

Long-lasting and predictable results are what Dr. R. Samuel Bryant of Bryant Cosmetic Surgery says he can deliver. As a board certified plastic surgeon with more than 20 years of experience in Lincoln, he helps his patients restore their appearance or enhance it through surgical and other medical procedures.

Whether you have a tired look caused by droopy eyelids, saggy skin from multiple pregnancies, or you have experienced significant weight loss, he can help you achieve your goals, he says.

Traditional plastic surgery makes up the bulk of Dr. Bryant's practice, with many of his procedures offered on an outpatient basis. One of the most common of these procedures is a facelift; for excess skin folds and wrinkles on the face and neck, he removes skin. "It just freshens up your appearance," he comments. "It doesn't affect other facial features."

Dr. Bryant also specializes in breast reductions, breast lifts, breast augmentations, nose surgery, liposuction, and tummy tucks. In 2010, he received a Patients' Choice Award after being selected as one of Nebraska's favorite physicians. Only physicians who have consistent positive patient comments on selected Web sites are nominated for the award, Dr. Bryant explains.

Angela Sanchez, a 29-year-old mother of three, liked Dr. Bryant from the start. She says his nature put her at ease. "He asked 'What are you looking for?' and he made sure we were on the same wavelength," she explains. She also liked how he addressed her husband, asking if he had any questions.

Deciding to have plastic surgery wasn't tough after weight gains of between 75 and 100 pounds for each child took their toll on Angela's body. "My belly button looked like a frown," she explains. Ultimately, she opted for a breast lift, implants, and a tummy tuck.

Patients considering a breast augmentation can try some implants on for size. Those filled with a saline solution or a silicone gel are both available. When a decision is made, Dr. Bryant surgically implants them behind the breast muscle, which he says reduces side effects and complications.

Another thing that led Angela to choose Dr. Bryant is his technique for doing breast lifts. Some other doctors she interviewed proposed doing more cutting, which she didn't like. She also liked the fact that plastic surgery is Dr. Bryant's specialty.

Consultations are kept as confidential as possible, and patients spend little time in the waiting room. "We do get them very quickly into the rooms, and Dr. Bryant is very much on schedule," says Registered Nurse Jodie Alexander.

After filling out a few forms, the patient watches a video about the procedures he or she is interested in. Then they meet with Dr. Bryant for a consultation and examination. Scheduling for surgery can be done right in the same room via a laptop for added privacy.

Dr. Bryant says he doesn't expect his patients to know exactly which procedure they need, but that he and his staff will help them think through all of the options in order to attain their goals. He adds that he'll consult with them to address time off work, their budget, and scheduling concerns.

Dr. Bryant performs most of his procedures at the Lincoln Surgical Hospital, where he serves as the medical director. Some procedures, such as tummy tucks, require an overnight stay.

Patient Kent Stadler had a face-lift done in February and a tummy tuck done in March. "I was never in pain, not for one minute of the process," Kent explains. Kent came to Dr. Bryant to correct what he calls "turkey waddles" under his chin, as well as some flabby skin resulting from weight loss around his abdominal area. After interviewing some cosmetic surgeons in Lincoln and receiving a good recommendation from his family physician, Kent decided to go with Dr. Bryant.

The tummy tuck was more inconvenient because of a drain he had to have in, but he was pleased with the lack of complications and his ability to return to work in a short amount of time, he says. Kent comments on the staff's helpfulness and availability: "Whatever I needed, they did it, and whenever I needed them they were there," says the 69-year-old.

Ashley Cannas, 28, says Dr. Bryant changed her life. Her size 40-D breasts were hindering her activities, and she was suffering from fatigue and back pain. Prior to her bilateral breast reduction procedure last April, she was going to a chiropractor two times a week. Now Ashley is able to go jogging, and her energy level is higher, she says. "It feels like I've had some wings mounted on my back. I'm able to have a normal, functioning life with my 4-year-old daughter."

Ashley fits into her clothes better than she used to, and she rarely uses the orthotics she had to buy because of balance issues related to her top-heaviness. The surgery gave her a confidence boost, too. Ashley shares that before her surgery she felt that people didn't see her for who she is.

The whole process was positive, she goes on to say. "I just felt like I was part of the family when I walked in," Ashley says of her experience with the staff at Bryant Cosmetic Surgery. "They just treated me with the utmost respect. They treated

me like I was their No. 1 priority."

Ashley says she knew she could call Jodie at Dr. Bryant's office any time of the day or week. "Jodie said, 'I know what you're going through' and 'Don't worry about that, we'll get you in.' She was my coach. She worked as a mentor and advocate to help me get through it," Ashley says.

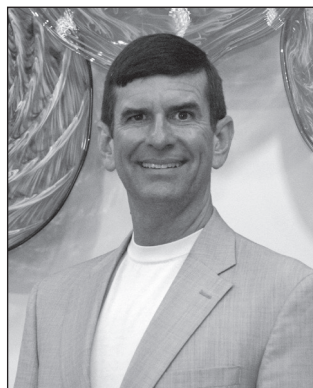
The staff was thorough when explaining all of the tools and tips Ashley needed for the best outcome, too. "They took the time to say, 'Wait a minute, we're going to go through this,'" she comments.

Because his staff is small, Dr. Bryant says he can keep costs down. His staff can also become familiar with each patient as an individual.

Call 402-484-7001 or go to www.bryantcosmeticsurgery.com for more information. Procedures run from \$1,850 for an eyelid lift to \$9,780 for a Mommy Makeover, depending on the combination of procedures. All costs, including surgery, anesthesia, the hospital stay, and follow-up visits are included in the fee. "Patients know exactly what the cost is going to be when they come in," Dr. Bryant says. Long-term financing is available through CareCredit. Bryant Cosmetic Surgery is located at 7001 A Street, Suite 100. **WE**

BRYANT COSMETIC SURGERY

By Jodi Fuson



Dr. R. Samuel Bryant