Product of the Month:
Neocutis Lumiére Riche

Luxuriously rich yet deceptively light, LUMIÈRE RICHE Eye Balm contains a hydration-supplementing formula that helps fight the appearance of fatigued skin, helping to awaken your eyes and improve your skin's moisture retention.

The skin rejuvenating action of PSP® technology is combined with super moisturization, caffeine, skin soothing botanicals and wild yam extract to help target the 7 visible signs of premature skin aging:

- Appearance of fine lines and wrinkles
- Puffiness
- Under eye darkness
- Hydration
- Stress and fatigue
- Sagging and textural changes caused by the environment
- Loss of appearance of elasticity and change of skin tone in relation to seasons or mid-life

Applied twice daily to the skin around the eye area, eyes will regain their youthful vital look in just a few weeks!

10% off through July!

Case of the Month: Chin Implant with Dr. Herman

In 2011, chin augmentation, cosmetic surgery to make the chin look more prominent, soared in popularity and had the biggest growth of any cosmetic procedure. A well defined chin helps give balance to the face and creates a major part of one's profile. A strong profile is commonly associated with a strong personality.
especially in the workplace. With new technologies such as video chat and video conferences readily available, more and more people are paying attention to and realizing the importance of a strong, distinguished chin. According to a recent study, less than 10% of CEOs of Fortune 500 companies have weak chins. The procedure is not only popular among women, but men as well.

Chin augmentation, or mentoplasty, is a relatively straightforward procedure that can make a dramatic difference. The procedure begins by making an incision either in the natural crease line just under the chin or inside the mouth, where the gum and lower lip meet. By gently stretching this tissue, I can create a space where the implant can be inserted.

Chin implants can be made of different synthetic materials that feel much like natural tissue normally found in the chin or out of bone which can be taken from the actual patient or from a cadaver donor. They come in a wide variety of shapes and sizes, allowing custom fitting of the implant to the configurations of the patient’s face. The implant can be attached to the bone with either sutures or screws.

After implantation, I use fine sutures to close the incision. When the incision is inside the mouth, no scarring is visible. If the incision is under the chin, the scar is usually imperceptible.

Chin implant is an outpatient procedure that can be performed with either general or local anesthesia. Recovery is minimal with swelling and discoloration subsiding within several days. It can be performed at the same time as rhinoplasty or liposuction of the neck to balance the overall proportions of the face.
Q & A with Dr. Wolf

Q. I recently had a facelift and I am getting rave reviews. The problem is one look at my hands and my age is a dead giveaway! What can you do to help these poor withered hands of mine? Is there any hope?

A. There is always hope. The first thing you should be doing is preventing any further aging of your hands. You can do this simply by using a good moisturizer and a lightening cream, and most importantly a good sunscreen. There are so many good creams in the market that you should get advice from your physician as to which one you should choose.

More recently, there have been new lightening agents that work reasonably well. Along with new lightening creams, there are many lasers and IPL (intense pulsed light) machines that improve the texture and color of the skin.

The biggest problem associated with aging hands is loss of volume. When you look at your hands you probably see more prominent veins, tendons and just plain too many things. The correction, therefore, consists of "filling in" the loss of tissue in order to make the hands look more "plump" and youthful. There are many ways to fill this volume loss. Each physician has their own preferences and techniques, so it is imperative you choose one you trust.

Non-permanent treatments include injections with hyaluronic acid fillers, such as Restylane, Perlane and Juvederm. The results
can last anywhere from six months up to one year. For hands, these products are being used off-label (not FDA-approved for that purpose), but are commonly used.

Another commonly used product is Radiesse. Radiesse is a calcium-based product that can stimulate your own collagen formation to plump your "skinny" hands. This product requires more expert handling, in my opinion, than hyaluronic acid products. Complications of both products may include bruising, infection and in the case of Radiesse, some "clumping" of the product may occur. In expert "hands," these products work well temporarily to improve your hands without the need for surgery.

I think the best way to permanently improve your hands is fat grafting. This requires that you, the patient, have fat that the surgeon can harvest. I know this sounds crazy, but there are some patients who do not have enough fat to harvest.

The procedure goes like this: Fat is harvested from the abdomen and or thighs - really, wherever there is fat. (I call this "value added"). The fat is then prepared and transferred by a tiny cannula in very small amounts throughout the hand. The reason behind transferring small amounts of fat at a time is in order to improve the survivability of the fat.

Once the fat "takes," the fat should remain permanently. You may need more than one treatment for your hands, as there is a variability of how much fat survives. This procedure can be done with local anesthesia or you can have sedation for those faint of heart. I find that patients are very satisfied with this procedure.

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

Botox Becomes BRotox

Forget the stereotype of a Botox patient being a middle-aged woman. "Brotox", or the use of Botox among men is rapidly gaining popularity. According to the American Society of Plastic Surgeons, 336,834 men received shots of botulinum toxin type A in 2010, a 258% increase from 2000.

The stigma is gone, and men of all ages, ethnicities and backgrounds are now more conscious about their appearance. Men are getting Botox not only to look younger but "happier" as wrinkles can sometimes make men look angrier. Other men are turning to Botox to help give them a boost in the job market.

Most men opt for for spot treatments on specific areas of the face.
the face, most commonly the forehead and between the eyebrows, for a more subtle change whereas women tend to want a complete makeover.

Men are currently the fastest growing demographic in cosmetic procedures.

Shine Control: Tips for Fighting Oily Summer Skin

For most people, especially those who have oily skin, it is much more difficult to take care of their skin during the summer season. Oily skin can be difficult to deal with but with these simple summer skin care tips, you can be sure that you can have great skin this summer season.

**Don't Scrimp on the Sunscreen**

A healthy dose of sunblock, surprisingly, helps control oil and shine. Skip your morning moisturizer and slather on a mineral-based block. *Our picks? NIA24 Sun Damage Prevention SPF 30 or MDSolarSciences Mineral Screen Tinted Gel 30+.*

**Do Scrimp on the Makeup**

Foundation not only feels heavy in hot weather—it melts into your pores and clogs them, and they produce more oil. Aside from clogging your pores, it will just trap the oil on your skin which can cause other skin problems such as acne, blackheads and whiteheads.

**Look Out for those Lips**

Lips are an important part of our face and believe us, they can also look bad if not taken care of properly. *LipSmart*

lip plumper uses a complex blend of safe non-irritant ingredients to boost and compensate for the loss of moisture and volume, while maximizing hydration giving your lips a luscious, healthier look.

**Exfoliate Regularly**

Slough off dead skin cells and clean out pores. Using a physical exfoliation once a week will help to relieve the skin of dead cells and unclog pores. Try *NIA24 Physical Cleansing Scrub* to visibly improves dry patches and uneven texture.
Visit MPS Skincare!

There's nothing like a good ol' HydraFacial! It combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin.