

PLASTIC SURGERY
ASSOCIATES

SERVICES GUIDE



Plastic Surgery Associates: Your Destination for Aesthetic Excellence

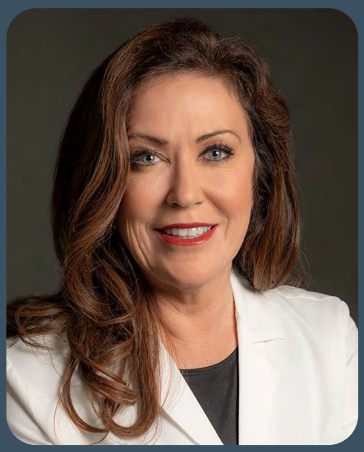
Plastic Surgery Associates (PSA) of Grand Rapids, Michigan, is a premier surgical practice dedicated to providing a personalized and transformative experience for every patient. Our philosophy is rooted in the belief that aesthetic enhancement should be a collaborative journey, blending our surgeons' clinical expertise with your unique vision. By prioritizing open communication and a tailored approach to care, we ensure that every treatment plan respects your natural anatomy while helping you achieve your personal aesthetic goals with confidence and peace of mind.

Our practice offers an ecosystem of beauty, providing the full scope of services to support your journey from start to finish. This includes our legacy cosmetic surgery procedures performed in our private, state-of-the-art surgical center, as well as the advanced regenerative skin care treatments and professional products available at our MedSpa, Grand Pearl Spa. Whether you are seeking a life-changing surgical transformation or non-invasive maintenance, our team provides a seamless continuum of care designed to help you look and feel your absolute best.



The Art of Precision: Meet Our Board-Certified Surgeons

The surgeons at Plastic Surgery Associates are among the most respected in the field, bringing decades of combined training and elite experience to the Grand Rapids community. Each physician is board-certified and has undergone rigorous fellowship training, ensuring they remain at the forefront of surgical innovation. Their collaborative environment allows for a shared standard of excellence, where patient safety and artistic precision are the primary benchmarks of success.



Marguerite E. Aitken

A graduate of Northwestern University, Dr. Marguerite E. Aitken completed her plastic surgery residency at Michigan State University before pursuing advanced training in microsurgery in Belgium and specialized programs in facial surgery and body contouring in the Southeastern region of the United States. In addition to being board-certified in plastic surgery, Dr. Aitken's surgical excellence has earned her a place among America's Top Surgeons.

Dr. Aitken specializes in cosmetic breast surgery, body contouring, and facial aesthetics. Dr. Aitken brings a rare artistic depth to her practice, rooted in the ten years she spent as a professional medical illustrator prior to her surgical career. This experience gave her a precise, detail-oriented understanding of anatomy that she uses in the operating room to this day.

Patients consistently describe her as thorough, unhurried, and genuinely invested in their care from consultation through recovery.

Johanna R. Krebiehl

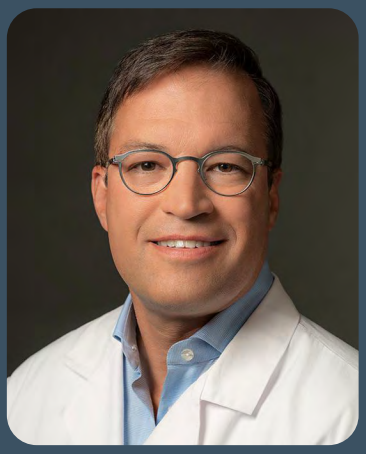


Dr. Johanna R. Krebiehl is a board-certified plastic surgeon who earned her medical degree with high distinction from Wayne State University School of Medicine, where she was also inducted into the Alpha Omega Alpha honor society. She then went on to complete an integrated plastic surgery residency at Grand Rapids Medical Education Partners, followed by a fellowship in hand surgery at the University of Southern California.

A Michigan native, Dr. Krebiehl specializes in hand surgery, microsurgical reconstruction, and aesthetic breast and body contouring, with particular strength in managing complex reconstructive cases.

