

Since October is Breast Cancer Awareness Month, this month's business highlight is Revalla Plastic Surgery and Medical Aesthetics, the solo-practice of Dr. Lisa Hunsicker. Revalla is an original word which means "Rejuvenative Healing." Dr. Hunsicker says she epitomizes this sentiment with the innovative and customized approach she brings to all of the areas of her practice, and in the particular area of breast reconstruction.

Revalla is a typical plastic surgery office in some respects, offering many types of services, from Botox to aesthetics focused on anti-aging solutions to cosmetic and reconstructive surgery. The approach to these offerings however, is opposite from the stereotypical approach associated with plastic surgery. All procedures are centered on the result of making you a more authentic version of yourself, says Dr. Hunsicker.

Breast reconstruction is often needed as part of a breast cancer diagnosis. At such a difficult time, when you may have several doctors and time seems so limited, you may feel helpless; you just want to get some control back in your life. Revalla is here to help you regain that sense of yourself. Dr. Hunsicker explains, "My philosophy is that we have a partnership between the doctor and patient. Our treatment decision is a blending of perspectives that moves us toward the ultimate goals of healing and well-being."

One must contrast the traditional method of breast reconstruction to Dr. Hunsicker's preferred method. The traditional method involves using tissue expanders that are inserted at the time of mastectomy. The expanders build space for the skin and tissue to stretch to eventually accommodate the volume of a permanent implant. They are inflated using a saline solution and are incrementally filled over a period of time. Healing takes place over a few months before the next surgery occurs to insert the implants, which replace the expanders.

Dr. Hunsicker modifies this technique by performing direct-to-implant breast reconstruction, also known as single-stage breast reconstruction, which eliminates the need for expanders. In cases where the patient is a candidate for nipple-sparing mastectomy, the patient goes through one surgery instead of two or more. This allows for quicker healing, less intrusion of the body, and immediate reconstruction. By performing one procedure, the healing benefits are not only physical, but emotional as well.

Another option for Dr. Hunsicker's patients is fat grafting. This technique is a method of breast reconstruction in which fat is removed from one target area of the body—usually the abdomen or thighs—via liposuction and is directly implanted into the breast. This procedure can be used at any stage of breast reconstruction, including after a lumpectomy or radiation. Some women aren't aware that there are reconstruction options for them if their breast contours have been compromised by a lumpectomy. Dr. Hunsicker explains with fat grafting, the procedure brings with it the benefits of stem cells contained within the fat graft which can promote the body's natural healing. This can be especially beneficial for patients who are hoping to promote healing in areas affected by radiation. Results from fat grafting are expected to last a lifetime.

Dr. Hunsicker is a pioneer in her field. She has been practicing

this "new" method of direct implants for ten years. Dr. Hunsicker has been practicing medicine since 1995, and she opened Revalla as a solo practice in Littleton in 2001. She is highly skilled in the latest plastic surgery techniques and specializes in breast and body contouring surgeries. According to the Revalla website, "[Dr. Hunsicker] is one of an elite few surgeons in the country to perform the direct-to-implant breast reconstruction technique, which offers women the opportunity to have their reconstruction performed at the time of the mastectomy. This procedure reduces the number of surgeries necessary for full reconstruction after mastectomy surgery."

Dr. Hunsicker states, "My specialty is in creating customized, understated outcomes. I use a very tailored, personalized approach in every procedure because no two patients require exactly the same solution." Her approach in developing a plan for her breast cancer patients involves working with teams of other

## REVALLA PLASTIC SURGERY AND MEDICAL AESTHETICS

By Joan Reiter



Dr. Lisa Hunsicker

physicians and specialists such as physical therapists, acupuncturists, and nutritionists. "The team of physicians at Littleton Adventist Hospital is phenomenal. We communicate frequently about our patients so they can receive the most comprehensive breast care possible," says Dr. Hunsicker.

Carol, a client of Revalla, shares her experience. "I come to Revalla for plastic surgery and Botox. I have received treatments for both procedures at other places, but Revalla is the best. Not only is the job professional, but I just feel at home; like we are all family here. I won't go anywhere else from now on."

Amy is very detailed in her explanation of her experience with Revalla after her breast cancer diagnosis. "After I decided to have a bilateral mastectomy to treat my breast cancer, I wanted to explore breast reconstruction. I was 39 years old and wanted to look 'normal'—as in 'a woman with breasts!' During our initial consultation with Dr. Hunsicker, my husband and I spent an hour and a half with her without ever feeling rushed. We felt we could trust her, as a person and as a

surgeon who had performed hundreds and hundreds of direct to implant procedures over the course of 10 years." Amy continues, "Reconstruction has simply prevented me from wasting mental energy worrying about how breast cancer would impact me physically. Having a simple, one step procedure gave me more time to be a mother, a wife, and a productive member of society versus being a patient."

Cheryl was another client who was willing to share her experience with the direct-to-implant procedure. "Having had this procedure, I feel so confident that I did the right thing," she says. "The experience of dealing with breast cancer definitely changes your life. Reconstruction definitely made the journey easier; just knowing that I only had to go through one surgery, instead of two, was a huge factor." Cheryl also adds, "I am so happy with my results. I know that I was spared a lot of psychological and emotional pain by choosing this procedure."

Revalla Plastic Surgery and Medical Aesthetics is located in Littleton at 7750 South Broadway, Suite 150, in the Arapahoe Medical Plaza, Building II. Office hours are 9 am to 5 pm, Monday through Friday. The phone number is 720-283-2500. For more information, testimonials, or for answers to your questions, visit the web site at [www.revalla.com](http://www.revalla.com).

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