

List of Services of TrueMD

Cosmetic Procedures

1. Breast
 - a. Breast Augmentation
 - i. Anesthesia options
 1. Awake Breast Aug – performed while you're awake
 2. Sedation Breast Aug – performed while you're asleep
 - ii. Incision options
 1. Inframammary – Below the breast fold
 2. Periareolar – Around the areola
 3. Axillary – Within the armpit
 - iii. Implant options
 1. Silicone – “Gummy” or Cohesive Gel
 2. Saline – Saline filled implants
 - b. Breast Lift/Reduction
 - i. Vertical Mastopexy (“Lollypop” type)
 - ii. Wise Pattern Mastopexy (“Anchor” type)
 - iii. Binelli, Crescent, Transverse Mastopexies
 - c. Natural Breast Augmentation
 - i. Fat transfer to the breasts
 - ii. With Liposuction
2. Body
 - a. Liposuction
 - i. Areas: Chin, upper arms, breasts, abdomen, mons, upper back, flanks, thighs: outer, inner, knees.
 - ii. With Liposculpture – sculpt the areas
 - b. SmartLipo
 - i. Liposuction of same areas as above
 - ii. With laser tightening – mild tightening of the skin
 - c. Tummy Tuck (Abdominoplasty)
 - i. Liposuction of upper abdomen, lower abdomen, waist and hips
 - ii. Removal of excess skin and tighten the skin
 - iii. Tightening of the muscles for a “flat” tummy look
 - d. Buttock Enhancement
 - i. Implant buttock enhancement
 - ii. Fat transfer buttock enhancement with liposuction
 - e. Arm/Thigh Lift
 - i. Liposuction of either upper arms or inner thighs
 - ii. Removal of excess skin and tighten the skin
 - f. Cellulite Treatments
 - i. Z-Wave treatments
 - ii. Z-Wave can also be used for other problems (see below, wellness)
3. Face
 - a. Facial Rejuvenation:
 - i. Botox – for wrinkles above the eyes
 - ii. Facial Fillers – for wrinkles below the eyes
 1. Juvederm, Voluma, Volbella, etc.
 2. Y-Lift
 - iii. CO2 Laser facial resurfacing (Mixto laser)

- b. Face Lift – surgical lifting of sagging facial skin
 - i. Upper – forehead lift
 - ii. Middle – middle facial lift
 - iii. Lower – includes jaw and chin areas
- c. Blepharoplasty
 - i. Upper – removal of excess sagging skin of upper eyelids
 - ii. Lower – removal of pouches of fat just below the eyes
- d. Photofacials
 - i. Uses broad band light energy
 - ii. Reduces pigmentations, stimulates collagen
- e. Microneedling
 - i. Uses an instrument to produce thousands of tiny holes in superficial skin
 - ii. Stimulates repair and rejuvenation of skin
- 4. Hair
 - a. Hair Rejuvenation
 - i. PRP injections to stimulate hair growth
 - ii. Red laser treatments to stimulate vascularity
 - iii. Home therapies, e.g. Viviscal Pro
 - b. Hair Reduction
- 5. Vaginal
 - a. Vaginal Rejuvenation
 - i. Surgical vaginal rejuvenation – rejoins muscles torn apart from childbirth
 - ii. Non-invasive vaginal rejuvenation – V-Lase and Thermiva
 - b. True Labiaplasty
 - i. Modified posterior wedge labiaplasty (Dr. True’s technique)
 - ii. Trim Labiaplasty
 - iii. Vulvoplasty – improve the aesthetic appearance of the vulva
 - c. Non-invasive vaginal rejuvenation
 - i. V-Lase – using non-ablative CO2 laser to tighten the vagina
 - ii. Thermiva – using radiofrequency energy to tighten the vagina

Wellness

- 1. Hormone Therapy
 - a. Hormone Pellet Therapy
 - b. Optimal replacement of hormones to more youthful levels
- 2. Weight Loss
 - a. Change your metabolism to burn the fat
 - b. Change your lifestyle to lose weight long-term
- 3. Women’s Health
 - a. Gynecologic services
 - b. Preventive care and anti-aging concepts and modalities
- 4. Men’s Health
 - a. Erectile dysfunction therapies, including Z-Wave Therapy
 - b. Preventive care and anti-aging concepts and modalities
- 5. Supplements
 - a. Routine supplements to ensure nutrition
 - b. Specific recommendations to help decrease age-related degenerative problems
- c. Facial anti-aging creams to help preserve skin youthfulness