Patients value her directness, her clinical precision, and the confidence she brings to even the most involved procedures.

John D. Renucci



Dr. John D. Renucci trained at the University of Michigan, Columbia University, and the University of Chicago, completing advanced fellowships in both microsurgery and cosmetic surgery at the Cleveland Clinic. He was elected to the Alpha Omega Alpha honor society during his time at Columbia and holds dual board certification.

His clinical focus includes aesthetic breast surgery, body contouring, and facial cosmetic procedures. Beyond his surgical practice, Dr. Renucci founded TURO Skin, bringing the same evidence-based approach he applies in the operating room to medical-grade skincare.

Patients frequently note his clear communication, his technical precision, and results that consistently look natural and well-considered.



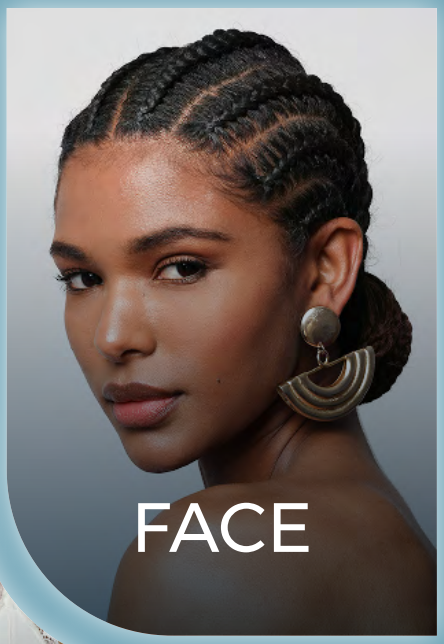
Douglas L. Vander Woude

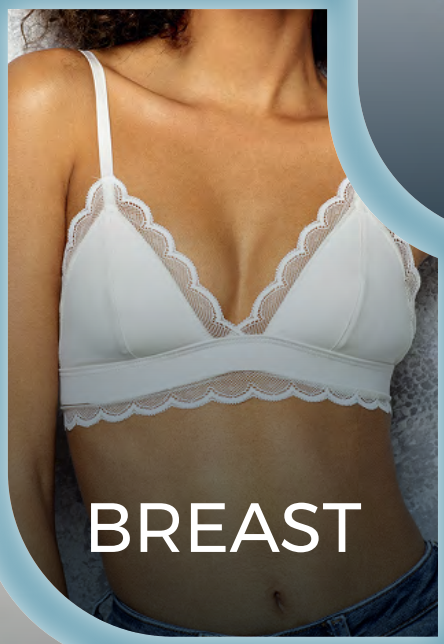
Dr. Douglas L. Vander Woude is a board-certified plastic surgeon who completed his surgical training at the University of Michigan and Harvard Medical School, followed by a specialized craniofacial fellowship that led to a faculty appointment at Harvard.

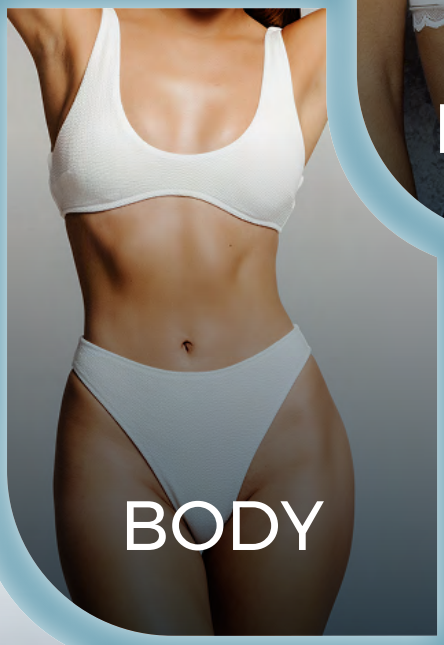
He specializes in breast and body procedures and is known across the practice for his methodical approach to surgical planning. Dr. Vander Woude takes time at every stage of the process, from the initial conversation about goals to the final details of a surgical plan, to make sure the outcome fits the patient.

