February 2011

Happy Valentine's Day from Miami Plastic Surgery 😘

**PRODUCT OF THE MONTH:**

**LIPSMART**

*Prescription for the Perfect Pout*

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**Laser Hair Removal**

*Now Easier with GentleMAX!*

Laser Hair Removal technology just keeps getting better! The GentleMAX Laser is the newest and most
Longing for luscious lips? Look no further! LipSmart is a revolutionary lip treatment that plumps up your lips while improving the contour and definition. Celebs such as Eva Longoria swear by this lip lifesaver! Bye-bye to fine lines and cracks- LipSmart restores collagen with a secret combo of amino acids, such as soy extract and peptides, which moisturize and pump your pout. Bonus: this powerful plumper is painless! It works without giving you that "Ouch" My lips are burning feeling.

10% off through February!
Case of the Month: Taut Tummy Takes with Dr. Kelly

The muscles and skin on the abdomen can be very troublesome for some individuals. Many people find that despite following a healthy diet and exercise plan, they still have a bulging belly and saggy skin. These are typically the best candidates for a tummy tuck.

A tummy tuck, or abdominoplasty, is a surgical procedure used to remove excess skin and fat from the abdomen and to tighten the muscles of the abdominal wall. Most tummy tuck patients are dealing with the effects of pregnancies and weight loss and find themselves with loose skin in spite of exercise and weight control. Each year, thousands of Americans undergo a tummy tuck to tone, firm and define the abdominal area.

Tummy tucks need to be individualized. The amount of excess skin and fat will determine the length of the scar and how much skin is removed.

Miami Plastic Surgery uses the latest techniques and technology to minimize post surgery pain and ensure the most rapid recovery. This includes two major innovations recently pioneered by our very own doctors. Fibrin glue helps seal the space under the skin where fluid can accumulate. This allows the drains to be removed sooner. MPS tummy tuck patients also receive a pain pump which delivers a local anesthetic directly into the muscles, eliminating most post surgery pain. The pain pump works for three days after surgery at which point the pain is minimal and the pump is no longer needed.
The patient in the photo had a dramatic bulge which emerged post pregnancy. She is thrilled with her new, flat tummy.

If you would like to schedule a consultation with Dr. Kelly, please call us at 305.595.2969. You can also visit our website at www.miamiplasticsurgery.com.

Are Bones to Blame for Aging?

Apparently, yes! According to a recent article published in Plastic and Reconstructive Surgery, skin isn't the only thing that ages. Much like other bones in the body, facial bones shrink with age. The signs of aging- sagging skin and wrinkles- may in fact come from deteriorating facial bones.

Study author, Dr. Robert Shaw, of the University of Rochester Medical Center, explains that facial bones are the "scaffolding" for facial tissue and skin, therefore the bone loss will contribute to the drooping, deflatedness.

After studying the CT scans of facial bones in 20 young, 20 middle-aged and 20 older patients, Dr. Shaw and his team discovered the following changes:

- Eye sockets became wider and longer with age, resulting in sinking eyeballs (Droopy eyelids!)
- The bones in the middle of the face such as the nose, brows and upper jaw shrank (Crow's feet!)
- The size of the lower jaw shrank too making the chin projection appear smaller (Droopy double chin!)

Moral of the story- skin and bones go hand in hand! Take care of both! "Got Milk?"
Q & A with Dr. Wolf

Q: Help! I have severe underarm sweat, even in the wintertime! It’s really embarrassing and I need to find a solution. I’ve tried every type of antiperspirant and nothing works. I heard Botox helps, but I’m a little skeptical. Does it work? And is it even safe?

A: Using Botox® to alleviate hyperhidrosis (severe underarm sweating) is a safe treatment option. The Botox® temporarily blocks the chemical signals from the nerves that stimulate the sweat glands.

Many people believe it is unsafe because the sweat glands get locked up, which is not true. The sweat is simply not produced in that particular part of the body where you received the injection, but the rest of your body can still freely produce and eliminate moisture normally.

Most patients receive an injection once every 6-8 months and that seems to do the trick. Come by and see me and we will find a solution that’s best for you.

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Employee Spotlight: Gigi Lopez

A positive work ethic and unparalleled customer service has earned Gigi Lopez February’s Employee of the Month. Gigi has been a part of the MPS family for six years now working as the Assistant Patient Coordinator.

Her favorite thing about her job? “Being a part of the patients’ journeys. Both physically and emotionally, I get to see the positive changes patients go through during the process—from the first consultation to the last post-op visit. It’s amazing,” she says.

Gigi is currently studying Interactive Media & Web Design at
the Art Institute of Miami and is extremely passionate about design and photography. Gigi recently launched her own photography website- www.gigannilopez.com. We recommend you check it out- the girl’s got talent!

And what does Gigi enjoy on her spare time? “Spare time? Between work and school, I don’t have any spare time! Good thing I love what I do!”

Cheers Gigi!

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