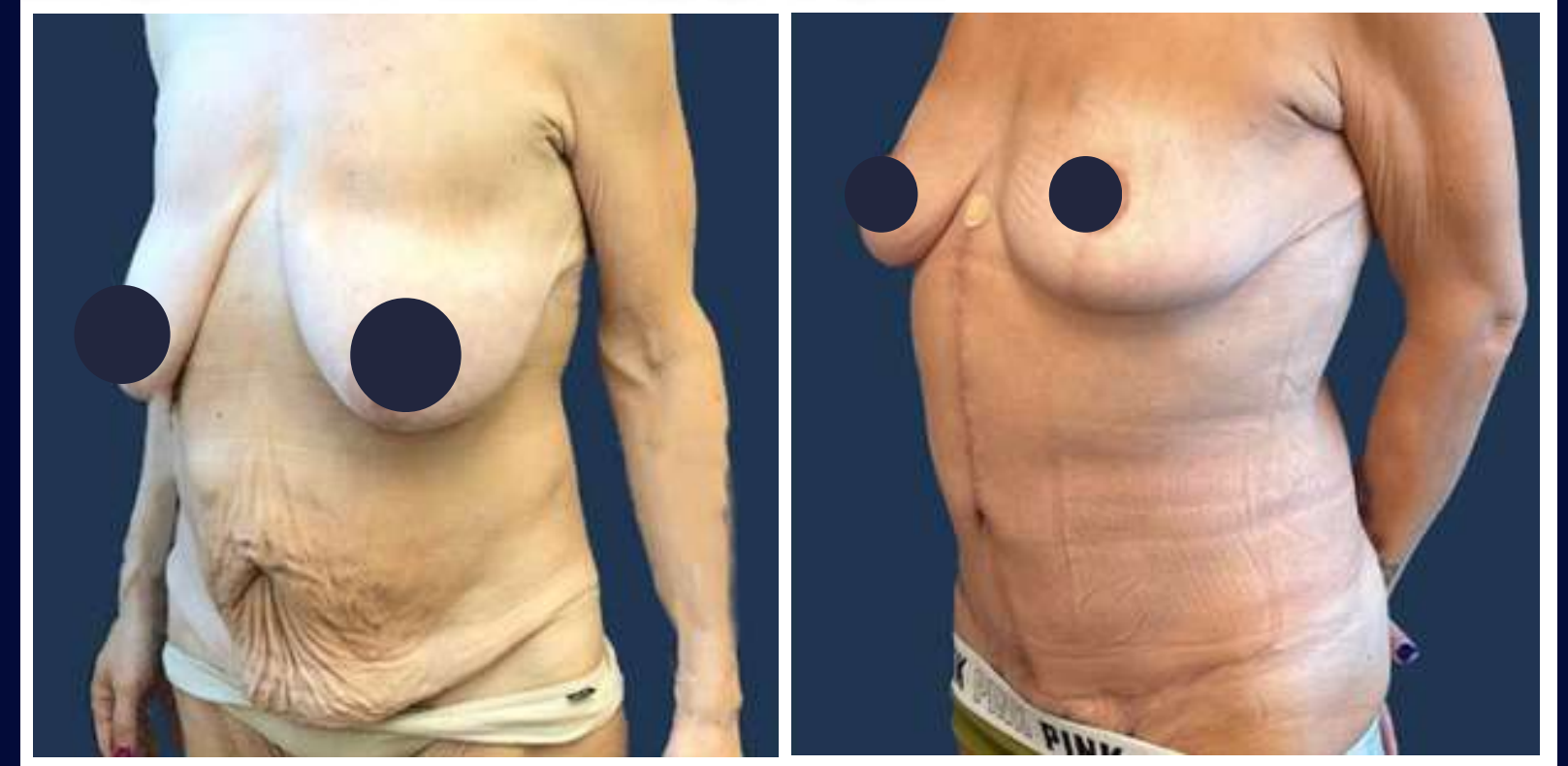
LIPOSUCTION



COMBINATION PROCEDURES



MOMMY MAKEOVER



CIRCUMFERENTIAL BODY LIFT



INSURANCE COVERAGE WITH POST WEIGHT LOSS PROCEDURES

Generally, post weight loss procedures are often deemed cosmetic by insurance companies, however, in certain cases, some insurance companies may offer partial or full coverage.