Those who have worked with him describe a straightforward, reassuring experience and results that feel proportionate and natural.

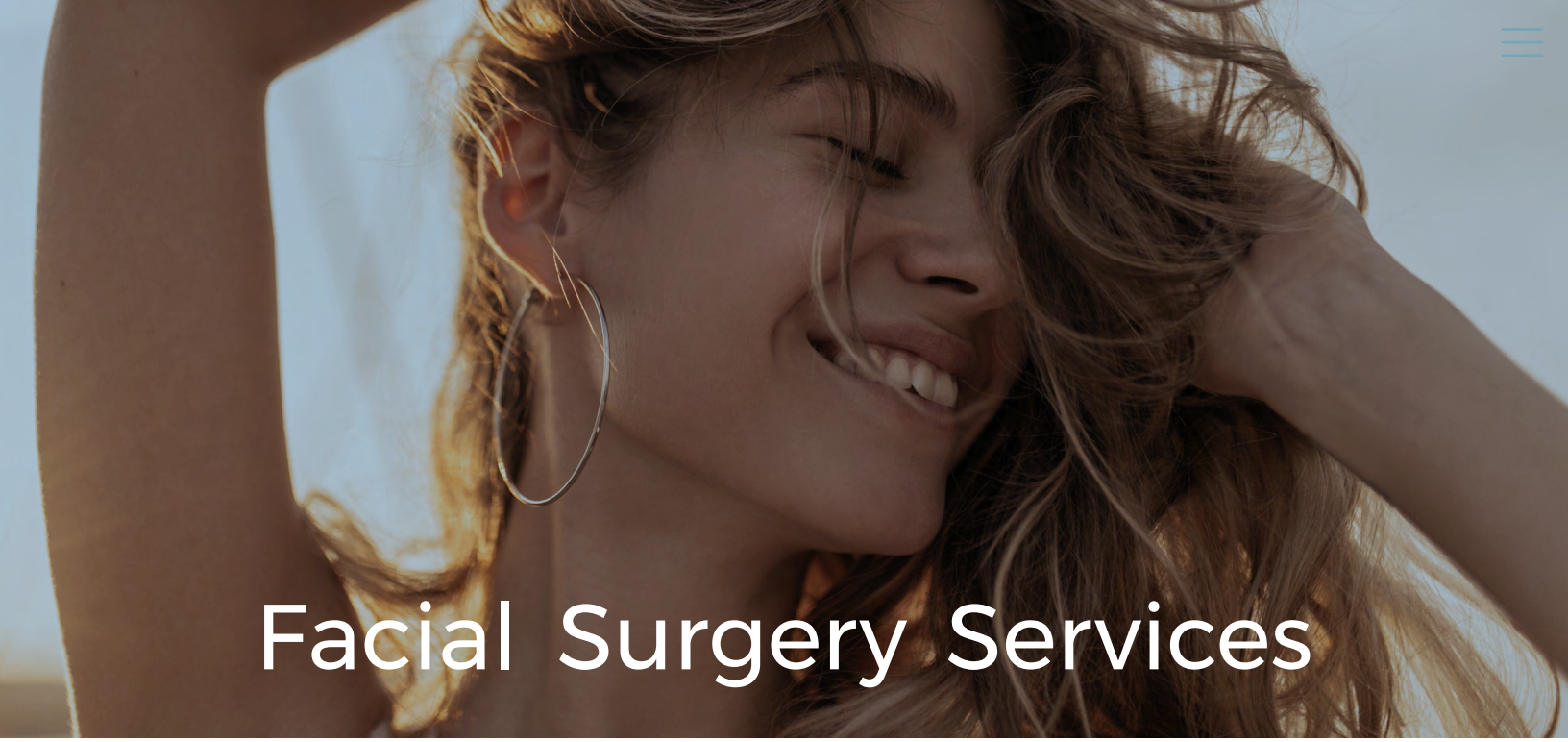
Procedures at Plastic Surgery Associates of Grand Rapids











Facial Surgery Services

Facial surgery at Plastic Surgery Associates is designed to restore harmony and youthfulness to your most prominent features. These procedures address concerns such as skin laxity, structural imbalances, and the visible signs of aging. By focusing on precision and natural contours, our surgeons help you achieve a refreshed appearance that never looks overdone.

