**MD SolarSciences**

**Mineral Crème SpF 50**

*Who knew sunscreen could be so fancy?*

Naturally derived Zinc Oxide (Ecocert) and Titanium Dioxide provide elegance to this crème with natural mineral based SPF 50 Broad Spectrum sunscreen protection.

Specifically formulated for acne and rosacea-prone skin, this lightweight, "barely-there" formula goes on silky smooth and blends quickly and easily to a moisturizing, matte finish to help even skin's tone. Antioxidants provide additional protective skin benefits that include reduced risk of photo aging and protection against skin cancer.

*The result? A subtle natural mineral tint that minimizes redness.*

**10% off through March!**
Breast Augmentation
with Dr. Kelly

In 2012, for the sixth year in a row, breast augmentations were the number one performed cosmetic surgery in the United States. More than 286,000 breast augmentations were performed last year.

In my experience, breast augmentation patients come in two main varieties - women who have always had small breasts and wanted a larger size, and mothers who have lost breast tissue post pregnancy. In both cases, we can use implants to make the breasts larger.

The two main implant options are saline and silicone with the major difference being what they’re filled with. Saline implants consist of an empty shell that is filled with sterile saline (salt water) solution at the time of surgery. Silicone implants also have a silicone shell but are filled with a cohesive, silicone gel.

In March of 2012, the FDA approved a new type of silicone implant. This high-strength, cohesive silicone implant is semi-solid and maintains its shape. Implants made of this type of silicone are sometimes referred to as "gummy bear" implants because when cut, they adhere just as gummy bear candy would.

Breast implants can be placed either over or under the muscle. Many factors will determine which placement is best for you including body type and existing breast tissue and desired results.

Both saline and silicone implants can be inserted through a variety of incisions. I specialize in the Endoscopic Axillary Technique, which leaves no scars on the breasts and ensures the quickest recovery possible. Most patients can return to work and normal activities after 3-4 days.

Dr. Wolf recently became a "teacher for a day" in The Education Fund's Teach-A-Thon, a yearly fundraiser where business professionals become and experience firsthand the difficulties and rewards of a day in the classroom.

This was his second year participating and we recently found out he was one of THE top fundraisers.

Dr. Wolf sits on The Education Fund's Board of Directors and was honored last year at the organization's annual Art of Found Objects Charity Auction for demonstrating that public education is an institution that has produced thriving individuals who contribute to our community.

Way to go Dr. Wolf! We salute you for all that you...
Q & A with Dr. Franco

Q. I had a breast augmentation five years ago. I loved them, but now one of them is very hard and occasionally painful. Is there anything I can do to treat this or prevent it?

A. That is a very good question. What you are describing is called capsular contracture. This is when the body forms scar tissue around the breast implant, which then deforms the breast and can occasionally cause pain. Fortunately, this only occurs in a very small amount of women that undergo breast augmentation. It occurs more commonly in women who have undergone breast reconstruction and have had radiation treatment.

There are several techniques that have been developed over the past few years that have decreased the recurrence of this scar tissue.

Prevention is key. Techniques that can decrease the risk of developing capsular contracture include washing the breast pocket with antibiotic solution prior to placement of the implant and using a “no touch” technique when placing the implant. Both of these are administered at Miami Plastic Surgery.

Treatment options include several of the following. First, is removal of the scar tissue from the breast pocket. This allows the breast to
resume its natural soft shape. The second involves the combination of several options of which should be discussed with your surgeon to decide which is best for you. Commonly, if the implant had been placed over the muscle it should be moved to below the muscle. The use of a textured implant may also decrease the risk of forming the scar tissue.

New techniques and material that are available for treatment of capsular contracture are Strattice and fat grafting.

Strattice is a natural product that can be placed in the breast pocket to cover a portion of the breast implant. The idea is that the product covers a portion of the implant and prevents the scar tissue from forming completely around the implant, and thus the circular contracture cannot form to the same degree.

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

2012 Plastic Surgery Stats

It's that time of year again!

The American Society of Plastic Surgeons recently released its statistics for 2012. More than 14.6 million cosmetic plastic surgery procedures, including both minimally-invasive and surgical, were performed in the United States in 2012. That is a five percent increase from 2011.

The big trend in 2012?
Faces! Facial rejuvenation procedures, both surgical and minimally-invasive, experienced the most growth in 2012. Facelifts
and eyelid surgeries were up, while 2012 marked the highest number of botulinum toxin type A (Botox®, Dysport®) injections performed to date.

Here’s the complete breakdown of the top five surgical and non-invasive procedures performed in 2012:

**Surgical**

1. Breast Augmentation  
2. Nose Reshaping  
3. Liposuction  
4. Eyelid Surgery  
5. Face lifts

**Non-Invasive**

1. Botulinum toxin type A (Botox®, Dysport®)  
2. Facial Fillers  
3. Chemical Peels  
4. Laser Hair Removal  
5. Microdermabrasion

*Good thing we have an amazing team of doctors and aestheticians to perform these popular procedures, right?!

Introducing...  
**The Brilliant Distinctions Mall**

Brilliant Distinctions, the exclusive rewards program launched by Allergan, the makers of Botox, Juvederm and Latisse, now has a new way to earn points...  
**The Brilliant Distinctions Mall**!

Members can shop the online mall, at stores such as Gap, Ann Taylor and Best Buy, and earn points with every purchase. Points accumulated can be used towards Brilliant Distinctions treatments at MPS!

For more information or to become a Brilliant Distinctions member, click here.