Welcome to Miami Plastic Surgery

Dear Patients and Friends,
In our continued effort to provide you with the best care possible, we give to you our first newsletter. Our goal is to keep you informed of every new product and procedure available to you. We hope that you utilize this tool to not only stay educated about your health and well-being but also to take advantage of our special offers. We strive to continue to offer you exceptional service.
We hope to see you in the office again soon.

Operation Smile Benefit

Ocean Drive Magazine partnered with Operation Smile and Joley Restaurant to celebrate the opening of their new South Florida office with Smile Ambassadors and hosts Vanessa and Donald Trump Jr. Operation Smile is a charity for children born with facial deformities, a cause near and dear to our hearts. Miami Plastic Surgery has been a part of this organization for over 17 years and our doctors have traveled the world performing surgeries on children in need.

Case of The Month:
Liposuction with Dr. Kelly
As summer draws closer and closer, for some of us that means anxiety about putting on a bathing suit. Many of us have unsightly fatty deposits that will not go away no matter how much we diet or exercise. Surgically sculpting the fat around our waist, thighs, or other stubborn body parts can reshape our silhouette and enhance

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New Website, New Look
We are working on a new website for you! We are giving our website a makeover to provide you with updated information, tools, and services. It's almost ready! Keep an eye out for details on our unveiling.

www.MiamiPlasticSurgery.com

Dr. Herman and Donald Trump Jr. at the Operation Smile Benefit at Joley in Miami Beach.
our appearance. Liposuction is the most commonly performed and requested plastic surgery procedure in America for both men and women. There are various techniques for liposuction which your surgeon will discuss and choose the one that is right for you. The traditional method is suction-assisted and uses a cannula inserted through a small incision in the skin. The fat is then removed by vacuum-pressure. Ultra-sound assisted liposuction (UAL) is a technique which uses ultrasound waves to break up and liquefy fat cells. The fat is then suctioned out.

In the case below, the patient had liposuction performed on her abdomen, hips, and buttocks. Call us now for more information. We are happy to answer all of your questions and assist you in scheduling a consultation. Make your friends jealous and be the hottest body on the beach this summer!

**Summer Skin Care Tips**

Is your skin ready for summer? Here are a few tips to make sure you are ready to bare for beach season.

**Tip 1: Exfoliate to get rid of dull dry skin.** You should be exfoliating your face and body to get rid of that dull, dry winter skin. Get started now and keep your regimen up through the summer. Remember not to go overboard, less is more.

**Tip 2: Moisturize and Hydrate**

After washing and exfoliating your skin it is important to use a moisturizer. For slightly dry skin you should be using a liquid moisturizer, and for extremely dry skin a cream moisturizer is most effective.

**Tip 3: Protect your skin from the sun!**

No matter how high of an SPF you use, or how long-lasting the

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Get a Sexy Summer Decollete

Most of us neglect our neck and decollete when it comes to sunscreen and moisturizing. This area of our body tends to show the first signs of aging, and yet we tend to forget it so easily. The lack of sebaceous glands in this area leave it very prone to dryness and wrinkle formation.

The skin in this area is especially thin and delicate. Many of us do not realize that we need to be treating it with just as much care as our face. Book a special neck and decollete treatment today with one of our aestheticians, Mirella or Shirley. The treatment restores your skin's elasticity and youth, leaving it feeling toned and revitalized. Our aestheticians can also assist you in choosing a moisturizer and sunscreen to continue skin repair and help protect from further damage.

Call Now for Your Appointment:

(305)595-2969

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Next Month...
label claims it to be - sunscreen does not stay with you all day. As a general rule, you should fully reapply every 2-4 hours when you are in the sun. Studies have shown that people use approximately half of the amount that a sun product is tested at. This means that a label reading SPF 30, is really only giving you SPF 12-15 coverage if the proper amount is not used. For complete coverage, the experts recommend a shot glass size (1 oz.) for the body, and a pea-sized amount for the face.

Did You Know?

In 2007 there were 11.8 million cosmetic procedures performed in the United States. Consumers spent $12.4 billion on these procedures. Here are the top 5...

1. Breast Augmentation 347,500
2. Liposuction 302,000
3. Nose Reshaping 285,000
4. Eyelid Surgery 241,000
5. Tummy Tuck 148,000