

DOCTOR CANNOVA

HOW TO GET YOUR DREAM BODY

WITH PLASTIC AND
RECONSTRUCTIVE
SURGERY



WHAT TO EXPECT AT
YOUR **FIRST VISIT**

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MAKEOVER



Turn back the clock.

FACE LIFTS

The way we look doesn't always reflect the way we feel. If your facial appearance no longer captures the youth and energy you feel physically and emotionally, a facelift can help.

The way we look doesn't always reflect the way we feel. If your facial appearance no longer captures the youth and energy you feel physically and emotionally, a facelift can help. This go-to procedure for reducing visible signs of aging in the face and neck won't change your basic appearance, but it will turn back the clock on your face, restoring a younger version of you that will continue to age naturally with time. Best of all, this procedure can be performed under local anesthesia, in an office setting in many cases. This eliminates the stress and cost of general anesthesia, allowing for minimal risk.

WHAT TO EXPECT

A rejuvenated, rested, and reinvigorated appearance that will have you feeling ready for life's next adventure.

RESULTS

Dr. Cannova advises that facelift results are long lasting and can be improved further through maintenance with skincare and other treatments.



I spent many years being overweight, trying to find the right diet, gaining then losing weight. After years of defeat, I opted for the gastric sleeve and lost over 100 pounds.

I always exercised even at my heaviest but had a lot of skin to be removed. I researched board-certified cosmetic surgeons in the area and found Dr. Cannova.

When I met him, I was instantly at ease. Removing your clothes after years of weight gain and loss is an embarrassing moment, to say the least. But Dr. Cannova and his team were nothing but compassionate and professional.

He took pictures, explained what he would do to give me the best results, and on surgery day, he appeared full of energy, confident, and ready for action.

Dr. Cannova has performed a few procedures on me, and each time, he has surpassed my expectations. Kansas City should be proud to have a top-notch surgeon like him in the area. I am!

*Signed, a very thankful patient,
Gwendolyn*

"Dr. Cannova is superb surgeon. He was diligently careful to listen to what my wishes were and performed a procedure to my extreme satisfaction. The staff is sweet and efficient. I give them all a 100% satisfaction."



DID YOU KNOW ...

Patients can return to light, normal activity after a few days and can typically return to work within two to four weeks.



The results of a facelift can last for many years, especially when paired with sun protection and a healthy lifestyle.



DID YOU KNOW ...

This simple procedure requires little downtime but can have such a big effect on your appearance, helping you look younger and brighter.



“Dr. Cannova is a miracle worker. My results have been wonderful. I have seen him again and could never go to anyone else. He is the best, and so is his staff.”

All eyes on you.

EYELIDS

GENERAL ANESTHESIA VERSUS LOCAL ANESTHESIA

Different surgeries require different anesthesia to ensure patients are comfortable throughout the procedure. **Local anesthesia, which is used for eyelid surgery, numbs only a small area and is generally used for more minor surgeries. General anesthesia affects the entire body, ensuring patients are unconscious and experience no pain or discomfort during surgeries like tummy tucks.** Dr. Cannova can discuss which form will be required for your procedure and answer any questions.

From expressing emotion to taking in the world around you, your eyes play a pivotal role in your life. They also make a significant impact on the way your face looks.

Eyelid surgery, also called blepharoplasty or “eye lift” surgery, can reduce drooping, excess skin around the eyes that can create a tired or puffy appearance. Many patients decide to get the procedure because they suffer from familiar issues like under-eye bags. They may also want to create a more defined eyelid and smoother surrounding skin for an alert, rejuvenated appearance. The simple procedure requires little downtime but can have such a big effect on your appearance, helping you look younger and brighter.

The surgery also works wonders when combined with other procedures, like a facelift, neck lift, or brow lift.

WHAT TO EXPECT

Refreshed eyes that help you look well rested and rejuvenated.

+ DID YOU KNOW ...

Results develop gradually over several weeks, giving a rejuvenated appearance and enhancing your entire face.



Confidence found.