Factors Influencing Coverage: Insurance companies may consider the amount of weight lost, the duration of weight stability, the presence of documented skin disorders, and a physician's recommendation.

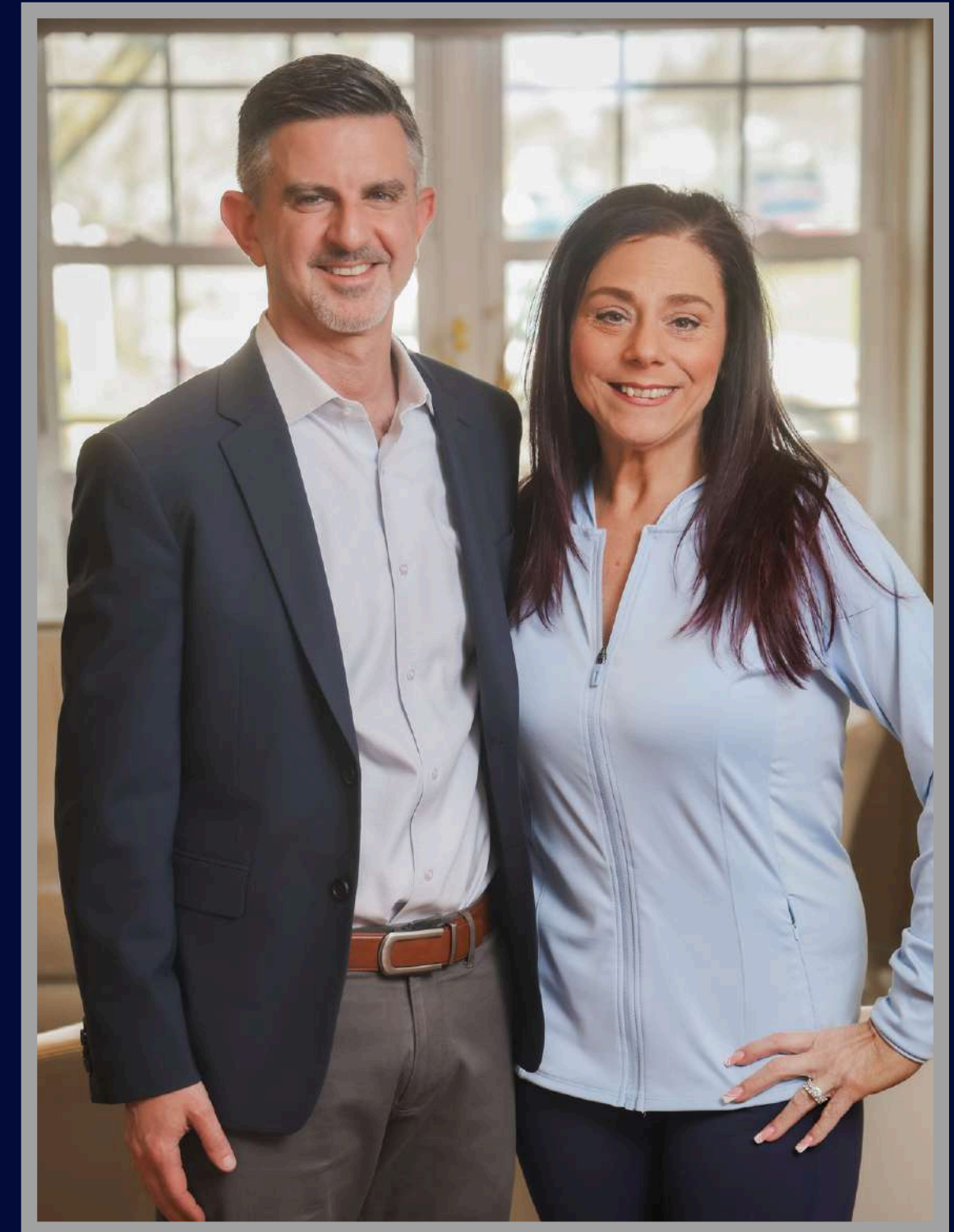
Medical Necessity: Insurance coverage for post-weight loss procedures hinges on whether the surgery is considered medically necessary. This means the procedure should be essential for a medical condition caused by the excess skin, severe pain and rashes- not just for cosmetic reasons.

