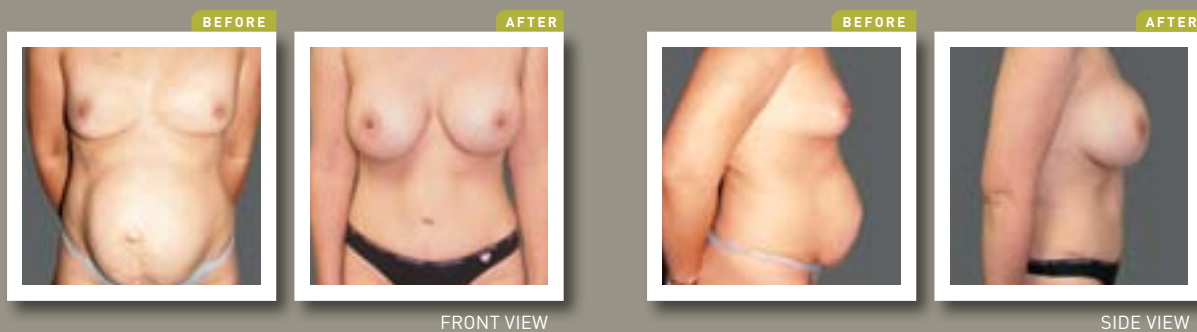


## CASE STUDY



## MOMMY MAKEOVER

"This patient, in her early 30s, came to my office hoping to regain the figure she enjoyed prior to having twins. She underwent a Mommy Makeover, which includes a breast augmentation using silicone gel implants; an abdominoplasty; liposuction of the flanks, thighs and knees; and a labiaplasty."

“a mommy makeover can enhance self-confidence”

STANFORD-TRAINED AND WITH OVER 15 YEARS OF SURGICAL EXPERIENCE, DR. SANJAY GROVER SEES PATIENTS THROUGHOUT THE UNITED STATES, AS WELL AS INTERNATIONALLY. "PATIENTS ARE EXTREMELY HAPPY TO FIND ONE SURGEON WHO IS BROADLY TRAINED AND COMFORTABLE ADDRESSING ALL OF THEIR AESTHETIC REJUVENATION NEEDS."

## MEET THE EXPERT

## Dr. Sanjay Grover

Diplomate, American Board of Plastic Surgery

## SERVICES OFFERED

Breast Augmentation  
Breast Lift  
Abdominoplasty  
Liposuction  
Labiaplasty  
Aesthetic Facial Surgery  
Rhinoplasty

## ABOUT DR. GROVER

## WHY DID YOU BECOME A PLASTIC SURGEON?

It suits my obsessive and meticulous nature.

## WHAT IS YOUR FAVORITE PART OF YOUR JOB?

I enjoy helping patients achieve their dreams.

## WHAT FRAMED PHOTOS DO YOU HAVE ON YOUR DESK?

I have pictures of my beautiful wife and three children.

## WHAT BEAUTY PRODUCT SHOULD EVERYONE HAVE?

A smile.

## WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

A rock star.

## HOW DO YOU START EVERY DAY?

Feeling blessed.

**Dr. Sanjay Grover**  
The Center for Aesthetic  
Plastic Surgery and Medspa  
Newport Beach, California  
Beverly Hills, California

## ASK DR. GROVER

## WHAT PERCENTAGE OF YOUR BREAST AUGMENTATION PATIENTS SELECT SILICONE GEL IMPLANTS OVER SALINE IMPLANTS?

Over 75 percent of my breast augmentation patients select silicone gel implants over saline implants. The FDA approved the return of silicone gel breast implants, clearing them for augmentation and reconstruction procedures more than three years ago. Many patients select silicone gel implants because they offer a more natural feel. I believe, however, that both silicone gel and saline breast implants can yield beautiful results.

## IS IT TRUE THAT ALL WOMEN CAN ACHIEVE A FLAT TUMMY FOLLOWING PREGNANCY IF THEY JUST EXERCISE?

No. This is a common misconception. There are certain physical changes, following pregnancy, that a woman may not be able to correct on her own, without surgery. An abdominoplasty may benefit many women following pregnancy if they suffer from excess fatty tissue, loose abdominal skin, stretch marks, and a loose abdominal wall.


## Full-service medspa menu

The MedSpa at The Center for Aesthetic Plastic Surgery utilizes innovative advancements that offer dramatic results with minimal or no downtime. The MedSpa offers a host of Syneron™ technologies, including the eMatrix Sublative Rejuvenation™ treatment, which is a fractionated bipolar radiofrequency device that improves many signs of aging. Other treatments offered include the Trinity™ Total Facial Renewal program, which incorporates ReFirme™ ST for skin tightening, Matrix IR™ for wrinkles, and FotoFacial RF™ for improving the negative effects of excess sun exposure. Dr. Grover also offers VelaShape™ treatments for cellulite and noninvasive body-contouring. Liquid facelifts utilizing Botox® Cosmetic and Juvéderm® are utilized by Dr. Grover and his aesthetic nurse to enhance contours of the face without surgery.

**MEDICAL DEGREE**  
University of California,  
San Diego, School of Medicine

**LOCATIONS**  
Newport Beach, California  
Beverly Hills, California

**CONTACTS**  
949.759.9551  
310.276.4526

 To learn more about the practice visit  
[drgrover.com](http://drgrover.com)  
[doctorgrover.com](http://doctorgrover.com)