

PARK MEADOWS COSMETIC SURGERY



Where Renowned Expertise & Experience Meets Exceptional Care

Jeremy Z. Williams, M.D.

Christopher G. Williams, M.D.

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Jeremy Z. Williams, M.D. is a board-certified Plastic and Reconstructive surgeon at Park Meadows Cosmetic Surgery in Lone Tree, Colorado. Dr. Williams is a Colorado native who returned home after completing extensive training in Plastic and Reconstructive Surgery at The Johns Hopkins Hospital in Baltimore, MD. He believes that whether you are seeking aesthetic rejuvenation or reconstructive restoration, the enhancement of your image should be natural and above all, safe. Dr. Williams utilizes the latest technology and innovations in plastic surgery in an effort to ensure your optimal aesthetic outcome. He, along with the entire staff at Park Meadows Cosmetic Surgery, is committed to providing you with an experience that stands apart, from your initial consultation to your full post-operative recovery.

Dr. Williams received his medical degree from The University of Texas Medical School, where he graduated in the top of his class with honors. He then spent the next seven years training in plastic, reconstructive and aesthetic surgery at The Johns Hopkins Hospital. Interested in new innovations in plastic surgery, Dr. Williams dedicated a full year of his training to plastic surgical research. In addition to maintaining an active interest in various areas of reconstructive surgery (breast reconstruction, traumatic facial injuries, microsurgery, and cancer reconstruction), he has specific surgical interest in cosmetic surgery of the face, breast and body. Recognizing that discussing cosmetic surgery may be challenging for some patients, Dr. Williams prides himself in a professional bedside manner that is centered around trust and providing care with the dignity and respect patients deserve.

Christopher G. Williams, M.D.

Christopher G. Williams, M.D. is a board-certified Plastic and Reconstructive surgeon at Park Meadows Cosmetic Surgery in Lone Tree, Colorado. He left his hometown in Atlanta, Georgia to continue his education at Swarthmore College where he graduated with Distinction in Psychobiology. After furthering his medical school education at the University of Virginia in Charlottesville, Dr. Williams attended the Plastic and Reconstructive Surgery residency program at The Johns Hopkins Hospital. He received extensive training in the full range of Plastic and Reconstructive Surgery for eight years including, facial trauma, craniofacial surgery, aesthetic surgery, and microsurgical reconstruction. After his residency at The Johns Hopkins Hospital, Dr. Christopher Williams sought specialized training from two of the world's leading experts in Peripheral Nerve Surgery and Microsurgical Breast Reconstruction, before joining Park Meadows Cosmetic Surgery.

Despite all the years Dr. Williams has spent furthering his education, honing his skills, training among leading experts in the medical field, and pioneering the progress of medical techniques and technology with his research, he has never forgotten the most important aspect of his practice, the patient. Dr. Christopher Williams understands that safety is the top priority in any medical procedure. Dr. Williams and the entire staff at Park Meadows Cosmetic Surgery strive to create the most positive patient experience possible for every patient from consultation to post-operative recovery.



PARK MEADOWS OUTPATIENT SURGERY



In an effort to provide both safe and state-of-the-art care to our patients, as well as exemplary service, we established a "first of its kind" surgical facility in Colorado. Park Meadows

Outpatient Surgery (PMOS) opened during the year 2000 and was the first State-Licensed, The Joint Commission accredited surgery center in Douglas County. In addition to cosmetic surgeries, we perform many reconstructive surgeries at Park Meadows Outpatient Surgery. As a State-Licensed and The Joint Commission accredited facility, PMOS reflects the highest level of safety and oversight with routine inspections and ongoing efforts to provide excellence in patient care.

PMOS is accredited by The Joint Commission, which is a non-profit organization dedicated to raising the level of safety and quality of care in all health care settings. Since 1951, The Joint Commission accreditation has been recognized within health care as a symbol of quality. Accreditation means we have volunteered to undergo a challenging, comprehensive evaluation. We have made a significant extra effort to review and improve the key factors that can affect the quality and safety of your care. Because The Joint Commission standards are regarded as the most rigorous in the industry, organizations that choose to be accredited by The Joint Commission are committed to providing the highest level of care.

PMOS includes a private pre-operative suite, two fully-equipped operating rooms, two procedure rooms, and a recovery room, designed to be private and comfortable for you. PMOS is adjoined by Park Meadows Cosmetic Surgery. Between the two, the total space is 6,266 square feet. The luxurious reception area, consultation rooms, exam room, and injection room that are part of Park Meadows Cosmetic Surgery are also enjoyed by PMOS.

