Miami Plastic Surgery wishes all moms a Happy Mother’s Day!
May your day be filled with joy and may you be surrounded by all that you love and all who love you.

Ultherapy: An Uplift, Not a Facelift!

We are extremely excited to announce that beginning May 9th, we will be offering Ultherapy! The non-surgical, non-invasive treatment for the face uses ultrasound and the body’s own natural healing process to lift, tone, and tighten loose skin.

So how does it work? The FDA-approved device used in Ultherapy utilizes the safe, time-tested energy of ultrasound to stimulate the deep structural support layers of the skin—including those typically addressed in a surgical facelift—without disturbing the surface of the skin.

Your skin’s response to this energy is to recondition tired skin by stimulating the growth of fresh, new collagen. The result is a tightening and gradual lifting—or shifting—of the skin back into a more youthful position and form-fitting shape.

Ultherapy is a one-time treatment that lasts 30-60 minutes and there’s absolutely no downtime. Patients may notice a short-term “boost” but the natural process of creating new, more elastic collagen builds over time—much like the effect that exercise has on building muscle (but without the multiple workouts!). Results will unfold over the course of 2-3 months and some patients have reported continued improvement for up to 6 months!

Whether you are between surgeries, using a non-surgical treatment regimen, or looking for an entry-level way to put collagen in the bank as ‘skinsurance,’ Ultherapy is a great option!

This month, we’re saying "thank you" to nurses!

During May, all nurses will receive 50% off all skincare treatments & $150 off injectable treatment appointments.

Help us spread the word and let all the nurses in your life know!

To schedule an appointment, please call us at 305.595.2969.

The Numbers Are In...
Case of the Month: Buttock Augmentation with Dr. Franco

An area of the body not easily enlarged, shaped by weight training or diet is the buttocks region. Significant weight loss or pregnancy can also deflate and "droop" the buttock. A buttock augmentation is a surgical procedure that can enhance the natural curves for patients who are unhappy with the shape of their buttocks.

Originally, the concept of buttock augmentation was limited to the use of implants, however the shape was limited because the implant could not be tailored to the individual patients.

Buttock augmentation has since evolved into more than just increasing the size of the buttock to being able to contour the patient’s overall shape. I use a technique known as micro fat grafting.

The idea is to narrow the waist through liposuction then using the fat to shape the buttock, which is known as fat grafting. The procedure begins with liposuction of the abdomen, flanks or hips to harvest fat that will be then used to shape the buttock. The fat is then processed and only the viable fat is used to shape the buttock. This technique of fat grafting allows me to sculpt the buttock and avoid the use of implants.

The patient pictured below wished to enhance her buttock because the lack of shape made it difficult for her to find clothes that fit properly and looked good. It was something she's always been self-conscious of and with this surgery, she could not only shape her buttock, but also narrow her waist and improve her body’s overall shape.

BEFORE

AFTER

The American Society for Aesthetic Plastic Surgery (ASPS) has released its 15th annual procedure statistics.

Survey says?

Almost 9.2 million surgical and nonsurgical procedures were performed in 2011. This is a 197% increase since 1997!

And the #1 most performed surgery of the year?

Drum roll please...

Liposuction!

Breast Implants Turn 50!

In the spring of 1962, Timmie Jean Lindsey, a mother of six in Houston, Texas, went from a B cup to a C cup with silicone breast implants. She was the first woman to ever undergo a breast augmentation.

Lindsey was actually at the hospital to have a tattoo removed from her breasts, but was asked by two ambitious surgeons, Drs. Frank Gerow and Thomas Cronin, if she'd be interested in undergoing a "first of its kind"
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.

Mother's Day Specials

Cards and flowers haven't gone out of style, but this Mother's Day, celebrate the moms in your life by giving the gift of ageless beauty!

Whether it's for a wife, mother, best friend, neighbor or even yourself, MPS has something for every mother to enjoy. After all, what mother doesn't want to feel pretty and pampered on Mother's Day?