Documentation is Key: To increase your chances of insurance approval, you'll need to provide detailed medical documentation, including photos of the excess skin, any medical conditions resulting from it, and evidence of failed conservative treatments.

Post-weight loss procedures typically covered: Breast reduction, panniculectomy.

WHO IS A CANDIDATE FOR POST WEIGHT LOSS SKIN REMOVAL SURGERY?

- Maintain stable weight for approx. 6 months
- Good overall health
- Non-smoker for at least 4-6 weeks before and after surgery or risk healing complications such as skin necrosis
- Must have realistic expectations on surgical outcome
- Commitment to recovery



RECOVERY: WHAT YOU CAN EXPECT

- Discomfort, swelling, and bruising is normal and will resolve in a few weeks. This is typically managed with pain medication.
- Compression garments should be worn to support healing, your surgeon will advise you when to begin. Two weeks after your procedure, lymphatic massages can help swelling resolve quicker.
- Stay hydrated, maintain good nutrition and hygiene.
- Walking is encouraged to promote circulation. Strenuous activities including heavy lifting and exercise should be avoided for several weeks.
- Most patients can return to work after a few weeks, depending on your job.



MINIMALLY INVASIVE SKIN TIGHTENING WITH RENUVION

REAL LIPOSUCTION WITH RESULTS

BEFORE

2 YEARS POST-OP



BEFORE

2 YEARS POST-OP



BEFORE

4 WEEKS POST-OP

1 YEAR POST-OP



BEFORE

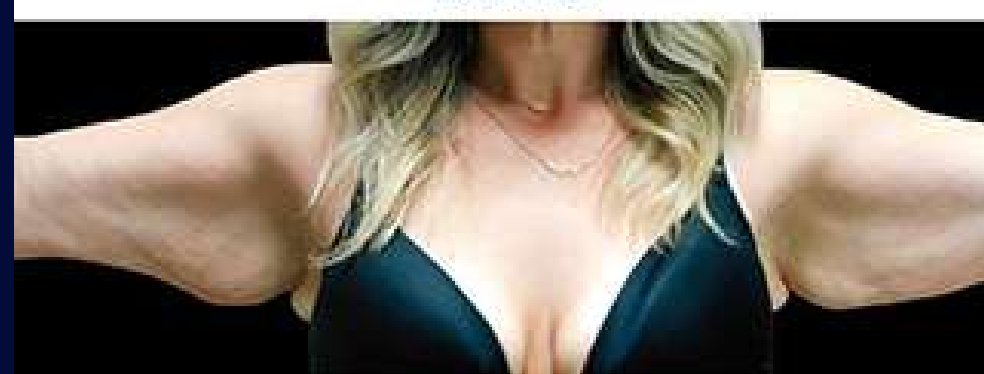
BEFORE



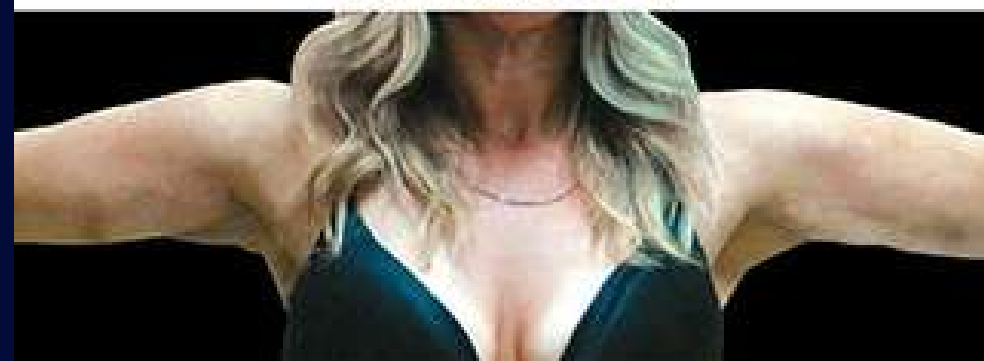
6 MONTHS POST-OP



BEFORE



6 WEEKS POST-OP



BEFORE

BEFORE



8 WEEKS POST-OP*

8 WEEKS POST-OP*



WHAT TO EXPECT ON SURGERY DAY

- Procedures are almost always out-patient. You will go home the same day, typically within 1-2 hours of your surgery being completed.
- Depending on your insurance, surgery will be performed either in one of my affiliated hospitals, or in our private operating suite in Garden City.
- We only use board-certified anesthesiologists, who you will speak and meet with before surgery to answer any questions you may have.



