End of Summer Special...

This month we have a very special offer for you from Restylane and Perlane. If you have been dying to try it, or have tried it but wondered what a little more could do, now is the time to go for it. Buy one syringe and get the second for 50%. Offer is good only for day of injection. Limit one per customer. Call now and book your appointment, it’s going to be a busy month! (305)595-2969

Happy Birthday to YOU!

We love our patients here at Miami Plastic Surgery. Beginning this month we are sending you birthday presents! Please make sure our front desk staff has your updated e-mail address, and keep an eye on your inbox!

Case of The Month: Hand Rejuvenation with Dr. Herman

Our hands are the first part of the body to show signs of aging. Women are spending hours in the gym, and thousands of dollars on face creams to preserve their youthful looks, only to find that their hands don't quite match the rest of the package. Our hands actually do age faster than our face. There is very little fat on the backs our hands. When the elastin and collagen fibers begin to break down, it
is noticeable immediately. The skin starts to look wrinkled and crepe-like, and the veins and tendons become more prominent. Fortunately, there are now several new treatments available to rejuvenate your hands. The first option, is Intense Pulsed Light (IPL) treatments for the dark spots that come from sun damage. The process uses light energy to safely and painlessly fade away dark pigmentation spots. Microdermabrasion and peels can also be used to treat spots. There are two options available to treat the visibility of veins and tendons. One option is to inject the hands with temporary fillers like Restylane and Juvederm (which are also used on the face). The other, and more permanent option is fat grafting. Fat grafting removes fat from unwanted areas on the body which is then injected into your hands. The results are very natural.

Don't forget your hands when applying your daily sunscreen! You would be surprised at the sun damage you can get while driving in your car. It is also important to moisturize. While moisturizing won't create new collagen or reverse sun damage, it can help heal and nourish the skin.

Call now for your consultation. Dr. Herman will assist you in choosing the best procedure to maximize your results: (305)595-2969.

Why Our Tummy Tucks are Better...

Dr. Kelly was asked to do a presentation at the American Society for Aesthetic Plastic Surgery (ASAPS) meeting in San Diego this year. He reviewed his experience using fibrin glues in tummy tuck surgery. Miami Plastic Surgery uses the glues during a tummy tuck to allow the drains to be removed faster. They seal the space under the skin where the fluid can accumulate, so that the drains are not needed as long. Most surgeons leave the drains in place for 10-14 days, but due to the glue, we can remove ours in 3 days which our patients LOVE. In our practice, every tummy tuck patient gets a pain pump that works for 3 days after surgery. It secretes Marcaine (the same medicine that your dentist gives you) into the area of muscle tightening, which is the part of the operation that causes pain. The pain pump sits in a convenient little fanny pack on your side and runs itself. Most patients don't need any other pain medication! Another reason our patients love our tummy tucks...they say we make the prettiest belly buttons!

For more about our tummy tucks...
I've been neglecting my skin all summer...now what?

As the summer is coming to an end, it's time to take a look at all of the sun damage we have incurred by spending so much time in the sun. Hopefully, everyone has remembered to apply their sunscreen daily! For those of us that skipped a few times, or a lot of times, there is help. The help comes in the form of a photofacial. A photofacial is a non-invasive and non-ablative treatment that uses high intensity pulses of visible light to improve the appearance of aged and sun damaged skin. Conditions that can be treated are sun and age spots, broken capillaries, spider veins, rosacea, red acne scars, facial redness and fine lines and wrinkles. Treatments can be performed on the face, neck, chest, and hands.

How does it work? IPL systems are different than lasers in that they deliver many wavelengths in each pulse of light instead of just one wavelength. This allows the procedure to target several conditions with each treatment. IPL therapy is non-ablative, which means that the top layer of skin remains intact, thus the treatment is performed without the need for downtime.
Health Study: Some sunscreens overpromise on protection

The Environmental Working Group, which is a non-profit group based out of Washington, has released an investigation of nearly 1,000 brand name sunscreens. They have found that four out of five do not adequately protect consumers AND may contain harmful chemicals. Scary. The group says that some of these names, which are our nation's leading brands—including Neutrogena, Banana Boat, and Coppertone—are the worst. Read more...

Miami Plastic Surgery only offers you the most effective and the safest sunscreens. Dr. Kelly's favorite is the SkinCeuticals Sport UV Defense. It is an active use broad-spectrum UVA/UVB sunscreen with transparent zinc-oxide (Z-Cote) and it is waterproof and sweatproof.

Tell Us What You Think About Our Newsletter...

Do you enjoy reading our newsletter? Does it provide you with interesting and helpful information? We are writing for you, so please tell us what you want to hear about. Our goal is to provide you with a monthly update of our practice, products, and events. Click on the link below and complete a short survey to help us serve you better. Tell us what you think

Give the Gift of Beauty

Give the gift of beauty to that special someone. A gift certificate for a skincare treatment at Miami Plastic Surgery is the perfect gift for any occasion. It's perfect for friends, family, and business associates. Purchase a gift certificate for any skin care treatment or any amount towards a skin care treatment. Call now: (305) 595-2969

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