

# The Beauty Bulletin



the clinic for  
PLASTIC SURGERY

281-940-1535  
www.dr.sukkar.com



## THE NEWEST PROCEDURES KEEPING EVERYONE SAFE

Thanks to the dedication of our wonderful team and the willingness and understanding of our incredible patients, I'm happy to share that our practice is now up and running at near-full capacity once again! Our surgeons have been busy in the OR five days a week, and our med spa schedule is busier than ever. We've even welcomed several new staff members to our team! It's been so important for us to do our best to continue serving patients during this time, and thanks to everyone's efforts, we're able to ... [CONTINUE READING](#)



## 3 ONLINE WORKOUT PLATFORMS YOU SHOULD TRY

Your living room might not be the most conducive environment for a good workout. But as the world continues to grapple with the effects of the coronavirus, working out at the gym, or any other public facility, is out of the question for many of us. Fortunately, you can still work up a sweat from home with the right workout videos for a fraction of the cost of a monthly gym membership. Here are a few worth your time and money ... [CONTINUE READING](#)



## FOODS FOR A FASTER RECOVERY

Attending your appointments and doing your at-home exercises are crucial parts of your recovery process. However, they're not the only important steps you should take. What you eat can affect how quickly and well you heal just as much as your dedication to your exercises. By incorporating a few of these foods into your diet, you can heal faster and come back stronger than ever before ... [CONTINUE READING](#)