FINANCING OPTIONS

Care Credit and Patientfi both offer 6 month no interest options and are both soft credit checks and does not impact credit score. Both offer 24–36-month payment plan options.



Patientfi the 24–36-month options have as low as a 6.99% APR, the better the credit, the better the interest rate.



Care credit is an automatic 17.90% interest rate for 24 months, and 18.90% for 36 months. Even with perfect credit, those rates still apply.

Questions: Contact Sherry Stensaker, (516) 535-6766

CONSULTATION FEE WAIVED

As a thank you for joining us, when booked tonight, all cosmetic consultation fees will be waived. Please see Erin at the front desk before leaving.



KAYLIN SALUBRO, MSN, NP-C

DEEP BLUE
med spa

Kaylin Salubro

AESTHETIC NP

- Licensed Nurse Practitioner with extensive experience in aesthetic medicine
- Injector specializing in a variety of services including Botox to relax wrinkles, fillers to rejuvenate face after weight loss, and Sculptra to stimulate the body's collagen production
- Board-certified by the American Academy of Nurse Practitioners (AANP)
- Weight loss management provider (GLP1s, semaglutide, tirzepatide)
- Specializing in non-surgical skin tightening treatments like Morpheus8 and BBL Heroic SkinTyte as well as CoolTone for muscle strengthening and definition



@KaylinSalubro_NP



WHAT TO EXPECT ON YOUR GLP1 JOURNEY WITH DEEP BLUE MED SPA

A FULL SPECTRUM EXPERIENCE INCLUDING:

- Safe & sterile environment with product storage
- Medication placement, no risk of misuse
- Professional guidance regarding symptoms, side effects, and plateaus
- Regular weight monitoring
- Periodic bloodwork monitoring
- Weekly one-on-one guidance for every step of your journey

*Additional offerings to help achieve your goals (treatments, B-12 shots, supplements etc.)



WHAT'S ALL THE BUZZ ABOUT VITAMIN B12 INJECTIONS?

Why bariatric surgery and GLP1 patients may benefit from B12 shots

- **Bariatric surgery** can alter the stomach's ability to produce intrinsic factor, a protein crucial for B12 absorption. This, along with changes in the intestinal tract, can lead to malabsorption of vitamin B12.
- **GLP-1s** slow down digestion and reduce stomach acid production both of which can impair vitamin B12 absorption. This can lead to vitamin B12 deficiency or worsen existing deficiencies.

Benefits of B12 injection

- Increase energy levels and combat fatigue
- Speed up metabolism
- Help improve sleep patterns
- Increase concentration
- Improve mood
- Boost the immune system
- Help with weight loss
- Possibly help with hair growth or stop hair loss



NUTRITION BASICS TO SUPPORT YOUR GLP1 JOURNEY

Scan the QR code for resources
from our nutritionist consultant,
including helpful tips to maintain
your weight loss, recipes and more!



GENERAL

Avoid food 2 hours before bed
Strength train to help build muscle
8 cups of water per day
Avoid alcohol & sugary drinks

Strawberry & Feta Avocado Toast

6 ingredients · 10 minutes · 1 serving



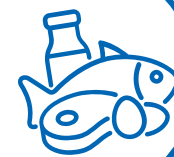
Directions

1. Place the avocado on top of the toasted bread. Use a fork to mash it, then season with salt and lime juice.
2. Add strawberries and feta cheese.

Notes

Ingredients

- 1/2 Avocado (medium)
- 1 3/4 ozs Sourdough Bread (sliced, toasted)
- 1/4 tsp Sea Salt
- 1/4 Lime (juiced)
- 1/4 cup Strawberries (chopped)
- 1 1/2 tbsps Feta Cheese (crumbled)

