

NASHVILLE HEALTHCARE PROFILES

Put Your Best Face Forward

Refine Facial Plastic Surgery and Aesthetics delivers bespoke, tailored facial cosmetic enhancement.



Lucas Bryant, M.D.

Taking the plunge to undergo a cosmetic procedure is not a decision made lightly. Nor is selecting a surgeon to execute the skilled artistry. Patients throughout Nashville and beyond trust Lucas Bryant, M.D., of Refine Facial Plastic Surgery and Aesthetics for the most natural, durable facial improvements.

"Your face is constantly on display," says Dr. Bryant, a double board-certified surgeon whose expertise centers exclusively on the face and neck. "It holds a lot of power as a first impression."

One of the highest trending plastic surgeons in the country, Dr. Bryant's boutique offerings run from conservative to complex,

each carefully considering the patient's desires, lifestyle, and time frame for recovery. From elite skincare lines and non-surgical toning treatments, to lasers and comprehensive surgical enhancement, Refine Surgery has a solution for everyone.

"I listen carefully to each patient's concerns and educate them thoroughly about their options," says Dr. Bryant. "I consider their long-term results and won't recommend a quick fix that will only camouflage underlying problems and exacerbate future issues."

Modern Facelift Techniques

Facelifts have historically employed short-lived, less natural techniques that

rely on tension from tightly placed sutures. Instead, Dr. Bryant favors an evolved minimal incision, deep plane technique that works below surface tissues to address the root causes of facial aging.

"Think about bedsheets not tucked in well," he says. "You can either pull hard on the covers to reposition them, or you can untuck the sheets and gently re-drape them for a smooth result. Similarly, the deep plane method gives you the longest lasting, most natural improvement."

For those whose needs or wants do not require a complete surgical solution, Dr. Bryant has developed mini facelift treatments performed in-office and without general anesthesia. This provides a comfortable

experience with an even shorter recovery.

"Our goal is to use as small of an incision and as minimally invasive a technique as possible to produce a wonderful result," Dr. Bryant says. "My technique can take 10 to 20 years off someone's appearance while making sure they keep their natural facial features."

Following a procedure, patients have 24/7 access to Dr. Bryant and his nurse for questions. Most return to work in one to two weeks, with full recovery by eight weeks. For out-of-town patients, concierge services help coordinate arrangements to experience Nashville's charm.

Rhinoplasty and Beyond

Many patients opt for additional procedures when undergoing a facelift, such as blepharoplasty, fat transfer, or lip lift.

One of Dr. Bryant's most popular procedures is rhinoplasty, which requires delicate attention to both aesthetics and anatomy. "Your nose is a dynamic centerpiece of your face. I want patients to not only be happy with their appearance, but I'm also considering how their nose will function for years down the road," he says.

"In everything we do," Dr. Bryant concludes, "we strive to provide approachable sophistication. My office lives by a patient-centered philosophy. We offer something very special here."



A Heart to Serve

In addition to offering pro bono services at his Nashville practice, Dr. Bryant also donates his time and talent on annual mission trips to Colombia, where he treats children with cleft lip and cleft palate, as well as burn and trauma victims.

"I entered into medicine because I wanted a skill set that would meet people's needs in a unique way. The mission trips are one of the true highlights of my career," he says.

Refine
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