Product of the Month:
Sunforgettable SPF 30
Mineral Powder

Makeup and SPF to go! Brush on physical sun protection with this light-weight mineral powder with a barely-there feel that provides safe and non-irritating UVA and UVB protection.

Sunforgettable redefines traditional sun protection with innovative ingredients that won’t absorb into your skin. The water-resistant formula doesn’t look or feel like regular lotion saving you from that not-so-fun greasy feel. The self-dispensing powder brush makes sun defense simple—easy to apply and reapply throughout the day.

Sunforgettable comes in six great shades and can be applied to even the most sensitive skin. It won’t clog pores or irritate your skin. This summer makeup must-have even gets the seal of approval from The Skin Cancer Foundation!

10% off through June!

Case of the Month:
Blepharoplasty with Dr. Wolf

Blepharoplasty, or eyelid surgery, is a cosmetic procedure that involves the removal of excess skin and fat on the upper and lower eyelids and is designed to restore a more youthful appearance to your eyes.

Since under eye bags and dark circles are something we associate with aging, we tend...
to assume that blepharoplasty patients are older adults over the age of 40. However, that is not always the case.

I often see younger patients who suffer from "puffy" eyes not necessarily because of age, but instead, due to an inherited condition or trait that causes larger fat deposits around the eye.

In this particular case, the patient is a 23 year old male whose baggy eyelids were congenital. I performed a transconjunctival blepharoplasty, meaning the incision was made from the inside surface of the lower lids. This allows removal of lower eyelid fat without an externally-visible scar. The transconjunctival approach is used when only fat, not excess skin, is being removed from the lower eyelid.

In the patient's After Picture below, which was taken only four days post surgery, you will note there is no visible scarring and minimal swelling.

Vancouver.

As a resident, having the opportunity to attend an ASAPS meeting and directly meet and learn from top surgeons sets them apart from their peers and gives them early exposure to the latest and greatest.

To qualify for this scholarship, residents must be in good standing in their approved plastic surgery programs, a letter of recommendation is required and they must attend an educational session during the meeting.

We couldn't be any prouder of Dr. Franco!

Patient Corner

"Miami Plastic Surgery is the best! I had a breast augmentation and a tummy tuck many years ago with Dr. Herman and the results were awesome. I also recently did my eyes and neck and I feel like a new person.

My daughters also had their breast augmentations done with Dr. Herman as well and the results were fantastic.

I highly recommend Dr. Herman as a professional and as a kind and caring human being. The office staff is so friendly that they make you want to come back for more."

LipSmart Love!

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.
Summer Skincare Tips

Summer means longer days and more time spent outside. From sunburns to dry, flaky skin to chlorine and germ-clad beauty supplies, summer weather can be tough on your skin and beauty routine. Taking care of our skin in this time of year is a MUST! Keep these warm-weathered skin tips to keep your face and body looking their best.

Looks like we’re not the only one who can’t get enough of LipSmart!

Sports Illustrated model, Nina Agdal showed the luscious lip plumper some love at a recent event.

LipSmart restores collagen with a secret combo of amino acids, such as soy extract and peptides, which moisturize and pump your pout.

Get smart about your lips!

Liposuction and Tummy Tuck Are Good for You!

A recent study in the April issue of Plastic and Reconstructive Surgery reports that Patients undergoing cosmetic liposuction and/or abdominoplasty (“tummy tuck”) procedures report significant improvements in self-esteem and quality of life.

Out of the 360 patients studied, 99% said they would recommend the procedures to friends/family, 86% reported improved self-esteem and 70% reported improved quality of
**Be SPF Smart**
Choose sunscreens that provide broad-spectrum protection (they block both ultraviolet A (UVA) and ultraviolet B (UVB) rays) with a minimum of SPF 15. Apply sunscreen liberally at least 20 minutes before you go outside; reapply every two hours and always after swimming. And don’t let those clouds fool you - apply sunscreen every single day!

**Live for Lip Balm**
Protecting your lips is key to preventing skin cancer. Your lower lip is actually susceptible to sun damage. Also use a balm of at least SPF 15 under your gloss and reapply often. The shine in a gloss without built-in protection can actually act like a magnifying glass, attracting rays and intensifying their burning power.

**Exfoliate**
Sun, sand, sweat, and sunscreen only increase the amount of dead skin cells that build up on your face and body. If you don’t get rid of them, they’ll just sitting on your skin making you look dull and dry. No matter how much lotion you use, you’re never going to have glowing skin if you don’t exfoliate. Grab a body scrub and hit the shower.

**Out with the Old**
Throw away last year’s unused sunscreen for a new bottle. Sunscreens aren’t meant to last forever. Same goes for makeup. Swap foundation for tinted moisturizer. These sheer formulas look and feel airier on skin and are less likely to turn cakey on steamy day.

**Hydrate**
Water also helps flush out toxins in the body and helps keep the complexion smooth and radiant. Drinking water also helps prevent dehydration, which is very common during the hotter months. Carry a water bottle with them at all times to make sure that they are drinking enough water.

**Q & A with Dr. Kelly**

Q. I have heard fat travels to other areas after liposuction. Is that true?

A. Nope. That is an urban myth. I have been performing liposuction procedures for 20 years and have never seen that happen. Yet, I get patients asking me this at least once a week!
The reality is that we have a finite number of fat cells in our bodies and they get bigger and smaller as we gain and lose weight. If you remove fat cells from a particular area, as with liposuction, they can never come back and they certainly can't "travel to somewhere else." There is also never a compensatory growth of fat cells in other areas.

The only "flaw" with liposuction is that you have to maintain your weight in the years following surgery. If you eat too many cheeseburgers, and gain 20 pounds, you will be fatter everywhere. With or without liposuction, too many calories equal weight gain. As long as you maintain your weight, liposuction results should last your lifetime and the fat will never come back nor will it go somewhere else. Liposuction is a great tool to sculpt the body and has lasting results.

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.