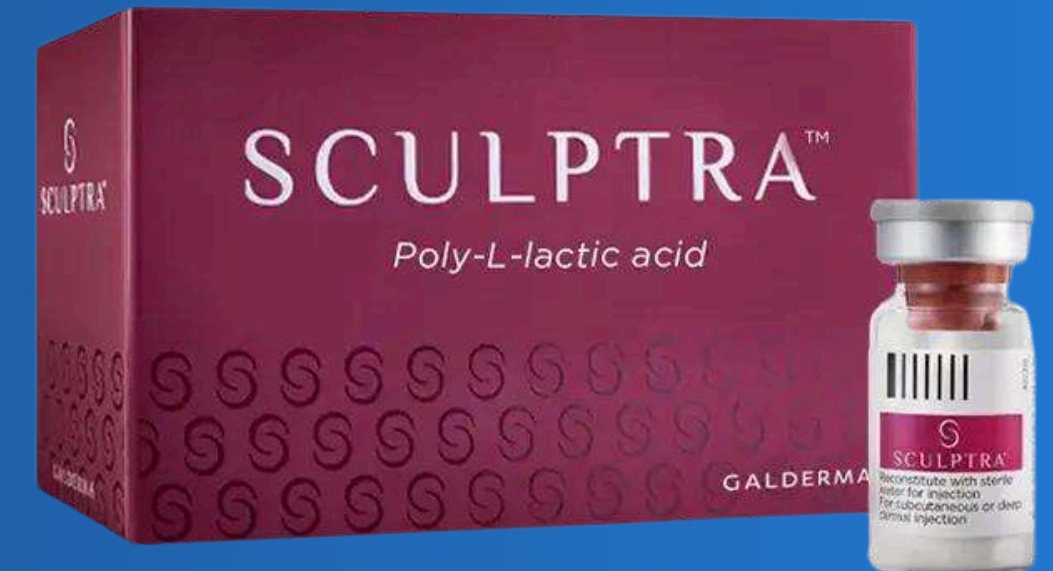
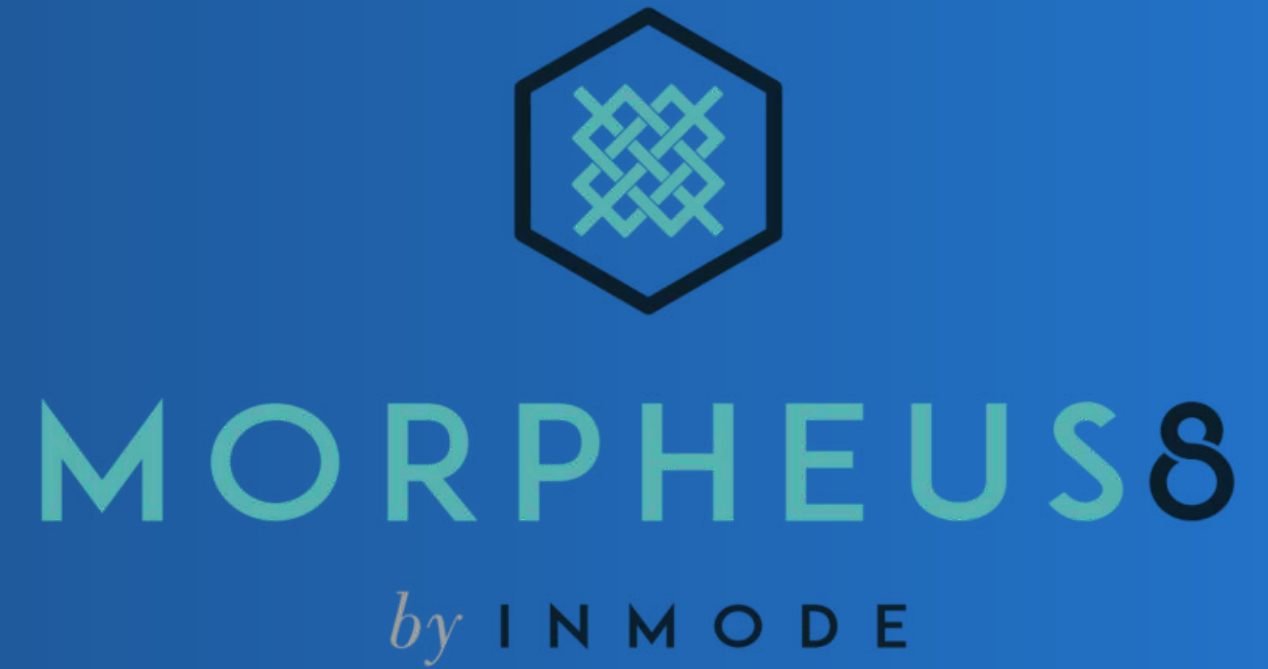
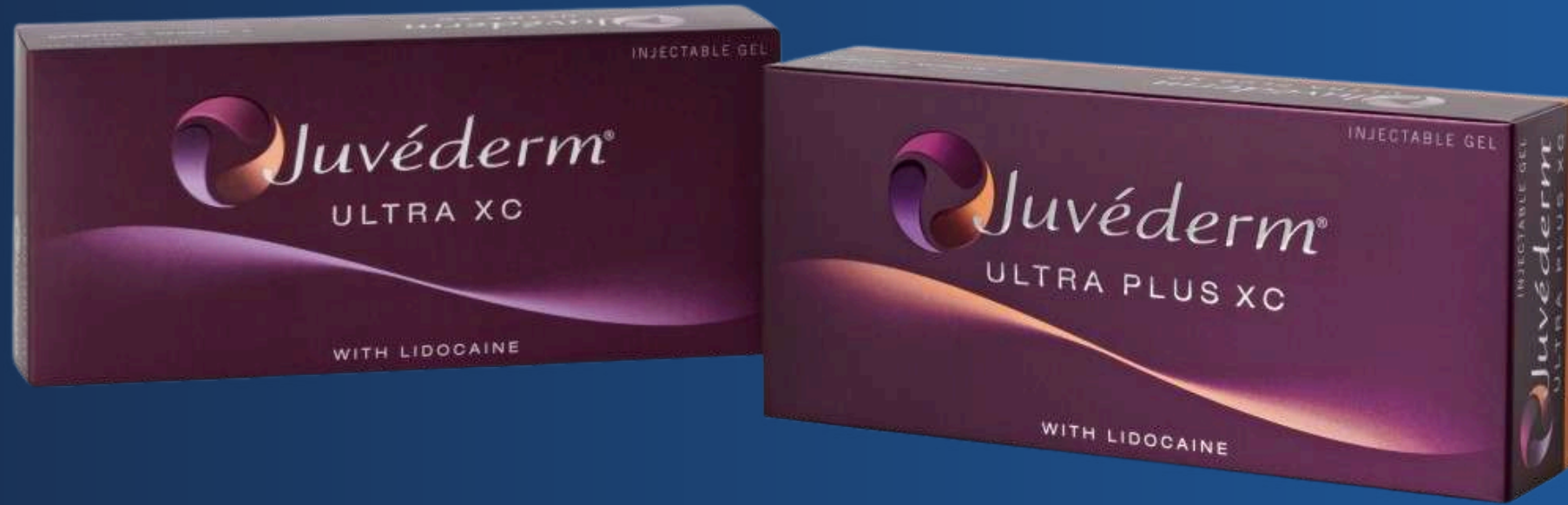