BREAST: LIFT & ENHANCE

A day at the beach should feel like the vacation it is, not a source of stress and insecurity.

Dr. Cannova has extensive experience performing both breast augmentations and lifts to help women feel happier and more confident in their appearances. If you want to increase the size of naturally small breasts, restore volume after pregnancy or weight loss, or just look and feel your best when you slip on a swimsuit for your next vacation, breast rejuvenation could be an ideal solution.

Breast augmentation involves several choices when it comes to breast implants. Dr. Cannova will guide you through the options to determine which are right for your body, appearance goals, and lifestyle. Many women also benefit from breast-lift surgery at the time of breast augmentation.

WHAT TO EXPECT

Full, beautiful, and natural-looking breasts to help you feel more self-assured and feminine.

+ DID YOU KNOW ...

You will have the opportunity to physically try on different types and sizes of breast implants during your consultation to help you visualize your possible results.

“Dr. Cannova exceeded my expectations. I recently had breast-reduction surgery. My recovery went well and my breasts are perfect with minimal scarring. He does outstanding work!”





SALINE VERSUS SILICONE IMPLANTS

The more recent generation of **cohesive silicone implants is the most popular choice among our patients, but saline implants are still an appropriate option for some women.** Each type of implant offers advantages. For example, saline implants are filled after being inserted, so a slightly smaller incision is required and your surgeon can fine-tune the size of the implants once they are in place.

Cohesive gel implants and highly cohesive gel implants (which are sometimes called “gummy bear” implants) look and feel more like natural breasts, according to many patients. Some of the complications associated with saline implants, such as visible wrinkling and rippling, aren't an issue for cohesive gel implants. Talk to your doctor to find the option that's right for you.



Battle of the buldge.

TUMMY TUCK

Diet and exercise can transform your body in many ways, but they can't get rid of loose skin and stretch marks or repair separated abdominal muscles.

If multiple pregnancies, significant weight loss, or the natural aging process have left you longing for a firm, smooth midsection, a tummy tuck can help, giving you a renewed sense of confidence and improved body image.

WHAT TO EXPECT

A firmer, smoother midsection that can transform a problem area into a part of your body you celebrate and want to show off.

RESULTS

Your renewed body contour should last as long as you maintain your weight and general fitness. Though some loss of firmness is natural as you age, it should be minimal.


LIPOSUCTION

We've all been there: **You're close to your goal weight, but that stubborn fat pocket just won't budge, no matter how much you work out and maintain a healthy diet.** These localized **fat deposits are sometimes inherited traits that do not respond to diet or exercise, but liposuction can help address them.**

Dr. Cannova also offers CoolSculpting, a non-invasive option that freezes away fat to contour your body with no surgery and little to no downtime. The treatment is ideal for people dealing with unwanted fat resistant to diet and exercise. Based on your goals, Dr. Cannova's team can determine the right number of treatments, and you'll **begin to see results after just 3 weeks, with more significant changes visible after a few months.**



"Dr. Cannova is a perfectionist. I lived in Los Angeles and had a Beverly Hills surgeon. My scars were painful and unsightly. Dr. Cannova is a miracle worker. My results have been wonderful. He is the best!"



In some cases, a **mini tummy tuck** can also give the **desired results in the lower abdominal area.**

+ DID YOU KNOW ...

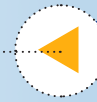
Your renewed body contour should last as long as you maintain your weight and general fitness.

+ DID YOU KNOW ...

The makeover can repair loose abdominal skin and separated muscles caused by pregnancy, remove stubborn fat deposits around the body to restore pre-pregnancy curves, reshape breasts that may have changed through pregnancy and breastfeeding, and even improve feelings of sensuality and confidence.



“What I love the most about Dr. Cannova is that he is a perfectionist that cares about his patients. He and his nurse were patient and addressed all of my questions and concerns.”



Doing this for me.

MOMMY MAKEOVER

Although pregnancy and motherhood bring many wonderful things into a woman's life, they unfortunately also often bring some unwanted side effects.

