

Body image can weigh on your mind at any age. Maybe you have a feature that you've never been happy with. Or perhaps your body has succumbed to the forces of gravity or has suffered from multiple pregnancies.

Whatever the case, Dr. R. Samuel Bryant at Bryant Cosmetic Surgery offers solutions for everything from droopy eyelids to bulging tummies and sagging breasts. Dr. Bryant draws on nearly 30 years of training and experience to help his patients realize their desired outcomes.

After obtaining his medical degree from the University of Nebraska Medical Center in Omaha in 1981, Dr. Bryant received additional training in general surgery and plastic and reconstructive surgery at Rush-Presbyterian-St. Luke's Medical Center in Chicago. He also served a burn surgery fellowship at Cook County Hospital in Chicago. He has been a licensed physician and surgeon since January 1988.

Dr. Bryant has been practicing in Lincoln since 1988, when he and partner Dr. Philip Metz started Plastic Surgical Arts. After Dr. Metz's retirement and spending more than 20 years focusing on reconstructive and cosmetic surgery, Dr. Bryant left in March to develop a solo practice. Today, his primary emphasis is on cosmetic surgery, and he specializes in body contouring, breast procedures, and facial procedures.

"The plan was to deliver cosmetic surgery services in a more personal office setting," Dr. Bryant says. Along to help him achieve that personalized touch are his former staff members, who each have eight or more years of experience working with Dr. Bryant. The staff includes Julie Bantam, office manager, Amy Miller, surgical technician, and Registered Nurse Jodie Alexander.

One thing Dr. Bryant says is unique about his practice is that he offers a more permanent solution to cosmetic issues than some popular med spas do. By choice, his services do not include injecting Botox or other fillers. "I'm offering more traditional cosmetic surgery procedures that provide more dramatic improvements and a more lasting effect," he explains.

Dr. Bryant has more than 20 years' experience performing tummy tucks. He regularly performs "mommy makeovers," which is a combination of a tummy tuck or liposuction and a breast lift or breast augmentation. He says a common question he is asked is how familiar he is with the various procedures he performs.

In addition to tummy tucks, breast lifts, augmentations, and liposuction, Dr. Bryant also performs face-lifts and nose and eyelid surgeries. When medically necessary and by physician referral, he will remove skin cancers and perform breast reductions as well. Fees range from \$1,850 for upper eyelid surgery to \$6,455 for a face-lift. A tummy tuck costs \$5,455, and a breast augmentation (with implants) costs \$4,255. Many women opt to have more than one procedure done at a time. "The benefit is it combines the recovery time and reduces the costs considerably," Dr. Bryant explains.

Dr. Bryant strives to protect his patients' privacy. He encourages his staff to have patients ushered into one of two consultation rooms quickly so they are not left waiting in the lobby where others might scrutinize why they are there. Julie believes that patients appreciate the intimate setting. "I think they like the familiar faces when they come in," she shares.

"We try to be extremely available," Dr. Bryant adds. That goes for patients who call in with questions, as well as for patients who come in for consultations and procedures. Patients can e-mail their questions in as well.

When it comes to helping women achieve their cosmetic goals, Dr. Bryant says that it is important to realize that different people have different perceptions of what they want to look like. During a free consultation, his job is to pinpoint exactly what his patient wants. "I spend most of the time with the patient listening to what their goal is and what outcome they want, not necessarily the procedure they want," he says.

Julie adds that when a patient asks for something unreasonable, Dr. Bryant tells them what he can do. "He's straight-shooting," adds Amy. "He's going to tell you what he thinks. He's not going to push something that he doesn't believe in."

After meeting with Dr. Bryant, all patients view a video that answers many of their questions. Common questions include, "What type of anesthesia will be used?", "What are the potential complications and risks?", and "How long will I be off work?" "Everybody gets the same information to help them decide if they need this procedure and if he can give them a good result," Amy says. "He doesn't treat anyone differently." Dr. Bryant is also very organized and consistent, Amy continues. "It's no guessing with him."

Jodie says it's best to schedule a one-on-one consultation rather than ask questions over the phone. "We may be able to offer them something that they don't know about and can get them what they want," she explains.

Dr. Bryant's office emphasizes an ongoing dialogue throughout the process to keep patients informed about all aspects of a procedure. After meeting with a patient to discuss their health history and desired outcome, Dr. Bryant recommends a course of treatment. He says the goal can be to help a patient look younger or just more vibrant and alive.

If a patient opts to go ahead with a procedure, they will receive pre-operative and post-operative instructions and their procedure will be scheduled. Dr. Bryant can perform some procedures under local anesthesia in his office at 7001 A St., Suite 100. Those who require further sedation can be scheduled at the Lincoln Surgical Hospital or St. Elizabeth Regional Medical Center, with both being located just down 70th Street from his office. Dr. Bryant has regular operating room time scheduled so he can get patients in relatively quickly. He also has courtesy staff privileges at BryanLGH Medical Center.

Jodie says in her eight years with Dr. Bryant, she has heard many positive comments from patients about how their clothes fit better and how they feel better about themselves after having a cosmetic procedure done. "He understood exactly what they wanted and gave it to them," she says.

Dr. Bryant is a member of the Lancaster County Medical Association, Nebraska Medical Association, and American Society of Plastic Surgeons. He also serves as the medical director of Lincoln Surgical Hospital.

For more information about Bryant Cosmetic Surgery or any of the procedures Dr. Bryant offers, go to www.bryantcosmeticsurgery.com or call 484-7001.

BRYANT COSMETIC SURGERY

By Jodi Fuson



R. Samuel Bryant, M.D.