Miami Plastic Surgery would like to wish all our friends and patients a very happy and healthy new year. Thank you for your support through 2011. We hope you are ready to begin 2012 relaxed & rejuvenated!

Dermaceutic Spot Peel & Milk Peel

MPS is ringing in the new year with new treatments!

The Dermaceutic Peel System is the innovative and advanced brainchild of French dermatologists and surgeons that specialize in facial rejuvenation. Used to address a variety of skin conditions, the intensity of the peels range from light to medium using such agents as glycolic, salicylic, and hyaluronic acids.

Now on the MPS menu, we offer:

Dermaceutic Milk Peel: this gentle, anti-aging peel treats early signs of sun damage and aging of the skin such as open pores, fine lines, dryness and poor or irregular texture, as well as acne-prone and oily skin. This 15-minute peel is perfect for the busy person who wants quick results with no down-time.

Dermaceutic Spot Peel: this medium, depigmentation peel treats melasma, sun spots and hyperpigmentation and post-inflammatory pigmentation. This peel acts deeper within the skin.
Case of the Month:
Rhinoplasty with Dr. Wolf

Rhinoplasty is the most commonly performed facial plastic surgery in the United States. Often referred to as a nose job, rhinoplasty is a plastic surgery procedure performed to improve the aesthetics of the nose as well as for reconstructive purposes including the restoration of nasal function. The procedure involves a change in length, contour, width or definition.

There are several types of rhinoplasty:

**Open Rhinoplasty:** a technique where an incision is made in the columella, the column between the nostrils, and the skin is lifted back, exposing the cartilage. Open rhinoplasty allows for a better view of the inside of the nose.

**Closed Rhinoplasty:** involves an incision made from within the nostril, thus eliminating the risk of external scarring. Closed rhinoplasty takes less time to perform and swelling improves more quickly.

**Revision Rhinoplasty:** refers to the restoration to the normal shape and function of the nose following damage through trauma, surgery or air passage abnormalities.

**Ethnic Rhinoplasty:** used to describe cosmetic nose surgery performed on non-Caucasians. The procedure involves cosmetic improvement while maintaining the patient’s ethnic identity.

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Skinceuticals’ Phloretin CF has won the coveted Allure Best of Beauty Award for 2011 "Best Anti-Aging Antioxidant".

The 3x winner combines the newly-discovered, broad-range power of phloretin with vitamin C and ferulic acid in a biodiverse formulation to divide and conquer sources of damage at every level.

The result - a strengthened support structure on the inside and a more youthful, firm, radiant appearance on the outside.

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Dr. Herman: Teacher for a Day!

Dr. Herman recently participated in The Education Fund’s Teach-A-Thon, where he got to walk in the shoes of a teacher for a day.

He taught 6th graders at Fienberg Fisher in Miami Beach a math lesson on symmetry and proportions using parts of the body.

Per Dr. Herman, it was one of the most challenging assignments he’s ever received. "I am truly in awe of the hard work teachers put in everyday to help shape the lives of students and push us to people the best we can be."
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. As with all plastic surgery, good health and realistic expectations are prerequisites.

**BEFORE**

![Before image]

**AFTER**

![After image]

Whether the surgery is desired for functional or cosmetic reasons, your choice of a qualified facial plastic or plastic surgeon is extremely important.

*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](http://www.miamiplasticsurgery.com).*

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**5 Ways You Unintentionally Stress Yourself**

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**Xeomin**

First there was Botox, then there was Dysport, and now, we have Xeomin. The Food and Drug Administration (FDA) recently approved this new botulinum toxin type A product to treat severe frown lines or the "11's" between the eyebrows. Like its predecessors, it works by paralyzing wrinkles and blocking signals from the nerves to the muscles. Results of Xeomin injections manifest within a week and last 3-6 months.

While Xeomin is very similar to Botox and Dysport, it does have its differences. Xeomin is "naked" meaning there are no additives - it is pure botulinum toxin type A. This lessens the likelihood of patients developing antibodies to it. Another difference is that Xeomin does not need to be refrigerated, giving it a longer shelf life.

To learn more about The Education Fund, please visit [www.educationfund.org](http://www.educationfund.org).
Aside from its cosmetic uses, Xeomin is FDA approved to treat cervical dystonia (abnormal neck pain and movement) and blepharospasm (abnormal involuntary movement of the eyelids). Xeomin has previously been sanctioned in European and Canadian markets and is currently approved in 20 countries.

