Product of the Month: Neocutis Bio-Restorative Serum

Completely transform your skin in as little as one week with NeoCutis Bio Serum with PSP® Intensive Treatment. Target the appearance of lines, wrinkles and photo damage to help activate your skin’s youthfulness with this fast acting super serum.

Bio Serum sets a new scientific standard in skin rejuvenation with a complementary approach that addresses collagen, elastin, hyaluronic acid and depleted aging skin. Packed with an unprecedented concentration of PSP® plus key ingredients that work in synergy with PSP®, Bio Serum is a high performance protein intervention that helps boost the skin’s own regenerative power to help reduce the appearance of aging skin.

PSP® is one of the latest scientific breakthroughs for anti-aging and post-procedure skincare. Exclusive to Neocutis, PSP® is the optimal protein blend of Growth Factors, Cytokines and Interleukins to help.

10% off through the end of November!
Case of the Month:
Lip Enhancement with Dr. Herman

We all want full, shapely and beautifully defined lips. Some of us have never had them, and some of us have lost some of what we had.

Restylane® is the first FDA-approved cosmetic dermal filler approved for the treatment of lips. Restylane® is made of hyaluronic acid.

Hyaluronic acid is a natural substance that already exists in the human body to provide volume and fullness to the skin. Restylane® can improve the shape and proportion of your lips with long lasting and natural-looking results.

As we get older our lips change. They lose volume and can begin to wrinkle. Restylane® can reduce wrinkles, and create fuller, more attractive and more youthful looking lips. Even smoker’s lines can be improved with this simple, safe and effective treatment.

Restylane® results are long-lasting, giving lips a fuller, more youthful appearance for six months or longer. Downtime is minimal and with the new formulation Restylane-L, which contains the local anesthetic Lidocaine, as well as our our specially formulated topical numbing cream, the treatment can be performed with virtually no discomfort.

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

On October 17th, we celebrated the first annual Breast Reconstruction Awareness, or BRA, Day.

MPS teamed up with Body & Soul, a local fitness studio to host a VideoSync Fundraiser. The high energy dance class was a fun way to raise money and awareness.

Dr. Franco was a great sport and movin’ and shakin’ the entire class!

All proceeds benefited the Breast Reconstruction Awareness Fund of the Plastic Surgery Foundation.

For more information on breast reconstruction options, please visit www.bradayusa.org.

Dr. Kelly Goes to NOLA!

This past weekend, Dr. Kelly attended Plastic Surgery The Meeting in New Orleans.

More than 4,000 plastic surgeons attended the annual event to discuss the latest advances,
Protect Your Skin From Winter Woes

Tis the season for holiday parties and face to face gatherings with family and friends! Are you ready for your close up? If not, don’t fret!

Here are a few helpful tips to get you looking great, with or without makeup, all season long!

**Stress Less**

Though stress is common during the holidays, work to minimize it or manage it. Stress can contribute to or aggravate acne or other skin conditions. Take steps to manage stress, such as exercise, eating right or using relaxation techniques like meditation or yoga to help you feel and look more relaxed!

**Rest**

This is the most overlooked step in getting your skin gorgeous. While we sleep our skin is being restored and renewed. Well-rested skin is bright and healthy looking. Tired skin is dull and lackluster.

**Hydrate**

Too many cocktails and late nights combined with cold weather days and indoor heat, and all the moisture has been sucked from your skin. Drink water... and plenty of it! And for direct skin hydration? A HydraFacial!

**Be Proactive**

The best place to begin is with some preventative care, starting as soon as possible. The better shape your skin is in as the holiday season starts, the better you will look throughout the season. Schedule a consultation with your aesthetician to find out what products and treatments will get your skin glowing!

To schedule a complimentary consultation with one of our medically trained skincare aestheticians, Ana or Kelley, call us at 305.595.2969.

Q & A with Dr. Wolf

Q. My neck is driving me crazy! Can you tell me what possible treatments are available, as all I see is a wrinkled mess. Are there non-surgical treatments for it?
A. I am going to guess you are somewhere in your early 40s. In my experience, that is when many patients begin to notice their necks. Their eyes could be what’s making them look older, but it’s their neck that they are fixated on.

Sometimes, necks will look bad or aged because of dry skin. Using the appropriate moisturizers can improve this. If you have "cords" in your neck, this means you could have very active muscle movement. If this is the case, Botox or Dysport could help you by relaxing the muscles and making your neck appear smoother.

Other non-invasive procedures include Fraxel (laser), Thermage (radio frequency waves) and Ulthera (ultrasound). All these treatments can improve the look of your neck, but you should always speak to your doctor first, as he might have a preference or suggestion as to which will work better for you.

If a more definitive solution is what you want, here are some suggestions...

If you have a small amount of fat with a grade one gobbler (i.e. saggy turkey neck), liposuction is all you may need. If, in addition to having fat, you have excess skin, you may need liposuction with excision of skin under the chin. The incision is well hidden and usually imperceptible.

Liposuction may be done with local anesthesia and mild sedation and is an outpatient procedure. If you have muscle bands along with excess skin, you may need to have a full neck lift. This means bigger incisions may need to be extended behind your ears to access and treat your major gobbler.

Finally, if all else fails and you may have too much for a neck lift, your physician may suggest that you undergo a face and neck lift. While it’s sounds like I’m simplifying this answer, know that you do have choices and you should be empowered to ask your doctor about them.

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.
Beauty Reviews

We all have skincare and anti-aging regimens we can’t live without. Some of us are facial fanatics, others laser lovers and others Dysport devotees.

We’ve asked a few members of the MPS team to spill their can’t-live-without treatments! Find out who likes what below:

"Botox is my drug of choice... Have to have it every 3 months!!!"  
- Ligia Perez, Patient Coordinator to Dr. Kelly

"HydraFacials... Every 4-6 weeks religiously. Not only does it help prevent breakouts, but it gives me a great glow that lasts for days!"  
- Ronnie Moro, Director of Marketing

"I would NOT want to live without Botox!!!"  
- Maria Andrew, Front Desk Supervisor

"Laser Hair Removal! Being able to throw on a tank top or bikini bottom without having to worry about any embarrassing hair snafus is priceless. My beach prep has been simplified to sunscreen and picking out a bikini!"  
- Christina San Jorge, Office Administrator

"Botox! It lifts me like no other!"  
- Ellen Frank, Patient Coordinator to Dr. Wolf

"I can’t live without my HydraFacials! Getting them regularly has improved my spots, open pores and overall texture of my skin."
- Iliana Lara, Patient Coordinator to Dr. Franco

Laser Hair Removal for sure! Living hair free is amazing. I don’t have to deal with the little bumps after shaving and I’m always ready for tank tops and bikinis which comes in handy living in
Miami!
- Ivette Oliva, Patient Coordinator to Dr. Herman

Thanks for the tips ladies!

Miami Plastic Surgery
8940 North Kendall Drive, Suite 903-E
Miami, FL 33176
305-595-2969
www.miamiplasticsurgery.com