PROTEIN

Choose a lean protein for every meal
Aim for a serving the size of your palm

Turkey Lean beef Tofu / Tempeh
Eggs Low fat cottage cheese
Chicken breast Greek yogurt
Fish Shellfish

NON-SURGICAL TREATMENTS FOR YOUR WEIGHT LOSS



MORPHEUS8

Morpheus8 offers benefits for those who have experienced weight loss and are seeking to improve skin appearance. Helps tighten loose skin, improve skin texture, and reduce the appearance of cellulite and stretch marks. Additionally, Morpheus8 can stimulate collagen and elastin production, contributing to firmer, more youthful-looking skin.



WHAT TO EXPECT DURING & AFTER TREATMENT:

- Topical numbing cream applied to minimize discomfort.
- Device gently stamped across the skin, delivering radiofrequency energy through tiny needles.
- You may feel some pressure or warmth.
- Treatment time varies depending on the area but can range from 15 minutes to an hour.
- After treatment your skin may appear red or swollen, similar to a mild sunburn, for a few days.
- During healing, you may experience some dryness or flaking as the skin heals and regenerates.
- Most patients resume normal activities within 24-48 hours.
- Use a soothing moisturizer, avoid makeup for a day, and protecting your skin from the sun.
- Improvements in skin texture/tone will gradually become visible over the next several weeks.

*For optimal results, a series of treatments is often recommended, spaced a few weeks apart.