Like all facial injectables, Xeomin should only be administered by board-certified plastic surgeons or facial plastic surgeons.

MPS Participates in Mock Code Training

Last month our doctors, nurses and surgical technicians participated in a Mock Code Training designed to increase staff feelings of competency in decision-making and effectiveness while responding to a code.

Here at MPS, we are dedicated to the highest standard of patient safety.

MPS Gets A Mobile Site
Stress is a characteristic of our daily lives - whether it be stress brought on through work, through commuting to work or from your interactions throughout the day with other people. The good thing is that the majority of these daily stresses can be reduced with proper awareness, practice and discipline. We may not be able to control our external environment but we do have control over the way we react to it.

Here are five little things you are doing every day that unintentionally stress you out, and find out how you can relax in these moments.

1. **Running late to work**: Hitting that snooze button might seem worth it, but that inevitably leads to making up for lost time - skipping breakfast, forgetting something important, wearing two different shoes and overall, a more frazzled you. **Solution?** If you tend to snooze an extra 15 minutes every day, set your alarm an extra 15 minutes early. It wouldn't hurt to lay out your clothes, eat a ready-made breakfast and make a list of anything you might need for the day to ensure a calm and quick exit strategy.

2. **Stressful Thinking**: We can't help it. Our minds start turning and we can't help but make things a bigger deal than they are. Our thoughts get the best of us. **Solution?** Breathe. Take a step back and look at the big picture. Create a plan and map out your steps for a solution or completion.

3. **A cluttered, messy house**: Entering or waking up to a messy house screams stress. **Solution?** Tackle it immediately. Don't put it off. Cleaning can actually help you alleviate stress.

4. **Avoiding a workout**: When work and other obligations take over your life, working out is usually the first thing to go. A couple of days of skipping exercise, and the guilt and stress begins to gnaw away at you. **Solution?** Find the time. Even if it's 20 minutes of cardio during lunch, exercise helps relieve stress AND avoid getting sick.

5. **No bedtime regime**: After a long, stressful day, your instinct is to unwind in front of the television, with a bottle of wine or browsing the internet. In reality, none of these help, they just interfere with your body's ability to rest and decompress. **Solution?** Shut everything down. Take at least 30 minutes preparing to go to sleep. Better options
include taking a warm bath, reading a book or writing in your journal.

**Q & A with Dr. Kelly**

Q. I'm considering getting a breast augmentation but not sure the proper way of describing to the doctor what I want. Would cup size be the best way?

A. Unfortunately, there is no standardization when dealing with cup sizes. One bra manufacturer's C cup may be another one's B cup or vice versa. Therefore, trying to describe your desired results by cup size doesn't really work.

I have my patients try on different implants inside their bras, under a tight shirt and look in the mirror. I want them to keep trying on different implants until they look in the mirror and are completely satisfied. Many patients come in thinking they know the implant volume they want based on what a friend had, but 300 cc's on one patient can look completely different on another patient depending on the amount of breast tissue they have.

It's best to ignore implant numbers or cup sizes and find what you feel looks best in the mirror. In my experience, this is the best way to meet a patient's expectations with a breast augmentation in regards to size.

To schedule a consultation with Dr. Kelly, please call us at 305.595.2969. You can also visit our website at www.miamiplasticsurgery.com.

**Staff Picks!**
We know you’re planning to get your best body ever in 2012... but what about your face? It should be at the top of your list! It’s time to get picture perfect skin.

Step #1: The right face wash.

There's no one-regime-fits-all when it comes to glowing skin, so we asked each of our front desk girls, "What's your favorite face wash?".

"Daily, I use Obagi’s Foaming Gel Cleanser because it’s gentle, yet effective. I also use NIA24 Physical Cleansing Scrub twice a week to exfoliate." - Maria A.

"Obagi-C Rx Cleansing Gel. It contains Vitamin C, aloe and a ton of other antioxidants that give my skin a nice glow.” - Iliana L.

"Obagi’s CLENZIderm Cleanser followed by the supplemental Pore Therapy Toner. I tend to break out and this regimen has worked wonders.” - Ashley B.

"NIA24 Physical Cleansing Scrub! I use it 2-3 times a week to exfoliate and it’s amazing!” - Shaun H.

*Purchase any of these products in the month of January and receive 10% off!*