BREAST LIFTS

If you'd like to restore the firmness and shape of your breasts, **a breast lift may be right for you as part of a mommy makeover or breast augmentation,** or on its own.

The procedure can **help improve breast shape and symmetry, skin elasticity, and create a more youthful, uplifted, and firm bust.**

A special combination of procedures known as a mommy makeover can help restore your pre-pregnancy body contours, combining multiple procedures into a single operation.

The makeover can repair loose abdominal skin and separated muscles caused by pregnancy, remove stubborn fat deposits around the body to restore pre-pregnancy curves, reshape breasts that may have changed through pregnancy and breastfeeding, and even improve feelings of sensuality and confidence.

A mommy makeover can include any number of surgical options, including:

- Tummy tuck surgery
- Liposuction
- Breast-lift surgery
- Breast augmentation

Dr. Cannova can help determine which options will best serve your needs.

WHAT TO EXPECT

Reclaiming your appearance can help you look and feel your best—for your family and yourself.

RESULTS

The results of your procedure should be long-lasting provided your weight doesn't change drastically.



What to expect.

FIRST VISIT

From the moment you walk through our doors, we want you to feel comfortable, confident, and empowered to ask questions.

WHEN YOU ARRIVE

There is convenient parking in front of the building, and our offices are on the second floor. You will be warmly greeted by one of our receptionists upon your arrival. If you've already filled out our new-patient forms, a nurse will come to escort you to an examination room.

YOUR CONSULTATION

The consultation is an important part of the overall process. Dr. Cannova asks questions to learn about your goals and to get a sense of your expectations. Part of his job is to provide a realistic assessment of what can be accomplished. He will also ask about your medical history and get a sense of why you are considering a cosmetic or reconstructive procedure.

PHYSICAL EXAM

Depending on the procedure, your doctor may leave the exam room while you change into an exam gown. A complete physical exam helps Dr. Cannova create a detailed plan. He will evaluate things such as skin tone and elasticity, facial structure, or body proportions. Measurements are also taken, along with photos, to document your specific physical characteristics and help him prepare for your operation. It's also possible Dr. Cannova may recommend a different procedure based on the physical exam, as well as the possibility of combining procedures to get the results you want.

AFTER THE CONSULTATION

Once the exam is completed, you will be escorted to the nurses' office. That's where you can browse before and after photos of other patients and get detailed instructions to follow both before and after your operation. Before you leave, our patient coordinator will quote a specific price for your cosmetic procedure and schedule the surgery. Reconstructive procedures may need to be predetermined with your insurance provider.

ASK QUESTIONS

This is the time when you can ask questions. Some of the most important questions to ask include:

What are your surgeon's credentials?

How many times has your surgeon performed your procedure of choice?

What are the benefits and risks of the surgery you're considering?

How long will it take to recover?

How much time off work is involved?

THINGS
YOU NEED
TO KNOW

CERTIFIED EXCELLENCE

The best results come from board-certified plastic surgeons like Dr. Cannova. To be receive certification, physicians complete at least two years of dedicated plastic surgery training, pass a series of exams, and fulfill ongoing education requirements.

DEDICATED TO YOU

To ensure clients can get services like Botox and injectable fillers when it works best for them, Dr. Cannova's staff includes a highly trained nurse injector.

Meet
**DOCTOR
CANNOVA**

“When you come into my office, know that we’re going to have a one-on-one conversation and I’m going to look at you as an individual. I want you to come with all questions that you may have, because I want to take the time to go through each and every one of them.”

DR. JOSEPH V. CANNOVA knew he wanted to practice medicine from an early age, but it was while working in the burn unit during his second year of residency that he realized how plastic surgery could transform patients’ lives. A board-certified plastic surgeon, Dr. Cannova provides a full spectrum of plastic surgery services, but he focuses largely on cosmetic procedures. “People might not like something small about the way they look. You change those small things and they are suddenly bursting with confidence,” he explains. “They just seem brighter, happier. It’s something that could be unnoticeable to someone else. It’s about the way they feel personally about themselves and the way they project themselves.” He adds, “That’s the part of it I like the most — changing their self-confidence, changing their attitude through good work.”