In addition to your surgeon, the surgical team at PMOS consists of RN's, certified surgical technologists, and board-certified anesthesiologists. We have partnered with South Denver Anesthesia to provide our patients with state-of-the-art anesthesia care. We have elected an Anesthesia Director of PMOS, providing skillful insight and direction to keep PMOS at the forefront of anesthesia care. We invite you to tour our beautiful facility during your consultation and ask any additional questions that you may have about PMOS.



Breast *Enhancement*

At Park Meadows Cosmetic Surgery, our caring and experienced board-certified plastic surgeons are specialists in the most advanced techniques for breast enhancement surgeries. Whether you are seeking to increase your breast size, reshape and restore fullness to your breasts, reduce disproportionately large breasts or nipples, or reduce enlarged male breast tissue, we can help. Our breast enhancement procedures include breast augmentation, breast reduction, breast lift, breast implant exchange, gynecomastia surgery, and nipple reduction.

At Park Meadows Cosmetic Surgery, we recognize that every body is unique and breast enlargement is not a one-size-fits-all proposition. Our doctors have expertise in the most advanced techniques and options, including FDA-approved silicone and saline breast implants that deliver long lasting, natural-looking and beautiful results.

Many women have disproportionately large breasts that make them feel self-conscious and uncomfortable. With a breast reduction, we can not only reduce the size of disproportionately large breasts, but also take care to enhance your natural beauty by restoring breasts to a more elevated position and an aesthetically pleasing, youthful shape that is in balance with the rest of your body.

As we age or go through body changes associated with pregnancy or significant weight loss, women notice changes in their breasts that they'd like to correct. Sagging, drooping, asymmetrical breasts can be returned to a more uplifted position with a breast lift. By moving the nipple position to the center of your breast and then reshaping the breasts into a full and balanced profile, our surgeons can help restore your youthful, shapely feminine figure in a breast lift.





Body *Contouring*

At Park Meadows Cosmetic Surgery, we are dedicated to helping you achieve your body contouring goals. We understand that hard work, a healthy diet and exercise aren't always enough to give you that sculpted, beautiful body you want and deserve. Aging and life events can cause changes in your body that you can't combat with diet and exercise alone. For example, skin can lose elasticity, and unwanted areas of loose skin can remain after you lose a significant amount of weight, following a pregnancy, or as a result of the natural aging process. Unfortunately, even with hard work, there still might be areas that need assistance to achieve your ideal results; body contouring can help.

At Park Meadows Cosmetic Surgery, we offer a wide range of body contouring procedures that target stubborn pockets of unwanted fat, loose and sagging excess skin, and trouble areas where no matter how hard you try, you just can't achieve the results you want on your own.

Our surgeons are committed to tailoring a body contouring solution to meet your individual needs, using the latest, most advanced, proven and safe techniques. For example, our tummy tuck procedure can give you a smoother and slimmer abdomen, while liposuction targets unwanted areas of fat in the arms, hips, buttocks, legs, neck, and abdomen. The tummy tuck and liposuction procedures can be combined with a breast enhancement procedure of your choice for a "Mommy Makeover" after pregnancy. A body lift can give your whole body a makeover, helping to remove sagging, excess skin in the arms, abdomen, hips and thighs. You can also target specific trouble spots with an arm lift, thigh lift or lower body lift.

Male *Services*

The ideal male body shape is considered to be trim and athletic-looking, with broad shoulders and chest, a flat abdomen, and a narrow hip-thigh area. However, as men age, areas of fat tend to accumulate around the abdomen, the flanks ("love handles"), the breast area (a condition called gynecomastia), and along the chin and neck. Men sometimes seek liposuction to remove these fatty areas that are resistant to diet and exercise.

In many cases, liposuction alone can effectively correct these problem areas. Men retain their skin elasticity longer than women do, and the areas of fat beneath the skin tend to be firmer and more vascular than those in women. Because of these and other factors, liposuction in men is usually very effective.

A significant number of men in the United States will develop enlarged tissue in their chest. It can be the result of hormonal changes, heredity conditions, disease or the use of certain drugs. Gynecomastia can cause emotional discomfort and impair your self confidence. Some men may even avoid certain physical activities and intimacy simply to hide their condition. There are several ways to improve this physical problem by removing the unwanted enlarged chest tissue and skin. This is often combined with liposuction of the abdomen or flanks to help reach your ultimate aesthetic goals.

