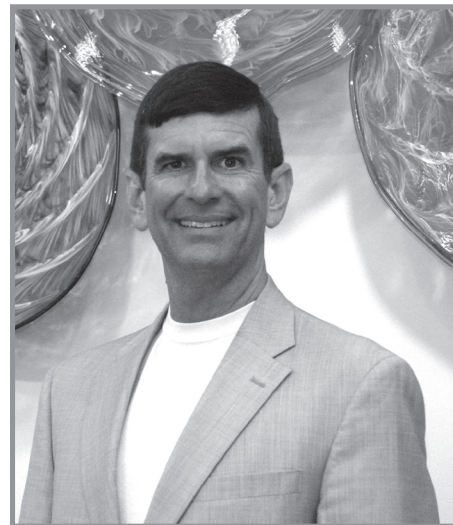


Bryant Cosmetic Surgery

Delivering Outcomes, Fulfilling Dreams

By Renae Blum



Dr. R. Samuel Bryant

Have you ever considered changing something about your body?

For two Lincoln women, the results they've experienced from cosmetic surgery procedures performed at Bryant Cosmetic Surgery have changed their lives.

"I feel whole again," shares Linda C., who had a tummy tuck and

breast reduction in August. "Before the surgery, I was feeling very old and very haggard. It was hard to go shopping. I couldn't find shirts that fit, and bras were next to impossible. I was so frustrated." After meeting with other surgeons who didn't make her feel comfortable, Linda scheduled a consultation with board-certified plastic surgeon Dr. R. Samuel Bryant. From the moment she met Dr. Bryant, she felt entirely at ease. After learning about the procedures during her consultation, she also felt confident in Dr. Bryant's expertise and was satisfied that all of her questions had been answered.

Before her surgery, she says, Dr. Bryant's staff fully briefed her on how to prepare and what to expect. "Everything they said was spot-on," she recalls. "The pain was very manageable, and the incisions were easy to take care of." After five weeks of recovery, Linda resumed her full workload at her two jobs. Since the surgery, she says, she's started wearing makeup, standing up straighter, and going clothes shopping again. In the past, Linda avoided wearing anything that might draw attention to her chest; now, necklaces are a regular part of her wardrobe. "I'm on cloud nine," she smiles. "This whole experience has really boosted my self-esteem."

Another patient of Dr. Bryant's agreed that her procedure changed her self-image. "I'm a runner, and I had gotten down to where I wanted to be," she shares. "I had done all this work, and there was just this one stubborn area that I couldn't get rid of, post-pregnancy." Dr. Bryant performed her tummy tuck in March, and the improvement in her appearance has given her renewed self-confidence. "It just changed how I feel about myself overall," she says. "I'm so glad I did it."

With 30 years of experience in plastic surgery, Dr. Bryant is the most experienced plastic surgeon in Lincoln and the only doctor who focuses his practice solely on cosmetic surgery. All procedures are performed by Dr. Bryant personally. The majority of procedures that require anesthesia take place at the Lincoln Surgical Hospital, which Dr. Bryant oversees, as the hospital's medical director. This arrangement allows Dr. Bryant to negotiate fixed fees for hospital costs and anesthesia, meaning that he can tell potential

patients exactly how much the surgery will cost by the end of their consultation. This allows many patients to make the decision to have surgery in January, as they are determining their tax returns in April. Winter is also a good time to schedule a surgery, Dr. Bryant advises, because it allows patients time to heal before spring.

Procedures offered at Bryant Cosmetic Surgery include breast augmentation, breast lifts, breast reductions, nose surgery, facelifts, eyelid surgery, tummy tucks, and liposuction. Breast procedures, as well as tummy tucks and liposuction, are popular choices. Some patients combine multiple procedures into a "package" option, reducing the overall cost and recovery time.

Dr. Bryant is sure to communicate a couple of things to every potential patient. "First, we respect their privacy. We have a small waiting room, as we don't stack appointments. Secondly, each person is treated as an individual. During a consultation," he explains, "part of my job is to figure out what each person's specific goals are. Not just, 'I'm here for a facelift,' but what does that mean to you? So our consultations take time. And it's time with me."

Dr. Bryant notes that there's a difference between the cosmetic surgeries he performs and short-term spa treatments like injectables and Botox that are performed by other types of clinicians. "Before you get something done because it looks trendy," he advises, "come in and talk to a plastic surgeon about your other options. Many patients find that what seems to be the bigger operation not only gives them a more permanent result but costs less in the long run."

For Linda C., the first plastic surgery option that a person should look into is Bryant Cosmetic Surgery. "I couldn't have asked for a better experience," she says. "I always felt like I was their number-one priority."

To learn more about Bryant Cosmetic Surgery and what procedures may be right for you, call 402-484-7001 or email staff nurses at info@bryantcosmeticsurgery.com. Additional testimonials and information are available at www.bryantcosmeticsurgery.com. **WE**