Wishing this Thanksgiving finds you with plenty of reasons to give thanks!

Product of the Month:
iS Clinical Youth Complex

Create incredible skin with this rapid wrinkle reducing formula that offers immediate, intermediate and long-term improvements to your skin!

iS Clinical's Youth Complex® provides rapid wrinkle reduction, while rebuilding skin at the deepest level. A unique blend of potent antioxidants, innovative natural hydrators and botanical extracts restore and reinforce the skin's natural support structures for a continued youthful appearance.

Youth Complex® increases hydration within the skin to plump fine lines and wrinkles, promote exfoliation, and encourage the production of collagen and elastin, giving the appearance of tighter, smoother and plumper skin.

We are happy to announce that we now carry iS Clinical, the exclusive clinical skincare brand by INNOVATIVE SKINCARE.

Talk to one of our medically trained aestheticians to find out more about this exceptional line and its products.
Case of the Month with Dr. Herman: Open Capsulectomy with Breast Implant Exchange

Breast implant exchange is a commonly performed procedure. Problems can occur with breast implants that require patients to consider exchanging their implants. In many cases, the patient has had the breast implants for many years and due to changes in their body size, age or pregnancy the breast implants need to be replaced.

The most common complications experienced by women with existing breast implants include hardening of the breast implants due to capsular contraction, feeling of tightening or pulling, distorted look of the breast, rupture or deflation of the implant and rippling or wrinkling.

In this particular case, my patient experienced capsular contraction which is when scar tissue forms around the implant as a natural response to a foreign object implanted in the body. The scar tissue tightens and makes the breast round, firm and possibly painful.

To correct this complication, I performed an open capsulectomy. This procedure involves gaining entry to the
breast through a small incision around the areola and removing the old implants as well as the entire capsule of scar tissue surrounding the implants. The new implants were then placed in their new position behind the chest muscles which improved the appearance and feel of the breasts as well as decreasing the risk of recurring capsular contractures.

BEFORE

AFTER

If you would like to schedule a consultation with Dr. Herman, please call us at 305.595.2969. You can also visit our website at www.miamiplasticsurgery.com.

Reward Yourself with Allergan's Brilliant Distinctions Program

The Brilliant Distinctions™ Program is an exciting new Consumer Loyalty Program that offers a multitude of great rewards when you receive BOTOX® Cosmetic treatments! If you are a regular BOTOX® or Juvéderm® user, or a regular consumer of Latisse®, this program will save you money. Think of it as a "frequent flyer" program for BOTOX®, where you receive 200 points ($25 dollars) per BOTOX® treatment. Also, the more you participate in the program, the greater the rewards! You can use your points right away, or wait

There's never been a better time to treat your 1's! Now through December 31, 2011, you can save $50+ on your next BOTOX® Cosmetic Treatment. Join Allergan's Brilliant Distinction program to redeem rebates instantly!

Best of Beauty

We are proud to announce that MPS was included in Allure Magazine's Best of Beauty Directory as THE place to go for a facial in Miami!

Congratulations to our fabulous aestheticians, Ana & Kelley!

Anesthesiologist of the Month: Dr. Sovietsky Moreta
and combine them in the future for a bigger discount. The points that you earn can be converted into coupons that you can use towards your next BOTOX® or Juvéderm® treatment, or toward your next Latisse® purchase.

Becoming a member is absolutely FREE. Enjoy all the program has to offer! Click below and sign up today!

Avoid the Dreaded Holiday Weight Gain

With the holiday season just around the corner, we find ourselves surrounded by festive foods and the subsequent, inevitable weight gain. It happens every year, but maybe, just maybe, this can be the year that your New Year's resolution doesn't have to include shedding those extra holiday pounds.

Survive the holiday hoopla with these tips to stay on track and still enjoy the season!

1. **Stay active.**
   Nothing helps you maintain your weight like physical activity. Try to increase the amount of exercise you get in October, November and December, and be especially sure to get in a good workout on Thanksgiving morning (and/or take a nice long walk after dinner).

2. **Moderate.** You can indulge without going overboard. Strive to balance out your calories. If you have a holiday party at night, make adjustments and eat healthier in the

We're extremely thankful for October's Anesthesiologist of the Month - Dr. Sovietsky Moreta!
Born and raised in Puerto Rico, Dr. Sovietsky has been a part of the MPS family for more than five years.

He received his medical degree from the University of Puerto Rico School of Medicine and went on to complete his specialty in anesthesiology at the University of Texas Health & Science Center in San Antonio.

Dr. Moreta enjoys playing tennis, traveling, good food and great music. He's looking forward to the holiday season to spend some quality time with friends and family.

And his favorite thing about MPS? Our knowledgeable and caring staff!
3. **Never arrive hungry.** Skipping meals and "saving calories" is a huge misconception. Not only are you slowing your metabolism, but you're setting yourself up to binge.

4. **Limit Alcohol.** Yes it's a party, but alcoholic beverages contain "empty calories," offering little to no nutritional value and contributing to excess weight gain. Try having a seltzer with a lime twist or a glass of water between alcoholic drinks to help cut calories and remain well hydrated.

5. **Be Choosy.**
Pumpkin pie vs. pecan pie? Pick your poison!

6. **Step Away From the Food Table.** You will be less likely to partake in unconscious snacking all night if you instead move, mingle and socialize with friends.

*Just remember that holidays are meant to be for your enjoyment, not for you to over-indulge and regret later!*

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**Q & A with Dr. Wolf**

Q. Hi! I'm a teenager who is considering rhinoplasty to refine a rather large nose. But is there such a thing as my face actually growing to the point where it matches the size/shape of my nose?

A. I certainly hope not! Imagine all those over sized faces I would have to work on! What you may have heard is that you should not have your nose operated on too early, because your nose can continue to grow as you...
get older. Rhinoplasty, or "nose jobs", are done at different ages for men and women, because they mature at different stages (I did not need to tell you that!). Young girls are generally done between 15 and 16 years of age and older. On occasion, and under special circumstances, teenagers may be done earlier.

The problem with performing this surgery too young is based on the assumption that the nose may not be fully developed and may continue to grow after the surgery. If the nose were to continue to grow, the patient would need further surgery in the future. Another problem that may occur is that the "growth plate" of the nose may be ill affected and the nose will not grow to normal size (isn't that the point!).

So what should you do? Have the surgery with a physician who is experienced and does nasal surgery frequently. See at least two facial plastic surgeons or plastic surgeons who do a lot of nose surgeries. Get the surgeons' opinions, see their before/after pictures and ask as many questions as you need to feel comfortable and make a decision. Ask how often they perform rhinoplasty surgery, how often they need to revise (redo) their nose surgeries and finally ask about the risks of the surgery. Nasal surgery is generally a very safe and satisfying procedure and personally one of my favorite operations to perform!

If you would like to schedule a consultation with Dr. Wolf, please call us at 305.595.2969. You can also visit us at www.miamiplasticsurgery.com.

competitors during my research but no one beats this team. Best choice I ever made in my life!"

- C.B.

Check out Dr. Wolf in the November issue of Vanidades!

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MPS To Debut New Eco-Friendly Bags!

We're going green! Be on the lookout for eco-friendly, reusable shopping totes!

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