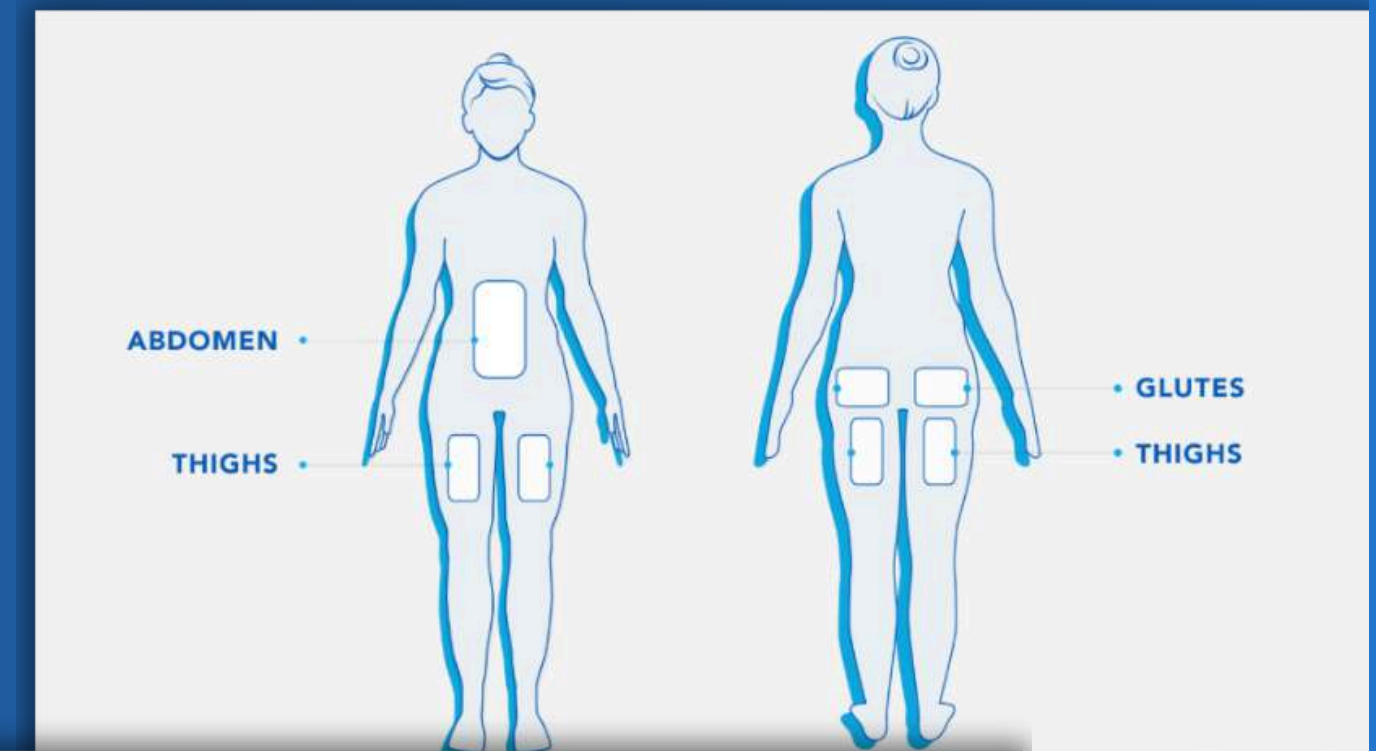


CoolTone® is an FDA-cleared, noninvasive treatment that uses magnetic muscle stimulation to tone, firm, and strengthen muscles.

CoolTone treatment is often compared to doing a large number of crunches, sit-ups, or squats in a very short amount of time, effectively mimicking intense exercise in a single 30-minute session.

WHAT TO EXPECT DURING TREATMENT:

- Your provider will take clinical photographs to help you track your before, during, and after progress.
- Next, your provider will place the applicators on the body part you are treating.
- The applicators use magnetic muscle stimulation to cause involuntary contractions in the treated area.
- CoolTone® intensity levels range from 1-100%, depending on patient's tolerance.
- A treatment typically takes 30 minutes.



QUESTIONS AFTER THE EVENT?

Please feel free to reach out to our Office Manager
Andrea Cohen or Assistant Manager Erin Casey,
with any questions following the event.



631-376-0656

Andrea Cohen



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Erin Casey



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