Thank You!

Miami Plastic Surgery wants to thank all of you who came to our Botox and Fraxel Party and for making it such a fun and successful event! We hope you enjoyed the delicious cupcakes and beverages as you waited. For those of you who participated, we will be sending you a little something via e-mail so keep an eye out for it! Keep looking fabulous! Without all of you Miami Plastic Surgery would not be where it is today. THANK YOU!

Case of The Month: Dr. Herman's "Hilo Lift"

Good candidates for breast lift surgery include women whose breasts have drooped and lost volume due to pregnancy, aging, or significant weight loss. Women with large areolas and little fullness on the top of their breasts are also candidates. However, many women are fearful to go under the knife because of the risks of significant scarring and post surgery pain, and are searching for other alternatives. Luckily, our doctors specialize in several of the newest techniques, which leave minimal scars and ensure the quickest recovery.

One effective alternative to the traditional breast lift is the "Thread Lift" aka "Hilo Lift". This technique leaves minimal scarring as the skin is literally pulled tighter using a special thread. Once inserted, the thread is invisible under the skin. The only scar is around the edge of the areola, where the light and dark skin meet. This procedure is ideal for patients who have a moderate amount of drooping. An implant can also be added to add fullness if a size increase is desired. This procedure also causes less pain, less inflammation and has a faster recovery. According to Dr. Herman, about 30% of breast lift patients are candidates for this procedure and about half of these patients opt for an implant as well. To see what one patient had to say about her "hilo lift" performed by Dr. Herman click here.

(Continue to page 2)
Below is a case where a woman decided to have a “Thread Lift” without an implant.

Before

After

Time to get Beach Body Beautiful!

Get yourself ready for summer with our Beach Body Beautiful by Thermage. Thermage is a noninvasive treatment that can help smooth, tighten, and contour the lower layers of skin to create better skin tone and texture. Thermage is a collagen enhancer that activates the regrowth of the supportive and connective tissue just underneath the outer layers of your skin. A Thermage treatment session ranges from 15 minutes to an hour, depending on how large the treatment area is, and what part of the body is involved. The healing period is almost negligible in Thermage and this is a huge advantage for the people seeking the treatment. The improvements continue over the following four to six months after treatment because the heat from the Thermage stimulates the growth for some time. When collagen breaks down, it allows skin to slacken, causing wrinkles, lines and folds to appear, but when collagen grows, your skin plumps up once again and looks smoother and younger. Unlike a laser, Thermage works on all skin types and colors with no downtime needed for healing. Thermage was recently featured on "The Doctors" and InStyle magazine.

Call us today for your complimentary consultation (305) 595-2969.

Step-Up to Perfect Skin

Glytone’s Step-Up Rejuvenation kit is the first step in starting a skincare regimen to delay the cosmetic signs of aging. It is ideal for women over 25 as an introductory skincare regimen. It is also a good preparation for the skin before and during a Professional Glycolic Acid peel, one of the latest peels you can have done here at Miami Plastic Surgery.
The Step-up kit contains the highest levels of "free" glycolic acid to reduce the signs of skin aging. Increasing these levels of glycolic acid helps combat the cosmetic appearance of skin aging and maximize patient tolerance. The Glytone "Step up" kit uses the power of glycolic acid gradually, according to your skin type and tolerance, delivering customized care. Glytone offers Step-Up kits customized by skin type in order to benefit your skin's individual needs. Each kit comes with everything you need to cleanse, moisturize and exfoliate your skin while glycolic acid reveals a radiant, younger-looking complexion. So whether you want to optimize the results of your glycolic acid peel with at-home maintenance or you're just starting a comprehensive skin rejuvenation regimen, you'll see visible results.

While supplies last we are offering a FREE peel (value of $150), with purchase of Glytone Step-Up kit! To find out more or to schedule a complimentary consultation with Ana call (305) 595-2969.

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**Operation Smile**

Operation Smile is a charity for children born with facial deformities, a cause near and dear to our hearts. MPS has been part of this organization for over 17 years and our doctors have traveled the world performing surgeries on children in need. If you would like to make a donation to Operation Smile go to [www.operationsmile.org](http://www.operationsmile.org) or call donor relations at 888-677-6453.

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**Employee Spotlight:**

**Brici Garcia**

Everyone has their time to shine and to be recognized for all the hard work they do. This month's spotlight is for Briceida Garcia aka Brici. She has been part of the MPS family for 7 years, as Dr. Wolf's surgical technician. Besides being dedicated to her job, she has a 3 year old son named Ralphie. She loves spending time with him and running after him. Her friends and family are a big part of her happiness.

One of her favorite things to do is to go dancing with them. Brici's favorite hobby is shopping, just like the new movie that came out, Brici is a "Shopaholic". Brici's favorite thing about her job is "the daily interaction that I have with different amazing people and the sense of family that I receive from Miami Plastic Surgery."

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**MPS' First WEBCAST!**

We are very excited to be posting our first webcast TODAY, April 8th!!! You will be able to watch Dr. Kelly perform a Breast Augmentation! Don't forget to tune in at 11:30am!

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**Special Offer!**

Buy 2 syringes of Restylane/Perlane and receive a rebate check from Medicis for $100!

Buy 3 syringes of Restylane/Perlane and receive a rebate check from Medicis for $150!

*Offer ends April 30th! Call us at (305)595-2969 to schedule your appointment!"
Dr. Linda Parker's Uplifting Story

"I am very happy with my lower facelift surgery by Dr. Kelly. I was impressed with the safety in the operating room pre-surgery. I had a previous negative experience with another plastic surgeon regarding my safety so this was very important to me. The surgical tech, Adriana, who evaluated me in the office, was the same nurse in the operating room so I had a feeling of comfort and confidence. The results of my surgery are noted by my husband every day. He says, "Thank you, Dr. Kelly, for taking 20 years off of my wife's face." The result looks very natural and I'm so happy that I chose Dr. Kelly for my surgery!"

-Dr. Linda Parker

If you have a story you’d like to share, e-mail Katrina Silva at ksilva@miamiplasticsurgery.com

MPS is Here For You!

We would like to remind you that our incredible team of doctors is available for presentations, speeches or round table discussions for any event you have either professional or at organizations you belong to. For more information contact Katrina Silva at (305)595-2969 or e-mail ksilva@miamiplasticsurgery.com

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