

Dear Valued Patient,

I am reaching out to inform you that I have decided to retire from my practice at The Hague Cosmetic Surgery Center. After 35 years, this was an extremely tough decision for me personally and professionally.

Fortunately, I have partnered with North Beach Plastic Surgery - the top multi surgeon practice in Hampton Roads - to assume your care. They have convenient offices in Virginia Beach and Chesapeake.

I have known their surgeons for all of their careers and their senior surgeon worked with me at the Hague for a year. I investigated multiple groups and did not take this challenge lightly. I only accepted the North Beach group because, frankly, they all take care of patients with the same caring and personal attention as well as top quality surgical abilities as I did.

The group consists of four surgeons and they each have unique skill sets and expertise. This specialization within the group allows you to see a "super specialist" in plastic surgery for your continuing care. This makes them unique for our area and the region. They also have a full wellness center for non-surgical and injectable treatments, hormone replacement and weight loss.

A more detailed overview of the physicians in their practice follows:

Dr. Eric Jablonka

Dr. Jablonka, group co-founder and director of the Center for Advanced Breast Reconstruction and Coastal Hope Foundation, specializes in microvascular breast reconstruction. Also known as DIEP flap reconstruction, Dr. Jablonka performs the recreation of breast tissue by performing a tummy tuck and using the tummy tissue to recreate your breast tissue. He does this by connecting very small blood vessels in the tissue together and this technique avoids the use of breast implants in the reconstructive process. This technique is also widely used for our breast reconstruction patients that have implants but have had problems with infection, capsular contracture and exposure of implants. Dr. Jablonka will be available for all of my patients with ongoing breast reconstruction needs or concerns. He has performed over 500 of these procedures and is currently regarded as one of the true experts not only in our area but in the southeast region.

Dr. Alexander Sailon

Dr. Sailon, a co-founder of the North Beach Plastic Surgery group, is a cosmetic and reconstructive surgeon. Dr. Sailon trained at prestigious Mt Sinai Hospital in New York City. He specializes in Rhinoplasty or “cosmetic nose” surgery with a new technique referred to as preservation rhinoplasty. This technique allows the surgeon to maintain all of your normal tissues and literally reshape the nose without removing tissue or breaking the bones. He is one of the very few rhinoplasty specialists in our area and is routinely awarded best plastic surgeons in the area by several magazines. Dr. Sailon also is active in the breast cancer community and offers implant-based reconstruction similar to my practice. His other interests are in cosmetic body surgery including breast augmentation and lifts, tummy tucks, and “mommy makeovers”.

Dr. Alexandra “Za” Tilt

Dr. Tilt is a Harvard/UVA/Georgetown trained plastic surgeon. She trained at the best institutions in the country in order to deliver the absolute best techniques and care to patients and she has not disappointed. The Hague Center actually recruited Dr. Tilt for our practice when she came to the area so we know her well. Dr. Tilt specializes in body contouring cosmetic surgery, i.e. breast reduction and lift, breast augmentation, tummy tuck and arm and thigh lifts, as well as implant-based breast cancer reconstruction. As a female surgeon she is able to bring her own unique view from a woman’s perspective to her patients and combined with her surgical skill is a true asset to our plastic surgery community. If you would like to see a female plastic surgeon for your breast cancer or cosmetic concerns, please do not hesitate to see Dr. Tilt.

Dr. Richard Rosenblum

Dr. Rosenblum is a double board-certified plastic surgeon with over 25 years of helping patients in Hampton Roads. He practiced for 15 years next to us at the Hague and specializes in face and neck lift for the cosmetic patients concerned with facial aging. He is one of the few surgeons in the country performing “Deep Plane” face lifts and developed the “Flex Neck Lift” himself. After spending nearly 2 years operating in Beverly Hills, he returned to the areas to join the group and bring his expertise to our area. Dr. Rosenblum also performs minimally invasive skin cancer removal and MOHS reconstruction if that’s a service you may need. He currently has patients coming from the tri state area for Deep Plane face and “Flex Neck” lifts. If this is a concern for you, I highly recommend that you meet with Dr. Rosenblum to get an honest straightforward evaluation.

Dr. Josh Henderson

Dr. Henderson works in the Center for Advanced Breast Reconstruction and also specializes in microvascular breast reconstruction or “natural” breast reconstruction by using your own body tissue to rebuild the breast after cancer. Dr. Henderson trained at the prestigious University of Pennsylvania breast microsurgery program where many of these techniques were developed. His warmth and compassion will have you singing his praises!

Wellness Team

The North Beach Group is fortunate to have a young dynamic team of nurse practitioners led by Tori Hudgins, Catherine Pyle and Caroline Ford. Together these three professionals offer all the noninvasive techniques associated with plastic surgery to help keep you feeling and looking your best. From injectable treatments to lasers to weight loss and hormone replacement, these three ladies will get you back to peak performance. Please seek them out if you have received any of our spa services or would like to explore their increased menu of services. Their motto of “life looks better when you do” is certainly true at their wellness locations.

As you can see from the training and expertise of North Beach Plastic Surgery, I feel confident that I am leaving each and every one of you in the best of hands for whatever ongoing or new needs you may have. I am extremely confident in each of the doctor’s skill and bedside manner that your care and results will be exemplary. It is their willingness to add each of you to their practice that allows me to make my departure from the area with confidence that you will be with the absolute best plastic surgery group in the area.

Your medical records will be kept securely by North Beach Plastic Surgery and you can contact them at either location at **(757) 734-1000** or through their website www.northbeachplasticsurgery.com. You are welcome to peruse their social media @northbeachplasticsurgery.

Sincerely,

Robert H Schnarrs, MD