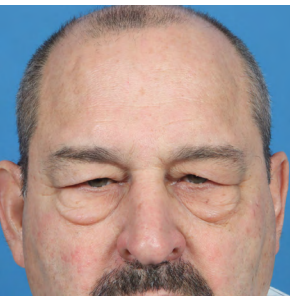




Ear Surgery

Otoplasty addresses the size, shape, or protrusion of the ears. This procedure is common for both children and adults who wish to bring the ears into better proportion with the rest of the face, providing a significant boost in self-confidence. Most patients return to school or work within about 1 week, with mild swelling gradually resolving over several weeks. Final ear position and contour become more refined as healing progresses.

BOOK YOUR EAR SURGERY CONSULTATION



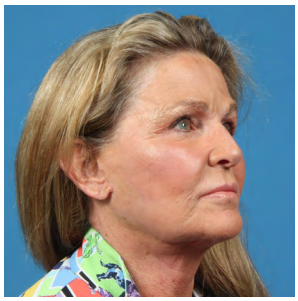


Eyelid Surgery

Blepharoplasty revitalizes tired-looking eyes by removing excess skin and fat from the upper or lower eyelids. This surgery corrects puffiness and drooping, resulting in a more alert and youthful gaze while potentially improving peripheral vision blocked by sagging skin. Most patients resume normal activities within 7-10 days, as swelling and bruising steadily improve. Results continue to refine over several weeks, revealing a brighter, more rested appearance.

BOOK YOUR EYELID SURGERY CONSULTATION





Face & Neck Lift

This extensive rejuvenation procedure addresses sagging skin, deep creases, and jowls along the jawline and neck. By tightening underlying muscles and redraping the skin, our surgeons restore a firmer, more defined facial profile that reflects how you feel inside. Initial recovery typically takes 10-14 days, with residual swelling improving over the following weeks. Results are long-lasting, with continued refinement as tissues settle over several months.

BOOK YOUR FACE & NECK LIFT CONSULTATION



Forehead & Brow Lift

A brow lift corrects a heavy, furrowed brow and softens frown lines between the eyes. By elevating the brow to a more youthful position, this procedure opens up the facial expression and smooths the skin of the upper face. Most patients return to routine activities within 7-10 days. As swelling resolves, the brow settles into a refreshed yet natural position over several weeks.

BOOK YOUR FOREHEAD & BROW LIFT CONSULTATION



Nose Reshaping

Rhinoplasty enhances the shape, size, and symmetry of the nose, creating better facial balance. Whether addressing a structural hump, a wide bridge, or breathing issues, our surgeons use an artistic approach to ensure the nose complements your unique features. Most patients return to work or school within 1-2 weeks, though subtle swelling can persist for several months. Final results gradually refine, with full definition visible within 1 year after surgery.

BOOK YOUR NOSE RESHAPING CONSULTATION



Submental Liposuction

This targeted procedure removes stubborn fat from beneath the chin and along the jawline. Often referred to as chin lipo, it creates a more defined neck profile and eliminates the appearance of a double chin for a slimmer, more contoured look. Downtime is typically about 1 week, with gradual improvement in swelling over several weeks. A sharper, more defined jawline becomes increasingly visible as healing progresses.

