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 pigmentation, 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