

DR. ROBERTA GARTSIDE

NEW IMAGE PLASTIC SURGERY
RESTON, VIRGINIA

American Board of Plastic Surgery

WHICH PATIENT EDUCATION TOOLS DO YOU USE?

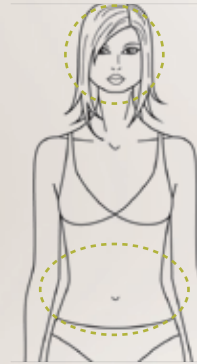
I use an educational tool in my office called TouchMD, which allows me to visually show patients the details of their procedure and before-and-after images, as well as discuss their risks, all using a touch-screen computer.

HOW DO YOU APPROACH THE GROWING TREND OF NONINVASIVE PROCEDURES?

Noninvasive procedures can be an excellent complement to surgery, but I don't think patients should use them as a substitute or expect the same results. Botox and facial fillers are tools that can enhance a surgical result or help postpone the need for a surgical procedure, but they do not offer comparable long-term rejuvenation.

EXPERTISE IN BODY CONTOURING

Many of Dr. Gartside's patients are women who are seeing their bodies change with age or due to pregnancy and are interested in restoring a more youthful appearance through body contouring when optimum results haven't been achieved with diet or exercise. "Laser liposuction and ultrasonic liposuction tools such as Smartlipo® and VASERlipo™ are great for these patients who are borderline surgical candidates and have a little bit of lax skin," says Dr. Gartside. "These technologies respond really well to tough locations such as the love handles, upper back and arms, and can help the patient avoid an actual excision of the skin."



MENOPAUSE MAKEOVERS

Different than the Mommy Makeover, this type of makeover focuses on the correction of sagging skin and areas of weight gain. "As women enter menopause and experience a change in their hormones, their skin begins to lose elasticity and sags, and excess weight that's been gained becomes harder to keep off," says Dr. Gartside. "Some hormone therapy can help, but it can't reverse the effects of genetics, gravity and any prior sun damage. A Menopause Makeover is designed to target signs of aging on both the face and body using a combination of procedures and treatments including a tummy tuck and body contouring with liposuction, as well as a facelift and eyelid lift combined with skin care, which can include the use of lasers or peels. The results provide overall rejuvenation for these women as they begin new chapters of their lives."

"WE STRIVE TO DELIVER LIFE-CHANGING RESULTS" ABOUT ROBERTA GARTSIDE, MD, FACS

SERVICES

Botox® and Facial Fillers
Breast Augmentation / Lift
Breast Reconstruction
Breast Reduction
Tummy Tuck
Liposuction
Facelift
Eyelid Lift
Browlift
Body Contouring
Mommy Makeover
Nonsurgical Treatments

A MEMBER OF THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY AND THE AMERICAN SOCIETY OF PLASTIC SURGERY, DR. GARTSIDE IS ALSO A FELLOW OF THE AMERICAN COLLEGE OF SURGEONS WITH MORE THAN 25 YEARS OF EXPERIENCE IN HER FIELD. "I'VE SEEN MANY AREAS OF MEDICINE EVOLVE AND NEW TECHNOLOGIES COME AND GO," SHE SAYS. "MY EXPERIENCE ALLOWS ME TO SERVE MY PATIENTS IN THE BEST POSSIBLE WAY USING THE SAFEST, MOST EFFECTIVE TREATMENTS AVAILABLE THAT MAKE SENSE FOR THEM AND FIT THEIR GOALS AND NEEDS."

WHAT LED YOU TO PLASTIC SURGERY?

During my time in general surgery, I was inspired by the reconstructive aspect and the ability to change someone's appearance. I enjoyed the feedback I received from patients who appreciated what I had done for them and said that it helped them feel better.

WHERE DO YOU PERFORM SURGICAL PROCEDURES?

I perform minor surgeries in our office, but most often I operate in a fully accredited, freestanding surgical center or an ambulatory surgical center that is associated with a nearby medical center.

HOW DO YOU EASE PATIENT ANXIETY?

My consultations are upfront and honest, while giving my patients the tools and information they need in order to make the best possible decisions about their health. I also make sure to give them the time they need with me to feel comfortable and have all of their questions answered.

MEDICAL DEGREE
Temple University
School of Medicine

LOCATION
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To learn more about the practice visit
gartside.com