In honor of Breast Cancer Awareness Month, Miami Plastic Surgery will donate a portion of all skincare proceeds in October to Bosom Buddies Breast Cancer Support.

**Hair, Hair Go Away**
**Come Again Another Day—NEVER!**

Put an end to stubble, waxing and ingrown hairs! Laser hair removal is the most convenient method to get rid of unwanted body hair because it lasts the longest. The permanent hair reduction treatment might seem pricey at first, but think about how much you’re saving in the long run—no more razors, depilatory creams, waxing appointments or last minute bikini ‘oops’ moments. Miami’s infinite summer season is coming to an end which means it’s the perfect time to go forever smooth!

Check our extended specials just for you:

- **Buy 2 Laser Hair Removal Packages & Receive 25% Off**
- **Buy 1 Laser Hair Removal Package & Receive 1 Facial Area Package for FREE**

In honor of Breast Cancer Awareness Month, Miami Plastic Surgery will donate a portion of all skincare proceeds in October to Bosom Buddies Breast Cancer Support.
Come with a Friend and You Each Get $100 Off Any Laser Hair Removal Package of Your Choice

To schedule your complimentary consultation or book a package, call us at 305.595.2969.

*All packages must be prepaid at time of purchase. Cannot be combined with any other promotions or discounts. Offer valid through October 31, 2011.

Product of the Month:
NEOCUTIS LUMIÈRE RICHE

Luxuriously rich, yet deceptively light, NEOCUTIS LUMIÈRE RICHE Bio-Restorative Eye Care with PSP® provides intense hydration, helping increase the skin’s moisture retention.

The skin rejuvenating action of PSP® technology is combined with super moisturization, caffeine, skin smoothing botanicals and wild yam to help target visible signs of premature skin aging including the appearance of fine lines and wrinkles, under eye darkness, loss of elasticity and discoloration.

10% off through October!

How do celebs get their skin red-carpet ready? With the HydraFacial, of course!

According to The Hollywood Reporter, starlets such as Kate Winslet, Evan Rachel Wood and Amy Poehler, swear by the unparalleled, invigorating treatment for beautiful, glowing skin.

Anesthesiologist of the Month:
Dr. Piotr Krasuski

Kudos Dr. K! MPS is proud to name Dr. Piotr Krasuski Anesthesiologist of the Month for October.

Born and raised in Poland, Dr. Krasuski
Case of the Month with Dr. Wolf: Sculptra Aesthetic for Liposuction Irregularities

Liposuction is one of the most common cosmetic procedures performed in the United States. In recent years, a number of non-surgical, pseudo treatments have been marketed claiming to produce the same result as traditional liposuction. Unfortunately, many times, post procedure, patients are left unsatisfied due to depressions in the skin and areas that appear to have protrusions of fat. These could be the results of a poor technical physician or just the way your body healed.

When liposuction is undertaken, the surgeon and patient are relying on the skin to contract appropriately. Possible solutions include revision liposuction or fat grafting to fill in the depressions.

However, if you don't want to undergo surgery, there is a novel, off-label use of Sculptra Aesthetic (Poly-L lactic acid) that could be a good alternative. When injected, Scupltra can stimulate your body to form collagen and fill in defects. It is most commonly used for facial filling when patients have lost volume. I have used it multiple times to correct liposuction irregularities and it has worked very well.

Because Sculptra requires approximately three to four weeks to stimulate collagen, the patient must return for evaluation to determine if more Sculptra is needed. Once the defect is fixed, expect the results to last one year. Facial results tend to last up to two years. I recommend the patient to return approximately every nine to 12 months for evaluation and possible retreatment.
Safety of Silicone Breast Implants

On September 1st, after much debate, The Food and Drug Administration ruled that silicone breast implants are safe and will stay on the market.

Earlier in June, the FDA had pointed out that women who undergo the procedure experience post surgery complications frequently and, at times, need additional surgery to fix or replace them. It also emphasized that silicone implants must not be considered as lifetime devices.

In 2006, after a 14 year ban, FDA approved silicone gel-filled breast implants, with the condition that manufacturers, Allergan and Mentor, continue to do studies and track complications. Such implants had been banned because of concerns about leaking silicone gel and the problems it can cause the connective tissues. Due to lack of patient participation, the studies were never fully carried out and lacked sufficient data.

The FDA says it will work with the manufacturers to come up with ways to boost participation rates in these studies.
What's Your De-Stress Style?

Got stress?
We know the answer... YES!
YES! YES! These days it seems like everyone is living and breathing stress. According to the World Health Organization, by 2020, the top five diseases will have one contributing factor: STRESS. Our take away from that? We all need to chill out!

From yoga to crying to punching pillows, we all have our own unique ways to unwind and zen out. So we asked our nurses and surgical techs, "What's your de-stress style?"

"After a long day at MPS, I take a nice, hot shower, drink a glass of red wine and get in bed with my little man. We watch TV until he falls asleep in my arms. PRICELESS!"
- Brici Garcia

"There's different things I can do to de-stress. Work out, read a book, light aromatherapy candles, and, believe it or not, hang out with my kids."
- Lili Sotolongo

"De-stress? Does helping my son with his history homework count?"
- Adriana Jaramillo

"ME time. I get home, take a long shower and just hang out in my room with the door closed for 30 minutes or so, letting my husband deal with the children and whatever else is going on. That's all it takes- 30 minutes of peace and quiet."
- Edna Arenas

"Shopping! It's extremely relaxing and rewarding. It's nice to treat myself to a little something after a long work week."
- Alba Cardenas

"To REALLY de-stress, I would say take a week-long, tropical vacation on a remote island all by myself. Tropical drinks, treatments with Ana and Kelley and I am ALWAYS happy with my results. Miami Plastic Surgery is tops!"
- S.R.

Check out Dr. Wolf's Q & A in this month's Cosmopolitan en Español!
massages, the ocean. Quiet, alone and swinging from a hammock under a palm tree! Okay, really, I de-stress by daydreaming!"
- Ivette Lopez

Q & A with Dr. Kelly

Q: What is the best age to get a facelift?

A: Unfortunately, there is no "textbook" answer for that. It really depends on the individual patient. Our faces age according to genetic and our environment. I have seen grandmothers with amazing skin and barely any wrinkles, while some women in their 30s look 50. For me, the goal is to perform the surgery safely and for my patients to be happy with the results.

The process requires me to analyze each individual, pinpoint what bothers them and realistically explain their surgical options. My recommendations can range from doing nothing to injectables to a complete facelift. Ultimately, the right age for any procedure is when you need it, when it can be done safely and when the results will provide the patient with an improved appearance that makes them happy.

To schedule a consultation with Dr. Kelly, please call us at 305.595.2969. You can also visit our website at www.miamiplasticsurgery.com.