Case of the Month: Liposuction with Dr. Kelly

We spend a great majority of our time exercising and eating right only to find that we have stubborn fat we can’t get rid of. When we have done it all and still not gotten the results we’ve hoped for, it may be time to consider liposuction.

Liposuction, also known as lipoplasty, is a cosmetic procedure used to remove unwanted fat from specific areas of the body. This procedure reshapes the body’s silhouette. It is not an alternative to weight loss. Good candidates for liposuction are the following: You have localized fat that is unresponsive to diet and exercise, you are of normal weight, you are in good physical and emotional health, you have firm, elastic skin, and you have realistic expectations.

There are various techniques for liposuction. Dr. Kelly uses either suction-assisted liposuction, which is the traditional method, or ultrasound-assisted liposuction (UAL). Suction-assisted lipo is when a cannula is inserted through a small incision made through the skin and fat is removed by vacuum pressure. The ultrasound-assisted lipo is a technique which uses ultrasound waves to break up and liquify fat cells. The fat is then suctioned out. UAL is used where denser fat is present, or when larger volumes are removed.

This month’s “Case of the Month” is liposuction done using the UAL method by Dr. Kelly.
If you have any questions on this procedure, or would like to book an appointment to see Dr. Kelly, please call our office at (305) 595-2969.

Q & A with Dr. Wolf

We’ve started a monthly Q & A column for our patients!

If you have a question you’re too embarrassed to ask, don’t have time to call about, or are simply just curious... email us! The doctors will respond to your question(s) via our newsletter!

For the past fifteen years Dr. Herman has traveled the world serving as a volunteer surgeon for Operation Smile International, a non-profit organization that provides reconstructive surgery for children born with complex facial deformities and was Chairman of the Florida Chapter. Dr. Herman has also been voted Top Plastic Surgeon of the Year by Consumers Research Council of America.

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August Question: “What can I do for the bagginess under my eyes other than surgery? I think I’m way too young to have any surgery on my face, I’m 26.”

A quick solution to this problem is to fill in this depression (bags), with fillers. Fillers used for this purpose include Restylane, Perlane and Juvederm. There are other fillers available, but I feel the above mentioned are the safest to use around the eyes.

Not all doctors perform filler injections in the eye area -- they need to be placed very precisely or they may accentuate the fat and make it look worse. Doctors who perform this procedure include facial plastic surgeons, plastic surgeons, oculo-plastic surgeons (ophthalmologists) and dermatologists.

Plastic Surgery at any age?

Teens: Teenagers 15-17 are at times self-conscious about having a large nose and a rhinoplasty (nose job) can improve their appearance and self-confidence.

Young Adult: Young adults ages 20-30 are questioning body parts such as breasts and tummy's. It is common that women in this age group undergo a breast augmentation, a breast augmentation with a lift, or a breast reduction. As far as tummy's go Abdominoplasties (tummy tucks) and Liposuction are very common. It gives women a sense of confidence, beauty and attractiveness!

Adult Adults 40-60 are looking at themselves closely and noticing certain things around their eyes and faces in general. Puffy eyelids,
saggy eyelids, excess fat, and the tired look could be corrected through a procedure called a blepharoplasty. Adults in this age group also consider Facelifts and injectables.

Adults- Adults 60-80 may decide that now is the time to do something about their eyes and faces. This age group may also decide that they'd like to have a second facial procedure done.

No matter what your age is "When people look good, they feel positive about themselves and the quality of their lives improve" according to an article in the VANITY section of the Miami Herald.

If you have any questions feel free to email us or call in, 305-595-2969

Employee Spotlight: Ligia Perez-Angulo

Ligia Perez-Angulo has been an employee at MPS for fifteen years. Ligia was originally part of the front desk team but quickly worked her way up to being Dr. Kelly’s Patient Care Coordinator. When we asked Dr. Kelly about Ligia, aka ”Missy”, he said ”Ligia is a loyal and great employee!”. The rest of us feel the same way!

Her favorite thing about working with Dr. Kelly: ”I take pride in the work he does. I also appreciate and like his demeanor when working with patients.” Her favorite thing about her job: ”My patients make it all worth it. I like that I get to connect with each patient personally and see them through their surgical process.”

Ligia has a very handsome and charming 18 yr old son. Her family grew by 5 when she was remarried 3 years ago. In addition to the children in Ligia’s life, she has her wonderful dogs (which she calls her babies). On her free time she enjoys gardening, spending time with her family, and making salsa; by the way the salsa is amazing and we enjoy it every so often here at MPS. Ligia is a team player, someone to look up to, and a great asset to the team.

Congratulations Ligia on being voted ‘Employee of the Month’, we look forward to another year working by your side!
This newsletter is intended for educational and informational purposes only. It should not be construed as an attempt to offer or render specific medical advice, or as a solicitation for consultation, cosmetic treatments or surgery. Please consult a qualified physician to discuss your specific medical condition and options prior to making any decision or taking any action based upon any information contained in this newsletter. Miami Plastic Surgery and Michael Kelly MD, Brad Herman MD, and Carlos Wolf MD will not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising from any attempt to use or adopt any of the information presented in this newsletter.