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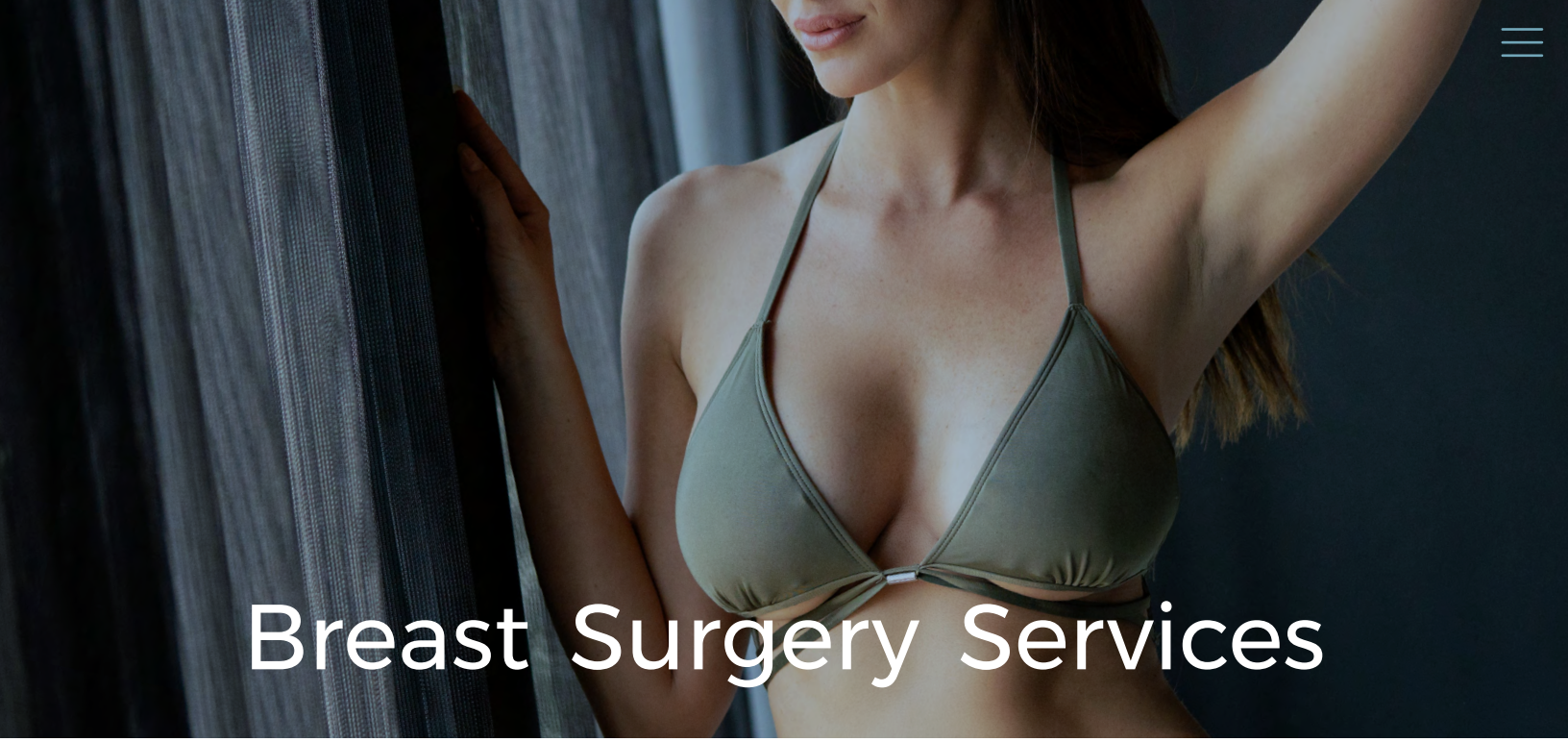
UltraPulse® CO2 Laser

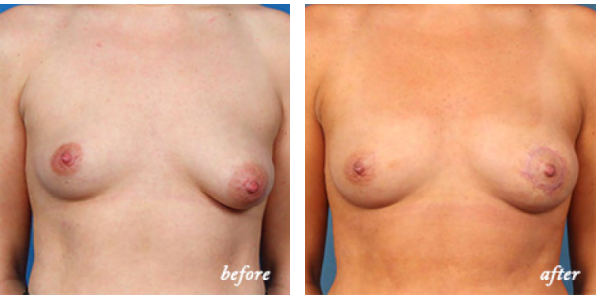
This advanced laser resurfacing treatment targets deep wrinkles, scars, and uneven skin texture. By stimulating collagen production and removing damaged skin layers, the UltraPulse® CO2 laser provides dramatic skin tightening and rejuvenation with clinical precision. Recovery ranges from 7-14 days, depending on treatment depth. As new collagen develops, skin continues to improve in tone and texture for several months.

