Product of the Month:
Neocutis Eye Intervention Gift Set

Double up on your anti-aging routine with the Neocutis Eye Intervention System. Specially created to address wrinkles, fine lines and under eye darkness, each set contains Lumière Bio-Restorative Eye Cream and Bio Serum w/ PSP Intensive Spot Treatment.

Formulated with PSP (Processed Skin Proteins), a combination of nutrients, growth factors, antioxidants and matrix proteins, this dynamic duo transforms skin by strengthening and restoring youthfulness.

Lumière is an intensive line smoothing eye cream that revitalizes and rejuvenates the delicate eye area and has been proven to minimize the appearance of lines, puffiness and darkness in just 6 weeks! Bio Serum Intensive Spot Treatment is a portable pen applicator for stubborn lines and wrinkles that effectively safeguards collagen and elastin from environmental aggression.

So don’t let your age bring you down! Let this dynamic issue bring you joy, love and health...

Happy Holidays

Wishing you and your family all the joy of the holiday season and the hope that the New Year brings!

Love always,
Your MPS Family

A Gift for You, A Gift for Me!
Case of the Month:
Face Lift with Fat Grafting
with Dr. Kelly

As we get older, aging of the face is inevitable. Time, gravity, exposure to the sun and genetics all contribute to the signs of aging of the face and neck. Skin begins to sag, deep creases form, and fat and volume are lost.

A facelift, or rhytidectomy, can be performed to reduce the visible signs of aging of the face and neck by tightening the skin and deeper tissues. However, simply tightening the facial skin and underlying structures will not replace the volume that is lost, and because of that, fat grafting can often be performed in conjunction with the facelift. Through fat grafting, fat cells can be transferred from unwanted areas to areas of the face that are deficient.

I begin the procedure by harvesting, or suctioning, fat from the patient's hip. Fat can essentially be taken from any part of the patient’s body, including the abdomen and thigh. The fat is then processed through a centrifuge and injected into the areas of the face that have lost volume.

I then proceed with the neck lift portion of the procedure by making an incision under the chin to allow me to remove the excess fat. I also tighten the muscles of the neck to create a better contour. By treating the muscle layer, we also get a longer lasting result.

The face lift incisions are made behind the hairline and down around the ear. Some surgeons make the incision right at the hairline, but I prefer to do it within the hair to make it less visible.

The skin is then redraped while I reposition and tighten the underlying muscle and connective tissue. Some fat may be removed.
along with the excess skin. The scar from this incision usually heals extremely well and is barely visible.

The results are a reversal of the effects of gravity and aging to restore a more youthful contour to the face.

Over the years, the face lift procedure has changed from simple skin lifting and tightening to more complex techniques where we address the more underlying issues such as tissue support and volume replacement.

Face lift recovery varies from patient to patient, but usually takes approximately two to three weeks, however it may take a few months for swelling and scarring to completely subside.

For more information or to schedule a consultation with Dr. Kelly, please call us at 305.595.2969 or visit our website at www.miamiplasticsurgery.com.

rejuvenation occur over 6-8 weeks as new collagen and blood vessels develop as your own tissues virtually reverse the signs of aging naturally.

For more information or to schedule a consultation with Dr. Herman, please call us at 305.595.2969.

The number of treatments needed may vary depending on each individual patient's desired outcome.

We are extremely proud of Dr. Wolf, who was named a Patients' Choice Award Winner for 2012.

Of the nation's 870,000 active physicians, just five percent consistently received top scores from their patients on review sites, qualifying them for this honor.

Millions of patients go online each year to rate their doctors on various components of care, including accuracy of their diagnosis, the amount of time they spent with the doctor, and the doctor's bedside manner and
Men's Biggest Body Complaints
(And How to Treat Them!)

Men may not be as open about their bodies as women, but it's no secret that guys can have their own set of insecurities about physical appearance, especially as they enter middle age.

The American Society for Aesthetic Plastic Surgery recently researched men's most common complaints when it comes to body image and what procedures were available to treat them.

The Dreaded Man Boobs
Man boobs, or gynecomastia, is a condition of over-developed or enlarged breasts in men. Anywhere from 40 to 60 percent of men suffer from this issue, and it is common in men of any age. It can result in terrible embarrassment, teasing, and social trauma.

This may explain why male breast reduction was one of the top five cosmetic surgeries in 2011. With this procedure, the fat can be removed via ultrasonic liposuction. This is accomplished through a tiny incision on the chest which fades very quickly.

The Bothersome Beer Belly
It's called a beer belly because it can be caused by an intake of too many calories from alcohol or other fatty foods, but some men develop a gut simply because of genetics.

Guys who find that diet and exercise aren't working to shrink their stomachs may want to consider liposuction to remove the excess fat. Liposuction was actually the most common procedure for men last year.

The Aging Face
The face is another area of concern for middle-aged men, as lines and wrinkles are impossible to hide. In recent years, due to the competitive job market, the pressure for men to look young has significantly intensified.

Botox or Dysport are non-invasive treatments, but require multiple injections over time, as the effects are not permanent. Facelifts, on the other hand, offer permanent results, but involve more intensive surgery.
Let's face it... men want to look good too. And if you ask us, there's nothing wrong with that!

Q & A with Dr. Franco

Q: I had a breast augmentation a few years ago, and while the results looked good initially, I feel that now, they don't look as good. Is there anything that can be done to improve this?

A: The appearance of your breasts may have changed due to many different reasons ranging from wide scars to childbirth. Breast revision procedures are not uncommon.

Patients who have previously undergone a lift with augmentation, may be presented with wide scars or wide areolas that they wish to have improved. At Miami Plastic Surgery, we use special techniques and sutures that improve the appearance of your scars and can improve the shape of the areola while preventing them from widening again.

The second most common reason for a breast revision is a change in appearance post childbirth. Many women who have breast augmentation in their twenties and have children later, will notice a major change. Often, the breasts have sagged and are no longer centered over the implant. This can be improved with a breast lift and exchange of the implant.

It is important to know that you are not alone. Time, children and gravity can take a toll on your breasts. The good news is there are ways to improve them! There are a host of new techniques and products that have become available in the past years to improve your breast augmentation. A new implant, often referred to as the gummy bear implant, is less likely to cause rippling that can be seen with older implants. Special suture techniques can improve wide scars around the areola.

I hope this helps, if you have questions ask your doctor and he can guide you through options to improve your breasts.

For more information or to schedule a consultation with Dr.
2013 Skincare Resolutions

Even the most beauty-wise woman still occasionally sleeps in her makeup, skimps on sunscreen, or forgets to make a yearly appointment to see a skin doctor. *We’re know we’re guilty!*

With the new year just a few weeks away, now's the time to make a pact with your skin. We asked some of our staff.

"*What's your skincare resolution for the new year?*"

"My resolution is to remember to apply my anti-aging face cream at night, and not just care about my LATISSE. What's the point of long lashes without a glowing face to match?"
- Ligia Perez, Patient Coordinator

"Hydrate, Hydrate, Hydrate!" - Ellen Frank, Patient Coordinator

"Start applying eye cream. I’m turning 30 in 2013 but need to make sure I still look like I'm in my 20's! Prevention really is key."
- Ronnie Moro, Director of Marketing

"I need to be more consistent with my NIA24 Exfoliating Scrub. I'm supposed to be using it twice a week, but always forget!" - Ivette Oliva

*To schedule a complimentary skincare consultation with one of our medically trained aestheticians, Ana or Kelley, please call us at 305.595.2969.*