December/2011

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

Product of the Month: LipSmart

Winterize your lips and stay kissable through New Year's Eve with this soothing pout plumper! LipSmart is a revolutionary lip treatment that moisturizes, hydrates and volumizes all in one, delivering softer, sexier and more accentuated lips.

LipSmart contains a patented bio-active fusion of naturally occurring amino acids clinically proven to produce collagen and plump up your lips while improving contour and definition. Boost the moisture back into your lips with this lifesaver!

Long, Lush Holiday Lashes

Now through the end of December:

Buy 2 LATISSE for $200 & Get a 3rd FREE!

Give the Gift of Beauty

Who doesn't love beauty
10% off through December!

Case of the Month: Nipple Reduction with Dr. Kelly

There is a surprisingly significant number of women (and men) who are dissatisfied or embarrassed by the appearance of their nipples. The most common conditions are inverted or hidden nipples and large, protuberant (droopy) nipples. Genetics, childbirth and breastfeeding can all be contributing factors.

Although there is no perfect size or shape for a woman’s nipple and surrounding skin, known as the areola, surgery can create better proportion or correct a defect.

Cosmetic procedures are available to correct these conditions. Many times, nipple reduction is performed in conjunction with other procedures such as breast augmentations, breast reductions or breast lifts. If it is not performed with another procedure, nipple reduction can be performed under local anesthesia. Recovery time is minimal.

Make an Appointment with Dr. Franco

Dr. Johnny Franco, who is completing his fellowship at MPS, is now seeing his own patients at MPS.

Although Dr. Franco performs a full range of cosmetic procedures, including injectables, he specializes in Fat Grafting and MACS Facelifts (Minimal Access Cranial Suspension Facelift). He recently trained in Belgium, where the...
Generally following the procedure, nipple sensation is normal and a woman's ability to breast feed is preserved. Nipple reduction can greatly increase a person's confidence and self-esteem.

_In this particular case, the patient underwent a breast augmentation and nipple reduction._

**BEFORE**

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**AFTER**

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If you would like to schedule a consultation with Dr. Kelly, please call us at 305.595.2969. You can also visit our website at [www.miamiplasticsurgery.com](http://www.miamiplasticsurgery.com).

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**How to Read a Skincare Label**

It's okay to admit that ingredients listed on our skincare products can be mind boggling. It's hard enough to pronounce them, let alone really understand what each of them is and does. So we've decided to put together this handy glossary of common

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MACS Lift was originally developed over 10 years ago.

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

**Anesthesiologist of the Month: Dr. Idelfonso Quintero**

Congratulations to Dr. Quintero, who's been named December's Anesthesiologist of the Month!

Originally from Havana, Cuba, Dr. Quintero graduated from the University of Havana School of Medicine and went on to complete a four year training in General Medicine.

In 1993, he moved to Miami after a two year training in General Surgery at the University of Miami, he
Ingredients to help you understand what goes on your face and why.

**Caffeine**: an antioxidant that temporarily tightens and depuffs

**Glyerin**: a colorless, odorless liquid that draws in water to moisturize and improve smoothness without feeling heavy or clogging pores

**Glycolic Acid**: An alpha hydroxy acid that sloughs away the top layer of skin to brighten and even out texture

**Hyaluronic Acid**: A natural occurring substance in humans that reverses the signs of aging and keeps tissues cushioned and lubricated

**Hydroquinone**: A skin bleacher that fades dark spots

**Retinol**: A derivative of Vitamin A that sloughs away the top layer of skin to build collagen, soften wrinkles, and minimize spots

**Salicylic Acid**: A beta hydroxy acid that clears out pores and helps prevent pimples

If you're still unsure which skincare products are right for you, ask one of our medically trained aestheticians.

**Q & A with Dr. Herman**

Q: I've recently seen a ton of ads and promotions for non-invasive procedures that are supposed to eliminate or "melt away" fat including CoolSculpt and Zerona. I noticed you don't offer any of these treatments. What are your thoughts on them?

Dr. Quintero, who belongs to the Kendall Anesthesia Group, has worked with MPS for over 10 years.

"It has being a great experience to work in such a demanding environment where the needs and expectations of patients are met with a great deal of professionalism by its staff of surgeons and the rest of the team," he says.

Dr. Quintero enjoys sports, especially racquetball, and good music from all over the world. He's looking forward to some quality time with his kids and family this holiday season.

Dr. Wolf Goes to Napa!
A. What we know thus far, is that in the best cases, CoolSculpt and Zerona patients see minimal improvement. However, this is not consistent as often times, there's little to no results.

At MPS, we do not offer or promote any procedures or treatments until they have been proven to achieve significant, consistent results. CoolSculpt, Zerona and other similar non-invasive treatments have only recently been FDA-approved, meaning they are still in data collecting phase. We still don't really know how effective they are or how long results will ask.

In my opinion, I'd hold off on any of these treatments until there are more concrete studies with consistent results. If there's a certain area of your body that's bothering you, and exercise and diet aren't doing the trick, schedule a consultation with me, and I can discuss options that will best suit your needs.

New Year, New You...

Tradition dictates that every 365 days, you should try to kick bad habits and start your life anew- Join a gym, quit smoking, go green, stress less, etc., etc., etc. But the sad truth is, the vast majority of New Year's resolutions are abandoned within a few weeks.

This year, don't just say it... Do It! Here are some helpful tips that will help you keep those resolutions long after January 1st.

Be Realistic - Being honest with yourself is a good first step. Don't set unrealistic goals, but know that by bending your resolution you're just cheating yourself.

That being said...

Dr. Wolf is taking his services bicoastal and now practicing in Napa!

Don't worry, he is still full-time at MPS, but a familiar face and frequent visitor of Napa, Dr. Wolf has agreed to see patients at Maintain Youth Medical Aesthetics when he's there visiting.

Got friends on the West coast? Let them know!

Congratulations are in order! Dr. Kelly has been re elected as Vice Mayor of Key Biscayne for a second term.
Focus on ONE Resolution - We know you're excited for change, but multiple commitments can be overwhelming. You only have so much energy and will power.

Be Specific - Resolutions such as "Get healthy", "Save money" are great ideas, but what do they really mean? The more details and parameters you have, the easier it will be to reach your goal.

Don't Let Small Stumbles Bring You Down - Setbacks are the most common reason people give up on their resolutions. You're human - don't get discouraged! If you get derailed, view it as a learning opportunity and get back on it!

Get Support - The buddy system works. Having a solid support system of friends and families helps you stay motivated and on track. Let them in on your resolution and ask them to make sure you don't slip.