

# beauty builds confidence

Dr. Allan J. Parungao, with offices near Chicago in Oak Brook, Naperville and Vernon Hills, Illinois, realizes we all have our own vision of beauty. “My purpose is to listen to you, understand your vision of beauty and help you achieve it,” he says.

#### BOARD CERTIFICATION

American Board of Plastic Surgery

#### MEDICAL DEGREE

Southern Illinois University School of Medicine

#### PLASTIC SURGERY RESIDENCY

Southern Illinois University School of Medicine

#### AFFILIATIONS

American Society of Plastic Surgeons  
American Academy of Facial Plastic and Reconstructive Surgery  
Fellow, American College of Surgeons  
Illinois Society of Plastic Surgeons

#### PROCEDURES PERFORMED

Body Contouring  
Breast Enhancement  
Eyelid Surgery  
Facial Surgery  
Laser Liposuction  
Necklift  
Tummy Tucks  
Vaginal Rejuvenation

#### LOCATIONS

Oak Brook, Illinois  
Naperville, Illinois  
Vernon Hills, Illinois at Ritacca Laser Center  
630.794.0700

#### WEB SITE

[www.parungao.com](http://www.parungao.com)

Dr. Parungao is a board-certified plastic surgeon known for his calm, compassionate manner, keen aesthetic eye and precise attention to detail. “I take the time you need to answer all your questions and understand your personal goals for improving your appearance. Then I thoroughly explain the treatment plan I recommend to give you the results you desire,” he says. “In many cases, I will give you a range of choices—from noninvasive treatments such as laser and light-based treatments, to Botox® Cosmetic and facial fillers, to surgical options.”

Dr. Parungao, co-author of *A Woman's Guide to Cosmetic Breast Surgery and Body Contouring*, offers state-of-the-art surgical innovations such as CoolLipo™. “Some patients choose to have CoolLipo performed in the office under local anesthesia,” he explains. “This technique may help reduce bruising and swelling so you heal quickly. CoolLipo may also gently tighten the skin—and can help avoid the ‘loose-skin’ look.” Dr. Parungao’s office features an accredited surgical suite, medi-spa and a team dedicated to helping you look and feel your best.

To serve the needs of returning U.S. military men and women, Dr. Parungao has volunteered to perform facial reconstructive surgery through the FACE TO FACE Program Veterans Initiative sponsored by the American Academy of Facial Plastic and Reconstructive Surgery Foundation. He has also treated children with cleft lips and cleft palates during philanthropic missions to the Philippines.

## DR. ALLAN J. PARUNGAO

**FAVORITE PART OF YOUR JOB** Getting notes and vacation photos, sometimes years after surgery, from grateful patients **I START EACH DAY** With a workout. Triathlon training was getting monotonous, so I started CrossFit® Bootcamp. I love the variety and intensity—rope climbing, tractor tire flipping—it makes me feel like I’m in Navy SEAL training. It’s hard, but fun **HEALTH AND BEAUTY TIP** Quit smoking **ANTI-AGING ADVICE** Avoid the sun. If you have to be in it, wear a high-SPF sun-block **ALTERNATIVE OCCUPATION** Country music singer/songwriter



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—ALLAN J. PARUNGAO, MD, FACS

#### INSIDE INFORMATION

### TIME FOR A MOMMY MAKEOVER?

“Many patients—especially women who have had children—have both breast and body issues they would like to address,” says Dr. Parungao. “**A MOMMY MAKEOVER** is a combination of procedures designed to restore your pre-pregnancy figure and give your spirits a well-deserved lift as well.” **BREAST AUGMENTATION** and a **TUMMY TUCK**, for example, can usually be done at the same time. “If you desire shapelier, more beautiful breasts, I may recommend a **BREAST LIFT** combined with breast augmentation,” says Dr. Parungao. “The lift counters the effects of gravity, and breast implants help restore volume lost after pregnancy and nursing.” Dr. Parungao also tailors Mommy Makeovers to include a combination of face and body procedures. “Your makeover is as individual as you are. **LIPOSUCTION** can be performed virtually anywhere on the body, refining even the smallest areas on the face and neck. And with CoolLipo, you can expect to be back to your normal activities even sooner than you would imagine,” he says.