Introducing ZO Medical

MPS is extremely excited to announce that we now carry ZO® Medical, a new therapeutic skincare line created by Dr. Zein Obagi. The new line takes skin wellness to a higher level and centers around Dr. Obagi’s philosophy about caring for skin by repairing it at the cellular level.

ZO® Medical products address a wide range of applications—therapeutic, maintenance, daily skin care, and protection while utilizing the most potent ingredients in high concentrations, pure retinol, advanced peptides, and powerful antioxidants.

ZO® Medical consists of 11 star-quality products, priced from $45 - $400, featuring breakthrough delivery systems and advanced technologies. The line includes novel formulations targeting pigmentation and discoloration, acne and oily skin, visible signs of skin aging, redness and rosacea, and potent UV protection.

Per Dr. Obagi himself, "ZO® MEDICAL celebrates and personifies my commitment to developing and providing proven, potent, and efficacious solutions for healthy,
youthful-looking skin for everyone, no matter what skin condition a patient is facing.

**Case of the Month: Rhinoplasty with Dr. Wolf**

Nothing has a greater impact on how a person looks than the size and shape of the nose. Since it is such a defining characteristic, changes to the nose can greatly improve one's appearance. Every year, rhinoplasty, commonly known as a nose job, comes in as one of the most sought after cosmetic procedures performed in the United States.

Most commonly performed in patients under the age of 35, there are many different reasons people consider rhinoplasty. Some are unhappy with the nose they were born with, while others don't like the appearance it's taken on with age. For others, the procedure may be performed to correct an injury or nasal function.

The procedure involves change in length, contour, definition or width of a patient's nose. There are different techniques that can be used when performing a rhinoplasty.

The closed or endo-nasal technique involves making all the incisions inside the nose with all the work done through the same incisions. I prefer to use this technique when the patient has a wide nose with a bump and little has to be done to the tip of the nose.

The open technique is done by making an external incision in the columella, the structure that separates the nostrils. The work is then done by directly observing the cartilages and doing the work in an external fashion. I utilize this technique when reconstruction of the tip of the nose is necessary or when too much cartilage has been removed in a previous surgery.

Both techniques are a means to an end, a successful nasal surgery. Rhinoplasty procedures can take anywhere from 1-2 hours and the recovery is usually 7-10 days, in which time the swelling and bruising subsides. There is minimal pain post surgery, and over the years I have begun prescribing less pain medication.

**BEFORE/AFTER**

---

25% off all Laser Hair Removal Packages

Let's face it, even though we don't get winter weather in South Florida, we're not exactly spending our days tanning at the beach.

That said, now's the perfect time to get started on your laser hair removal as the treatments work best on pale skin.

Not to mention, if you start now, you'll be completely hair free by May! Just in time for summer!

To purchase your packages, call us at 305.595.2969.

*All packages must be prepaid*

Injectables Week
Feb. 11 - Feb. 15

Who doesn't want to look their most beautiful for Valentine's Day?
The Do's & Don'ts of Aging Gracefully

Aging - it's unavoidable. As we grow older, it's natural for our bodies to change, though some of these changes may be less than desirable. If you want to age with grace, you'll need to make sure your lifestyle meshes with that goal.

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

Beginning, Monday, February 11, through Friday, February 15, all injectable treatments will be $50 off. AND, if you bring a friend that's new to MPS, you each get $100 off your injectable treatment.

To schedule an appointment, please call us at 305.595.2969.

**Dr. Franco's Saturday Hours**

*Discounted pricing only available for new patients who have not received injectable treatments with any of the doctors at Miami Plastic Surgery*

Best SPF of 2012
The American Society for Aesthetic Plastic Surgery put together a list of Do’s and Don’ts to help us improve elegantly each year.

**DO Treat Your Body Right**

A big part of aging with grace means keeping your body in shape. Adults who aren't active are more likely to develop health problems, which can make them seem older than they are. You'll also need to make sure that you're eating well, so pile up on those leafy greens and delicious fruits.

**DO Maintain Your Skincare Regimen**

Even with a workout routine and a healthy diet, there are some other signs of aging that are unavoidable. The skin on the face is often troublesome for middle-aged and older adults, but you should adopt or maintain a steady skincare regimen. Using lotions, anti-aging creams and face washes can help, along with professional treatments like chemical peels, microdermabrasion and laser skin rejuvenation.

**DON’T Lie About Your Age**

If you’re looking and feeling great, what’s the point of hiding your true age? Some people may balk at letting others know how long they’ve been alive, but those who age gracefully should be proud of their years. If you refuse to reveal your age, people may assume you’re older than you actually are.

**DON’T Fear the Future**

Getting older can be anxiety-inducing, especially if you aren’t certain what the future holds. But now more than ever, people are using their golden years as a chance to travel, go on adventures, start a new career or return to school. It’s not the end of the road, it’s the beginning of a new chapter.

**DO Match Your Inside to Your Outside**

Aging could catch many by surprise. One day you look in the mirror and you don’t feel like your appearance matches your energy levels. Subtle, nonsurgical procedures like Botox injections, dermal fillers and skin rejuvenation could help you look your best. However, a facelift, neck lift and eye surgery can create a long-lasting youthful look that can help you maintain your identity.

---

*The votes are in!*

*Shape Magazine has named NIA24’s Sun Damage Prevention Sunscreen the Best Anti-Aging SPF for the Face.*

This broad spectrum blocker is laced with niacin, a form of vitamin B3 that helps repair wrinkles and sun spots. As if that weren’t enough, a shot of blueberry extract protects against free radicals, too.

NIA24 Sun Damage Prevention Sunscreen is a fast-absorbing mineral based sunscreen that helps nourish and moisturize your skin and leaves no white residue. You can apply it on freshly cleansed skin or over a moisturizer and get great protection all day.

*Watch Us in Surgery!*

Dr. Kelly recently filmed a webcast as he performed a face and neck lift to help patients better understand the procedure.
Q & A with Dr. Kelly

Q: A friend of mine told me that you performed her tummy tuck, but that she didn't have any drains after the surgery? Is that true or even possible?

A: Most surgeons use drains after tummy tucks, because the procedure creates a large space between the muscle layer and fat layer. The body hates an empty space so it tends to produce fluid in that space and plastic surgeons use drains to drain that fluid off. This allows the patient to get better faster. Drains are thin plastic tubes that exit the skin and empty into little reservoirs. The reservoirs have to be emptied by the patient a few times per day until they are removed by the surgeon. Most surgeons leave their drains for 7 to 14 days after surgery. Most patients find drains uncomfortable and can’t wait to get them out.

A few years ago, I started using fibrin glue to seal the space between the muscle layer and the fat layer. This technique allowed me to remove the drains three days after a tummy tuck, which was a big improvement over the 7-14 days which most surgeons use.

Over the past 6 months, I have been using a new technique called Progressive Tension Sutures. This technique uses dissolvable sutures, instead of fibrin glue, to close off the space providing an even more secure closure. The space between the muscle layer and fat layer is now closed off so well that we have been able to eliminate drains altogether for many patients. Now patients can shower the day after surgery, and no longer have to deal with the discomfort and hassle of drains after a tummy tuck. It really is a nice improvement for the tummy tuck patient.

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.