**Non-Surgical Mommy Makeover**
Dysport treatment + HydraFacial for $600

**HydraFacial Packages**
3 for $300 or 5 for $500

**Laser Hair Removal Packages**
Buy a Full Leg Package & Receive a Free Bikini Package or
Buy a Half Leg Package & Receive a Free Underarm Package

**Mother's Day Specials**

The rest, as they say, is history. Lindsey, who is now 80, says, "It's kind of awesome to know that I was the first!"

With the ever-growing demand for breast augmentations, we have a feeling the procedure will be around to celebrate its 100th birthday!

**Dr. Kelly's Blog Is A Hit!**

Since its launch back in August, Cosmetic Concerns has gotten some great feedback!

Patients love reading Dr. Kelly's thoughts on all things nip/tuck and more!

To receive new posts via email, sign up at www.cosmeticconcerns.com

**MPS Is Pinning!**

We've seen how enthusiastic many of you are about Pinterest and we decided to join in on the fun!

Check out our boards to peruse the latest on skincare products, health and fitness tips and even before/after pics!

**Dr. Wolf Goes to**
Q & A with Dr. Herman

Q. I am considering a breast augmentation but don't really know the difference between saline or silicone implants. Can you please explain? Is there a better choice?

A. The major difference between saline and silicone implants is what they’re filled with. Saline implants consist of an empty silicone 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.

Most surgeons and patients agree that silicone implants look and feel more like natural breasts, while saline implants tend to feel firmer and may look and feel less natural. However, some patients prefer saline implants as they provide the plastic surgeon more control over the size and do not require special studies to determine if an implant is leaking or ruptured.

In the event of rupture, saline implants don’t impose any immediate danger as salt water is not toxic to the body and is rapidly absorbed. A ruptured saline implant will rapidly deflate and will be noticeable to the patient. When a silicone implant ruptures, the patient may not even notice as the cohesive nature of the silicone will allow the implant to stay together. It generally takes a mammogram or other study to detect a leak. After some debate a few years back as to whether a silicone gel leak could cause medical risk or disease, the FDA deemed them safe in 2006.

In terms of the actual procedure, both saline and silicone breast implants can be placed through a variety of different incisions. For most patients, Dr. Herman prefers placing implants through a small incision in each armpit. There are many advantages to this incision placement and these can be discussed with you during your consultation.

Bottom line? Each patient should sit down with her surgeon after a thorough examination and discuss which option makes the most sense for her body and goals for surgical outcome.

For more information or to schedule a consultation with Dr. Herman, please call us at 305.595.2969 or visit our website at India!
Summer Slim-Down

Did someone say beach season?!?! That's right, the warm weather is here, Memorial Day right around the corner, it's only a matter of weeks before it's time to put on that body-baring bikini. Don’t fret... Here are a few tips to help you whip your body back into shape and achieve a slender, summer slim down!

**Set Up a Supermarket Strategy**

Thinking through exactly what you're going to eat can make you more likely to stick to your diet goals. Fun fact? The healthiest foods - fresh produce, meats, and dairy - are usually located in the outer aisles.

**Stay Away From the White Stuff**

Cut out white bread, white pasta, white rice and anything made with white flour or sugar from your diet. When your body isn’t used to the extra salt and sugar, it holds on to a lot of water. Once you get rid of that water weight, your energy levels come back up.

**Move Your Body**

When it comes to attaining a gorgeous figure, you can’t skip exercise. Though it’s possible to lose weight without it, exercise is the key to getting those long, lean, beautiful muscles you’ve always dreamed of flaunting.

**Water, Water, Water**

Drinking lots of water, at least eight 8-ounce glasses a day, is one of the simplest and best things you can do for your body. Staying hydrated boosts your metabolism, and drinking water before meals helps you eat less.

**Stay Motivated**

It's easy to fall off the wagon and stop going to the gym and eating healthy, but stay on track! Focus on your goal and the results you want. We promise, it's worth it!