

Cosmetic Procedures Guide

2025



What does it truly mean for you to live your best life?

Cosmetic enhancements may help you reach your goals. Whether updating your look or finally treating yourself to a long-desired change, making an informed choice is essential.

PROCEDURES TO KNOW

One highly sought-after procedure is the tummy tuck. For those wanting a firmer, flatter midsection, tummy tucks, often combined with liposuction, can remove excess skin, repair muscle separation and reshape the abdomen.

You may also consider the Deep Inferior Epigastric Perforator flap, or DIEP. The procedure uses the tissue that would normally be discarded during a tummy tuck to create a new breast.

"This is the most difficult and sought-after breast reconstruction method," explains Dr. Jason Mussman, a board-certified plastic surgeon with

Regency Specialties. "Many of our patients fly in from neighboring states."

Additionally, facelift techniques are rapidly advancing. With Dr. Jason Mussman's Regency Lift, you can experience a comprehensive transformation. A deep-plane facelift and neck lift, liposuction, fat transfer, eyelid rejuvenation, gentle brow lift and dermabrasion all work together to refresh and naturally enhance your appearance.

There are also non-surgical options available. At The Med Spa at the Arizona Ocular and Facial Plastic Surgery in Scottsdale, board-certified surgeon



reduce fine lines and improve skin texture. While there's a bit of downtime, the glow is worth it.

Dr. Dustin Heringer and his staff offer customized treatments that enhance appearance with no downtime. "The best results often come from a customized plan," Heringer says.

Injectables, such as Botox and dermal fillers, are go-to treatments for smoothing wrinkles and restoring volume. Whether you're looking to plump your lips or lift facial contours, these procedures can help achieve natural-looking results.

Other treatments, such as fractional laser resurfacing, help boost collagen, reduce fine lines and improve skin texture. While there's a bit of downtime, the glow is worth it.

Chemical peels, microneedling and microdermabrasion help manage sun damage, soften fine lines and reveal fresher, firmer skin.

SAFETY AND EXPECTATIONS

It is equally important to ensure the doctor is not only experienced but also has comfort and safety in mind.

The American Board of Plastic Surgery certifies surgeons based on their training and quality of care. Choosing a board-certified cosmetic surgeon ensures you receive high-quality treatment and results.

Verify a surgeon's certification by searching for them on certificationmatters.com or by looking for the Arizona Society of Plastic Surgeons logo. Only board-certified surgeons are eligible to join the AzSPS.



It's also very important to come prepared for your first appointment. "A good consultation should feel like a conversation," Heringer says. Frequently asked questions include:

- ✓ Are you board-certified in cosmetic or plastic surgery?
- ✓ How many times have you performed this specific procedure?
- ✓ Can I see before-and-after photos of your patients?
- ✓ What are the risks and potential complications of this procedure?
- ✓ What will the recovery process be like, and how long will it take?

Learn more about Dr. Mussman and Regency Specialties at regencyspecialties.com. To schedule a consultation with Dr. Heringer at Arizona Ocular and Facial Plastic Surgery, visit aofps.com.



DUSTIN HERINGER, MD



ARIZONA OCULAR & FACIAL PLASTIC SURGERY

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WHY CHOOSE DUSTIN HERINGER, MD

Dr. Heringer is a Triple board certified surgeon who performs Oculofacial Plastic Surgery. Dr. Heringer is a member of the American Society of Ophthalmic Plastic and Reconstructive Surgery, the American Board of Facial and Cosmetic Surgery, the American Board of Ophthalmology, and the American Board of Cosmetic Surgery.

RESTORATIVE & REJUVENATION SURGERY

Precision, artistry and advance techniques for natural-looking results:

- Blepharoplasty
- Ptosis Repair
- Facelift
- Buccal Fat Removal
- Facial Reconstruction
- Chin Augmentation
- Brow Lift
- Neck Lift
- Lip Lift

NON-SURGICAL & MED SPA TREATMENTS

Minimally-invasive procedures to rejuvenate your appearance:

- BOTOX® and Wrinkle Relaxers
- Laser Skin Resurfacing
- RF Microneedling

ARIZONA OCULAR & FACIAL PLASTIC SURGERY

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PEORIA:
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Fountain Center Dr., Ste 150

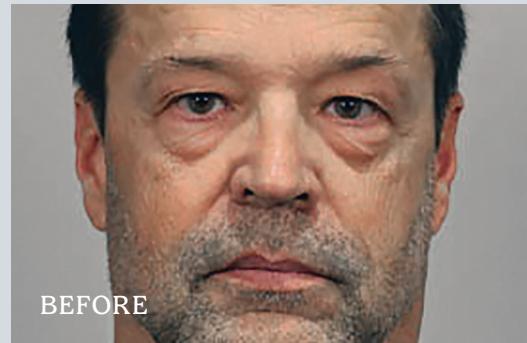
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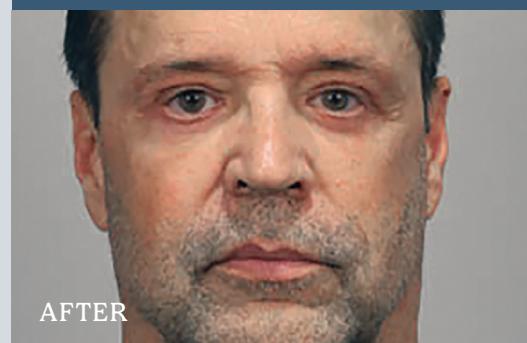
BEFORE
FACELIFT



AFTER



BEFORE
BLEPHAROPLASTY



AFTER