BOOK CONSULTATION



Breast Surgery Services

Breast surgery can be a life-changing experience, whether you are seeking to add volume, restore a youthful position, or reduce discomfort. Our surgeons focus on creating results that are proportional to your frame and align with your personal aesthetic goals.



Asymmetry Correction

Many women experience natural differences in breast size or shape. Asymmetry correction involves a customized approach, potentially using lifts, reductions, or implants, to create a more balanced and harmonious appearance that enhances your confidence in clothing and swimwear. Most patients resume light activities within 1 week, with full healing progressing over several weeks. Final symmetry becomes more apparent as swelling resolves.

BOOK YOUR CONSULTATION




Augmentation

Breast augmentation uses silicone or saline implants to increase volume and improve the silhouette. This procedure is ideal for those looking to restore volume lost after pregnancy or weight loss, or for those who simply desire a fuller, more balanced chest. Most patients return to non-strenuous work within 1 week, with exercise resumed after several weeks. Implants settle into a natural position over 2-3 months.

BOOK YOUR AUGMENTATION CONSULTATION




Augmentation With Lift

This combination procedure addresses both volume loss and sagging simultaneously. By placing an implant and performing a mastopexy, our surgeons can restore fullness while repositioning the breast higher on the chest wall for a complete rejuvenation. Initial recovery takes about 1-2 weeks, with swelling gradually subsiding over several weeks. Final breast shape and position continue to refine over several months.

BOOK CONSULTATION



Breast Lift

A breast lift restores your breast shape by removing excess skin and tightening the surrounding tissue. This procedure elevates the breasts and repositions the nipples to correct the drooping that often occurs after nursing or significant weight fluctuations. Most patients return to work within 1-2 weeks. As swelling resolves, the breasts settle into a lifted, natural contour over the following months.

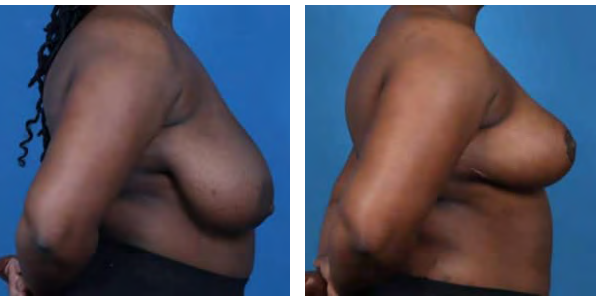
BOOK YOUR BREAST LIFT CONSULTATION



Breast Reconstruction

Breast reconstruction is a deeply personal journey following a mastectomy or lumpectomy. Our surgeons use advanced techniques to restore the form and appearance of the breast, focusing on both physical restoration and emotional healing for our patients. Recovery varies depending on technique, but most patients resume light activity within a few weeks. Final results evolve gradually as healing progresses through each stage of reconstruction.

BOOK YOUR CONSULTATION



Breast Reduction

For women dealing with the physical discomfort of heavy breasts, a reduction can provide immense relief. This procedure removes excess glandular tissue and skin to create a smaller, lighter breast size that is more proportional to your body. Many patients experience immediate relief from physical discomfort, with most returning to work in 1-2 weeks. Swelling continues to improve over several weeks as the breasts settle into their new shape.

BOOK YOUR BREAST REDUCTION CONSULTATION



Body Surgery Services

Body surgery at Plastic Surgery Associates helps you refine your contours and address areas that are resistant to diet and exercise. From massive weight loss transformations to targeted fat removal, we help you achieve a smoother, more toned silhouette.



Arm Lift

An arm lift removes excess skin and fat from the upper arms, often referred to as “bat wings.” This procedure results in a more toned and slender arm appearance, making it easier to feel confident in sleeveless clothing. Most patients return to light activity within 1-2 weeks. Final arm contours become more defined as swelling resolves over several months.