Facial *Rejuvenation*

Ears and Eyes

At Park Meadows Cosmetic Surgery, our surgeons are skilled in a wide range of advanced facial reconstructive techniques. Whether you're trying to correct a deformity, restore balance to your facial features, or improve the appearance of a scar, we can help. Our accomplished surgeons are specialists in ear and eyelid surgery techniques. Ear surgery can be performed to reposition protruding ears, correct deformities, adjust size, and repair torn earlobes. Eyelid surgery will help you regain a more youthful appearance. If you have excess loose skin gathered in your upper eyelids, puffiness above or below your eyes, or fine wrinkles on your lower eyelids, you may be a good candidate for an eyelid surgery.

Botox® Cosmetic

Nature's elements, such as the harmful rays of the sun and wind combined with the natural aging process, can cause fine lines and wrinkles to deteriorate the youthful beauty of your skin. The doctors at Park Meadows Cosmetic Surgery offer BOTOX® Cosmetic to soften frown lines and help you achieve a more youthful appearance.

Juvéderm®

Sagging skin and slipping fat pads commonly occur as women age. The aging process is unavoidable, but some of the symptoms of facial aging can be delayed with the application of Juvéderm® injections at Park Meadows Cosmetic Surgery. Juvéderm® is a biocompatible compound that fills in the lost volume in facial features, such as the lips, jawline, and cheeks, and may also treat fine lines and wrinkles. The gel formula which is injected under your skin during the Juvéderm® procedure is smooth and homogeneous. This creates a more natural appearance that lasts.

Latisse™ Eyelash Enhancer

Women can enhance the femininity and beauty of their facial features simply with thicker, longer, and darker eyelashes. Many women invest hundreds of dollars' worth of makeup and cosmetic products, such as mascara, to enhance their lashes, but mascara has the potential to rub, run, or wear off. Park Meadows Cosmetic Surgery offers Latisse™ to help women grow longer, darker, and thicker lashes. Latisse™ must be applied once a day, and patients will enjoy naturally enhanced lashes and see noticeable, beautiful results in about 16 weeks. Latisse™ is the only FDA-approved prescription treatment to achieve noticeably enhanced eyelashes in terms of length, thickness, and color.





Breast *Reconstruction*

At Park Meadows Cosmetic Surgery, we understand that women considering breast reconstruction face personal choices about what type of reconstruction might be best for them. We provide a caring environment for women considering breast reconstruction. Our board-certified plastic surgeons, Dr. Jeremy Z. Williams and Dr. Christopher G. Williams, are experienced in the most advanced breast cancer reconstruction techniques. Whether you're considering immediate or delayed breast reconstruction, autologous tissue breast reconstruction, or implant-based breast reconstruction, we can assist you in the reconstruction you and your surgeon have chosen together. When performed by skilled and compassionate plastic surgeons, breast reconstruction can dramatically improve self-esteem and confidence as well as greatly improve the quality of life.

Breast cancer presents women with dual challenges: not only must they battle a life-threatening illness, but survivors can be left feeling permanently scarred by life-saving surgeries employed to combat their breast cancer. Reconstruction can help women regain their confidence and feminine form and we understand that your cancer treatment is of primary importance. At the same time, we believe that quality of life for breast cancer survivors can be enhanced when patients realize their reconstructive goals. We partner with local hospitals and oncologists to provide the quality comprehensive care our breast cancer reconstruction patients deserve. We are well versed in all the most advanced surgical techniques, and we can help you decide what type of breast cancer reconstruction may be right for you.

Autologous Breast Reconstruction

Dr. Jeremy Williams and Dr. Christopher Williams offer state-of-the-art autologous breast reconstruction procedures. These procedures use the patient's own body tissue to reconstruct the breast and breast size can be reconstructed and restored to a natural contour. This technique allows for more natural looking curves and contours of the breast without sacrificing many muscles in the process. Our physicians perform the DIEP Flap and other autologous flap procedures together for patients seeking breast reconstruction surgery, providing women with the choices and support they need at Park Meadows Cosmetic Surgery. Having two plastic surgeons within one practice performing this procedure is unique to this area and allows for optimal care and support.



Implant-Based Breast Reconstruction

Many women considering breast reconstruction elect to use implants to help re-form their breasts. By using tissue expanders to create a pocket for a permanent implant, our surgeons can help women regain their feminine form. Implant-based breast reconstruction is advantageous in that the same incisions used during your mastectomy procedure can be used to perform your reconstruction. You may even be a candidate for Direct-To-Implant (Single-Stage) Breast Reconstruction, in which an implant is placed immediately after the mastectomy, limiting the number of total surgeries throughout your breast reconstruction journey.



