

## Links

### Our Goal is an Informed Patient

It is our belief that having complete information assists patients to make informed decisions, which translates into a more positive state of mind and emotional well-being.

We invite you read the free brochures we have available (request by email), browse the Internet sites listed below, and to contact us whenever you have any questions or need additional information. We will continue to update this list as new information becomes available, but please let us know if you discover a site we have omitted.

### Recommended Internet Sites

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[BreastImplantSafety.org](http://BreastImplantSafety.org) - "The most authoritative resource about breast implants on the Internet"

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To view various animated procedures in 3-D click on the following membership link to  
The American Society of Plastic Surgeons.

### Brochures and Pamphlets Available from PSAR

If you'd like more information ... The American Society of Plastic Surgeons publishes a variety of patient education materials. As board-certified plastic surgeons we can provide any of these brochures to you at no cost - just let us know which ones you are interested in:

- How to Choose a Qualified Plastic Surgeon
- Surgery of the Abdomen
- Breast Augmentation
- Breast Lift
- Breast Reconstruction

- Breast Reduction
- Camouflage Cosmetics
- Chemical Peel
- Choosing Same Day Surgery Facilities
- Cleft-Lip Palate Surgery
- Cosmetic Surgery - Procedures at a Glance
- Dermabrasion and Dermaplaning
- Ear Surgery
- Endoscopic Plastic Surgery
- Eyelid Surgery
- Facelift
- Facial Implants: Chin, Cheeks, Jaw
- Forehead Lift including Endoscopy
  
- General Reconstructive Surgery including Lasers
- Gynecomastia
- Hair Replacement Surgery
- Hand Surgery
- Injectable Fillers in Plastic Surgery: Improving Skin Texture
- Insurance Coverage: Patient's Guide
- Lasers in Plastic Surgery: Skin Resurfacing
- Liposuction
- Nose Surgery
- Plastic Surgery and Total Patient Care
- Plastic Surgery Indications for Men
- Psychological Aspects of Plastic Surgery
- Scar Revision
- Skin Cancer
- Skin Management
- Spider Veins - Sclerotherapy
- Tissue Expansion
- Ultrasound-Assisted Lipoplasty

#### Links to Medical Societies and Organizations

- American College of Surgeons
- American Medical Association
- American Society for Aesthetic Plastic Surgery
- American Society of Plastic Surgeons
- California Medical Association
- California Society of Plastic Surgeons
- International Confederation for Plastic & Reconstructive Surgery
- International Society of Aesthetic Plastic Surgery
- The Foundation for Reconstructive Plastic Surgery

#### Links to Local Medical Facilities

- Redding Surgery Center
- Mercy Medical Center
- Shasta Regional Medical Center
- Patients Hospital of Redding
- Northern California Rehabilitation Hospital