BOOK YOUR ARM LIFT CONSULTATION

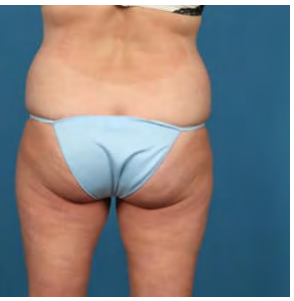




Bra-Line Back Lift

This procedure targets the folds of skin and fat along the mid-back that can be difficult to hide under clothing or bras. A bra-line back lift smooths the torso, creating a sleeker appearance from every angle. Initial recovery typically lasts about 2 weeks, with continued gradual improvement in swelling.

BOOK YOUR CONSULTATION





Brazilian Butt Lift

A BBL uses your own natural fat to enhance the volume and shape of the buttocks. Through fat grafting, surgeons harvest fat from areas like the abdomen or thighs and carefully inject it to create a more contoured and lifted derriere. Most patients resume light activity within 1-2 weeks but must avoid prolonged sitting for several weeks. Final volume and contour stabilize over 3-6 months as transferred fat establishes a blood supply.

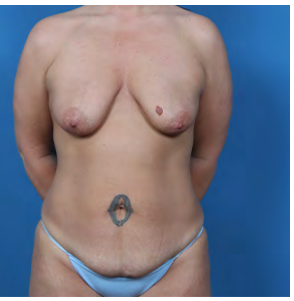
BOOK YOUR BRAZILIAN BUTT LIFT CONSULTATION




Liposuction

Liposuction is a versatile procedure used to remove localized fat deposits from various areas of the body. It is an excellent tool for sculpting the abdomen, hips, thighs, and more, providing a more defined and balanced silhouette. Downtime is usually a few days to 1 week, depending on the area treated. Body contours continue to refine over 2-3 months as swelling subsides.

BOOK YOUR LIPOSUCTION CONSULTATION




Mommy Makeover

A mommy makeover is a customized combination of procedures, typically including a tummy tuck and breast enhancement, designed to address the specific changes caused by pregnancy and breastfeeding. It provides an overall rejuvenation in a single surgical window. Recovery typically takes 2-3 weeks, depending on the procedures performed.

BOOK YOUR MOMMY MAKEOVER CONSULTATION



Lower Body Lift

Ideal for patients who have experienced significant weight loss, a lower body lift removes excess skin from the abdomen, buttocks, and outer thighs. This procedure tightens and smooths the entire lower torso for a dramatic transformation. Most patients require 2-3 weeks of initial recovery. Dramatic contour improvements become more apparent over several months as swelling decreases.

BOOK YOUR LOWER BODY LIFT CONSULTATION

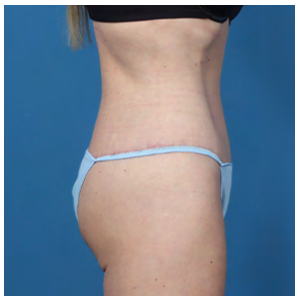


Thigh Lift

A thigh lift addresses loose, sagging skin on the inner or outer thighs. By removing excess tissue and tightening the remaining skin, our surgeons create smoother, firmer leg contours that are more proportional to the rest of your body. Patients generally return to light activity within 1-2 weeks. Final thigh contour refines over several months as healing progresses.

BOOK YOUR THIGH LIFT CONSULTATION





Tummy Tuck

A tummy tuck removes excess abdominal skin and fat while repairing weakened or separated muscles (diastasis recti). The result is a flatter, firmer abdominal profile that diet and exercise alone often cannot achieve. Most patients return to light work within 2 weeks, with full activity resumed after several weeks. Abdominal contours continue to improve over 3-6 months.

BOOK YOUR TUMMY TUCK CONSULTATION



Weight Loss Contouring

Following major weight loss, the skin often lacks the elasticity to shrink back to your new size. Contouring procedures remove the “apron” of excess skin, allowing you to finally see and enjoy the results of your hard work. Recovery depends on the areas treated but typically ranges from 2 to 3 weeks. Results become increasingly visible as swelling resolves over several months.