That definition of good surgery includes results that look natural and understated. Dr. Cannova ensures patients’ wants and needs are heard by developing a relationship with every patient from the very first visit. “When you come into my office, know that we’re going to have a one-on-one conversation, and I’m going to look at you as an individual,” Dr. Cannova says. “I want you to come with all questions you may have, because I want to take the time to go through each and every one of them.” The doctor begins every conversation by asking about his patients’ goals and the results they would like to see before determining if and how he can safely get patients where they want to be — a path that may include surgery or lead to the variety of med spa services available.

“I may be able to give patients three or four options,” he says. “Some may be more invasive but yield better results. Some may be less invasive but provide some results, and maybe that’s all a patient is looking for. There are multiple ways to go.” Throughout the process, Dr. Cannova helps patients feel informed and empowered to make decisions about their bodies. After all, his work is about making how you see yourself align with how you feel. “Ultimately, as we age, we don’t think of ourselves as older internally, and then you look in the mirror and think that person in the mirror doesn’t match how I feel,” Dr. Cannova says. “If you do little changes to bring that back, it’s amazing how much self-confidence you can bring about.”



ON THE RISE

Year after year, more people in the U.S. are taking control of how they look and feel through surgical and minimally invasive cosmetic procedures, according to data released by the American Society of Plastic Surgeons.

MADE FOR MEN

It’s not just women who want to look better and feel more confident. Procedures like liposuction, neck lifts, and eye lid surgery can also help men with issues they commonly face.





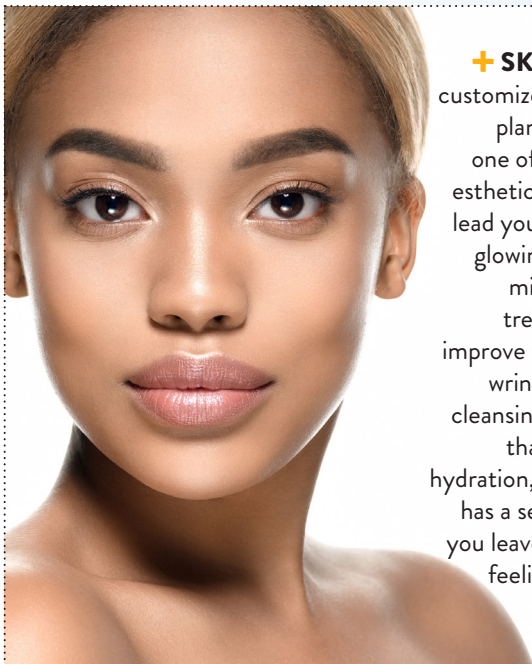
Explore self-care.
MED SPA

Treatments at our med spa can help you make strides toward achieving the look you want without undergoing more invasive medical procedures.

Our team is happy to meet you wherever you are on your journey toward self-confidence, recommending treatments that can address your concerns. Although services are constantly evolving, some of what we offer include:

+ BOTOX AND INJECTABLE FILLERS: BOTOX has become one of the most popular options in Kansas City for people who want to look younger without a lot of hassle or downtime. With BOTOX, you can look effortlessly refreshed at nearly any age. A 15-minute treatment is recommended for men and women who want to correct lines between the eyebrows, forehead creases, and crow's feet.

Also, injectable dermal fillers can help amp up the volume of skin as it begins to diminish, giving more supple, youthful-looking skin with little to no downtime.



+ SKINCARE: A customized treatment plan designed by one of our licensed estheticians can help lead you to youthful, glowing skin. From micro-needling treatments that improve fine lines and wrinkles to deep-cleansing treatments that offer mega hydration, the med spa has a service to help you leave looking and feeling your best.

+ LASER HAIR REMOVAL: Enjoy smooth skin without the hassle of shaving, waxing, or tweezing with laser hair removal. Our comfortable, effective treatments get rid of unwanted hair on your legs, arms, back, chest, face, and bikini area.



NOTES

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