Patient Testimonials

"From the moment I made the first phone call to the Park Meadows Cosmetic Surgery office and was greeted by the friendly voice on the phone, I was sure this was the right place to get my surgeries. I have had such a great experience. I can't say enough about the wonderful staff and Dr. Williams. I never felt uncomfortable for one second. My surgery results were even better than I had hoped for. After 12 years I feel so confident about my looks and body. Six months after my surgery I celebrated my great new body with a beach vacation and sported a bikini (first time since I was 19)."

-C.G.

Abdominoplasty, Liposuction, & Breast Augmentation

"I lost 100 pounds approximately nine years ago through diet and exercise. What I have accomplished is dramatic and very visible. I changed my lifestyle—going from unhealthy and overweight to good health at an appropriate weight. Only one thing has persisted from my old lifestyle and that is a large fold of skin on my abdomen. This is an unwelcome reminder of how I used to look and I felt very self-conscious about it. It was a dream come true to find out that I could have an abdominoplasty. Everyone at Park Meadows Cosmetic Surgery was supportive, talking me through what to expect with the surgery. I am more than satisfied with the results. I feel like I look more like how I feel and should look."

-L.B.

Abdominoplasty

"Simply stated, PMCS had me at "hello". I am 43 and had contemplated a breast augmentation for years. I read a lot, researched a lot and thought probably way too much about the procedure. I met with a number of other facilities, thought that I was settled on one (maybe) then just by chance drove by PMCS and decided on the spur to take a look at just one more. I can't express enough how happy I am for making that decision to stop. This was the first office I had met with where I truly knew I was ready and had no reservations moving forward. Where the difference lies here is in the straightforward nature of the conversation and no pressure. Dr. Williams and his staff were so professional, thorough, and always available from beginning to end. I wasn't seeking a significant and dramatically noticeable change but just wanted better balance in my figure. Dr. Williams was very helpful by just listening to where I wanted to be and getting me there! The change in my self confidence and feeling completely have made this decision well worth it. Thanks so much PMCS!"

-C.H.

Breast Augmentation

"Dealing with a cancer diagnosis is very overwhelming. The doctors and staff at Park Meadows Cosmetic Surgery did everything possible to make the process go smoothly. Both Dr. Chris Williams and Dr. Jeremy Williams thoroughly educated me on all of my options and the process that I would go through. This is one of the reasons I chose their practice. Once I decided which direction to go, they continued to educate and support me every step of the way. The doctors and staff were very compassionate and supportive through my entire journey. I feel very fortunate to have had such a wonderful team help me through this difficult stage of my life."

-D.W..

Implant-Based Breast Reconstruction

"I highly recommend Dr. Williams for any cancer reconstruction procedures—I realize having a single side mastectomy presents a bigger challenge for symmetry, but am very pleased at the attitude at Park Meadows toward continuing to pursue methods (fat-grafting) to strive for symmetry and a look that gives self-esteem to the patient. I am confident they will continue to work to that end. Patience is required on the part of the patient toward this goal, as the procedures are achieved over several months of rehab and repeating the "grafts". Everyone at Park Meadows is very helpful and empathetic—a joy to work with!"

-J.R.

Implant-Based Breast Reconstruction

"My first visit to Park Meadows Cosmetic Surgery, I felt that I had chosen the right office for me. The office and nursing staff were all very warm and friendly and I immediately felt welcome. Dr. Chris Williams is my surgeon and I could not have asked for a better surgeon. He is a caring, warm person with a sense of humor and always has your best interest in mind. I had some problems with the original reconstruction after bilateral mastectomies (completed by another surgeon) and implants and they needed to be removed. The image I had of myself was far from satisfactory. I wore baggy shirts to hide the lopsided reconstruction. After I spoke with Dr. Chris, he showed me some before and after pictures, spoke to me about the choices that were available and explained exactly what the procedures entailed. I chose to have the DIEP flap done. I am so happy with the results and would recommend Dr. Chris to anyone who needs to see a cosmetic surgeon for any of their needs. Not too many doctors would you their cell phone numbers in case you need them, no matter what time day or night. Dr. Chris Williams has given me a new confidence in myself and the way I look when I look in a mirror and a new start on life. Thank you Dr. Chris and all of your staff!"

-L.W..

DIEP Flap Breast Reconstruction

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