BOOK YOUR CONSULTATION



Men's Surgery Services

Men have unique aesthetic goals, often focused on creating a more athletic, defined, and youthful appearance. Our surgeons provide subtle, masculine results that respect the male anatomy.



Face & Neck Lift

This procedure targets the jowls and "turkey neck" that can develop with age. The goal is to create a sharper jawline and a refreshed look while maintaining a natural, masculine facial structure. Most patients return to work within 10-14 days. Definition along the jawline continues to sharpen as swelling resolves over several months.

BOOK YOUR FACE & NECK LIFT CONSULTATION



Liposuction for Men

Men often use liposuction to address stubborn flanks or abdominal fat. This targeted sculpting helps reveal underlying muscle definition and creates a more streamlined, athletic torso to boost confidence. Downtime is typically less than 1 week. Muscle definition becomes more apparent over 2-3 months as swelling subsides.

BOOK YOUR LIPOSUCTION CONSULTATION



Gynecomastia

Gynecomastia, or enlarged male breast tissue, affects many men and often persists despite diet and exercise. Our surgeons utilize liposuction or tissue excision to remove excess fat and glandular tissue. This procedure restores a flatter, firmer, and more masculine chest contour, significantly boosting self-confidence. Most patients return to work within 1 week. Chest contour continues to refine over several months as swelling resolves.

BOOK YOUR CONSULTATION



Nose Reshaping

Male rhinoplasty focuses on straightening the bridge or refining the tip while maintaining a strong, masculine profile. Whether correcting structural issues or improving facial balance, our surgeons ensure the nose remains proportional to your features for a natural, refreshed look that preserves your character. Most patients resume daily activities within 1-2 weeks. Final refinement of nasal shape occurs gradually for up to 1 year.

BOOK YOUR NOSE RESHAPING CONSULTATION



Tummy Tuck for Men

Men who have lost significant weight or struggle with loose abdominal skin benefit from a tummy tuck. This surgery tightens the abdominal wall and removes excess skin to create a firmer midsection. Initial recovery takes about 2 weeks, with exercise resumed after several additional weeks. The abdomen continues to firm and define over several months.

BOOK YOUR TUMMY TUCK CONSULTATION



Visit Our MedSpa — The Grand Pearl

While surgery can provide dramatic structural changes, maintaining your results and enhancing your skin health is a lifelong journey. We encourage all our surgical patients to visit The Grand Pearl, our premier medspa destination. The Grand Pearl offers a wide array of non-surgical treatments, from Botox® and dermal fillers to advanced facials and advanced laser treatments. Integrating medspa treatments into your routine can support your surgical journey at Plastic Surgery Associates by improving skin elasticity, tone, and overall radiance.

VISIT OUR THE GRAND PEARL



Start Your Journey to Confidence at Plastic Surgery Associates

Choosing to undergo a cosmetic procedure is a significant commitment to yourself, and the expertise of your surgical team is the most important factor in your success. At Plastic Surgery Associates of Grand Rapids, we offer a professional environment where clinical excellence and patient safety are our highest priorities. From your first consultation through your entire recovery, our board-certified surgeons provide the personalized care and clear communication you need to feel secure in your decision. We look forward to partnering with you to achieve natural, refined results that reflect your personal aesthetic goals.

SCHEDULE YOUR PERSONALIZED CONSULTATION

PLASTIC SURGERY ASSOCIATES

Go Confidently™

Find Us Here

220 Lyon St #700
Grand Rapids, MI 49503

Call Us Here

(616) 451-4500

Hours/Schedule

Monday	8:30 AM to 5:00 PM
Tuesday	8:30 AM to 5:00 PM
Wednesday	8:30 AM to 5:00 PM
Thursday	8:30 AM to 5:00 PM
Friday	8:30 AM to 5:00 PM
Saturday	Closed
Sunday	Closed