

Martin A. O'Toole, M.D., F.A.C.S.



APRIL SPECIAL
LOOK GREAT IN '08

\$500 Off
Breast
Surgery

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April 30th

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Patient Testimonials



Let Him
Pamper You
with a
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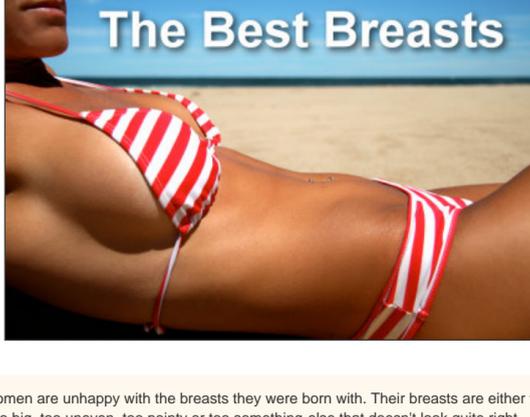


Receive a free facial
skin care consultation
with our esthetician Ritamarie.
Contact us for more details.

GOT QUESTIONS?

Dr. O'Toole's got the answers.
Send an email and receive a
confidential reply from Dr.
O'Toole.

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Many women are unhappy with the breasts they were born with. Their breasts are either too small, too big, too uneven, too pointy or too something-else that doesn't look quite right.

Fortunately, in our day and age no one has to live with breasts they don't love. I've had years of experience giving women the breasts they fantasize about.

On Display

As springtime approaches, I know many of you are starting to think about how you're going to look in skinny tops and bathing suits. If beautiful, sumptuous breasts will make you feel better about yourself, why not consider breast surgery? It's among the fastest, easiest types of cosmetic surgery done today.

Ideal Candidates Are Patients Who

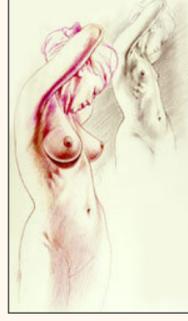
- Are doing it for the right reasons (i.e. for themselves)
- Have full breast development (over 18 years old)
- Do not have breast disease

Breast Augmentation

[View before and after photos](#)

How It's Done

Breast implants are inserted through small, inconspicuous incisions. Today we have three choices of incision site (around the nipple, in the fold under the breast or through the armpit). You and I will work together to choose which is best for you.



Many Types of Implants

You'll have more choices to make:

- Three profiles of implants (low, moderate or high profile). The choice depends on your breast width, rib cage width and the amount of forward projection you desire.
- Saline or Silicone. Silicone is now approved by the FDA!
- Placement: under or over the pectoral muscle. I prefer under - it results in a more natural look with prettier cleavage, is softer to the touch and gives a more natural upper breast slope.

You'll get the full range of choices, and the solutions that suit you best.

The implants will not lift your breasts or change the nipple position. If droopy breasts or low-lying nipples are your issue, I can perform a breast lift.

Breast Lift

[View before and after photos](#)

The lift is for women who suffer with sagging breasts. They may have a genetic predisposition to downward-pointing nipples and limp breast tissue.

They may be mothers who find that breastfeeding and gravity have robbed them of the shapely, firm breasts they had before childbearing. Naturally, they want to recover their real breasts when the childbearing era is over.



- While a breast lift won't interfere with breastfeeding, because pregnancies and nursing will re-stretch breasts it's wise to postpone the procedure until you are finished having children.

A breast lift will raise and reshape sagging breasts and nipples resting below the breast crease. We can also reduce the size of the areola.

Fact: The number of breast lift surgeries done in America increased by 96% between 2000 and 2006.

How It's Done

- Using an anchor-shaped incision, I remove excess skin. This allows me to reposition breast tissue and nipples higher, creating a more pleasing, youthful shape.



What Can I Expect After A Breast Lift?

- After the operation, you will notice an immediate and dramatic change in the shape of your breasts. Most women are very pleased immediately after surgery.
- It may take up to a year for your breasts to settle into their new look and feel.
- Over time, your scars will fade but may remain red for many months.

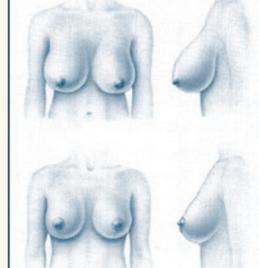
Breast Reduction

[View before and after photos](#)

Large, heavy breasts can cause constant back, neck, and shoulder pain. The primary reason women seek out breast reduction surgery is to reduce pain and enjoy a more active lifestyle. The surgery also enhances appearance immensely, improving overall body image.

The Surgery

The procedure involves making anchor-shaped incisions that circle the areola and extend downward, following the natural curve of the breast. Excess glandular tissue, fat, and skin are removed. The nipple and areola are then moved to their new position. Skin is shaped around the areola to give the breasts a new, uplifted contour. In general, the more skin that's cut, the more it is possible to shape the breast. Therefore, there is a trade-off between the extent of the scars and the extent of the shaping of the breast.



- Insurance coverage is sometimes available. Many factors will determine your eligibility, including the specific terms of your insurance policy and the amount of breast tissue to be removed.

A letter of predetermination may be required by your insurance company prior to surgery.

General Guidelines

Although breast surgery differs according to each women's unique needs and which type of surgery she chooses, here are some general guidelines.

Is It Painful?

- Your breasts will probably be sore for two or three days.
- The pain is greatest within the first 48 hours, but improves with each day.
- We'll give you pain medication if you're sensitive to pain.

What Is the Recovery Period Like?

- The gauze dressing will be removed after the first day.
- You'll wear a surgical bra for a few weeks.
- Steri-strip tape will remain on the incisions for one week.
- Your stitches will be removed about two weeks after the surgery.
- Your breasts may be bruised, and you may experience temporary numbness around the nipples, as well as random shooting pains. These conditions generally subside within several weeks.



What's the Downtime?

- For the first few days, you need to limit your activities and movement to prevent breaking the stitches and stretching the scars.
- Most women can return to work after one to two weeks.
- Overhead lifting and strenuous movements should be avoided for several weeks.



This Is A No-Brainer

There's no longer any reason to put up with breasts that make you unhappy. Plastic surgeons have been helping women improve their breasts since the dawn of our profession.

Today's breast surgery is safe, predictable, and guaranteed to give you a life-changing result.

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We would like to cordially invite You and Your Friends to

An Evening of Beauty and Best-Kept Secrets



with
Dr. Martin O'Toole and Dr. Max Lehfeldt

Thursday, April 24th
6:00 p.m. - 9:00 p.m.

Chado Tea Room
79 North Raymond, Pasadena, CA 91103

RSVP 626-449-8910
(Limited seating available)

We'll discuss today's surgical and non-surgical treatments and the latest techniques in cosmetic medicine.

