July 2010

Happy 4th of July!!!

The Miami Plastic Surgery Staff hopes you all had a fun and safe 4th of July celebration!

Case of the Month: Mini Tummy Tuck with Dr. Herman

We are well into the summer, and we've all been to the beach, boating or done some type of outdoor activity thus far; meaning, the heat is on and less clothing is in order! Unfortunately, a bulging belly may be preventing us from enjoying the summer to the fullest! You may not know this, but many times no matter how much you diet or exercise it may be impossible to achieve a flat tummy on your own. Although exercise and weight loss may help, it will not improve loose skin, stretch marks, and weak, separated muscles (often caused by pregnancy). Fortunately, there is a solution. A tummy tuck a.k.a. an abdominoplasty is a cosmetic surgical procedure used to tighten your stomach muscles, eliminate excess fat, and remove sagging skin and stretch marks. There are two types of tummy tucks, a mini-tummy tuck, and a full tummy tuck. The amount of excess skin and fat will determine which procedure is best for you.

This month's "Case of the Month" is a Mini Tummy Tuck. The Mini Tummy Tuck treats the pouching of the belly caused by the stretching of the abdominal muscles, which usually occurs as a result of pregnancy. The muscles are tightened as needed to flatten the abdomen. Because of the small incision size, only a small amount

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305.595.2969
of skin and fat can be removed. Most patients will be able to wear a bikini or low cut jeans without a visible scar.

Miami Plastic Surgery uses the latest techniques and technology to minimize post surgery pain, and ensure the most rapid recovery. Two recent innovations pioneered by the doctors at Miami Plastic Surgery, are the Pain Pump and Fibrin Tissue Glue. The fibrin tissue glue seals the space under the skin where the fluid can accumulate so drains are not needed as long and can be removed faster. Dr. Herman's tummy tuck patients also receive a pain pump during surgery that works for 3 days. This pump continuously delivers a local anesthetic directly into the muscles eliminating post surgery pain. The pain pump sits in a convenient little fanny pack and runs by itself. Most patients don't need any other pain medication!

Mini Tummy Tuck

Before

After

What Makes MPS Different from Other Plastic Surgery Practices? Reason 1

According to the American Board of Medical Specialties
"The Gold Star signals a board certified physician's commitment and expertise in consistently achieving superior clinical outcomes in a responsive, patient-focused setting. Patients, physicians, healthcare providers, insurers and quality organizations look for the Gold Star as the best measure of a physician's knowledge, experience and skills to provide quality healthcare within a given specialty."

All three of our doctors are Board Certified!

Dr Kelly is board certified by both the American Board of Surgery and the American Board of Plastic Surgery

Dr. Wolf is Board certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology.
If you have any questions on this procedure, or would like to book an appointment to see Dr. Herman, please call our office at (305) 595-2969

**Q & A with Dr. Kelly**

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

If you have a question you're too embarrassed to ask about, don't have time to call and get a response on, or are just curious as to what the answer may be... email us!

The doctors will respond to your question(s) via our Newsletter!

Send in your questions to jodio@miamiplasticsurgery.com Recipients will remain anonymous.

**July Question: How long do I have to wait after breastfeeding to have breast surgery?**

For Breast Augmentation I'd recommend waiting a period between 3 and 6 months. If you rush to have surgery before time you run the risk of capsular contracture and implant infection. In addition 3-6 months after breast-feeding gives the breast sufficient time to return to its normal shape and size. This is important to help you get the final size you
If the surgery is done while your breasts are swollen, they may end up too small once the swelling goes away.

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**Protect yourself from the SUN**

1. Always apply SPF before you leave the house each morning.

2. Always apply SPF with a moisturizer before you apply your makeup! (*MPS has several great moisturizers that already contain SPF*)

3. Tanning Salons are harmful to your skin. If you want a "sun-kissed" look use a bronzer or self tanner instead.

4. You can still burn in the shade, on an overcast day, or even if the sun is not at its peak. In addition to SPF cover up with a wide-brimmed hat.

5. Make sure to re-apply SPF if you are in the sun for long periods of time (*MPS carries ColoreScience UV Brush- it's a tinted powder that brushes on flawlessly and easily and includes SPF. Perfect for any outdoor activity!*)

6. Keep your skin hydrated with lots of H2o! *(If you've been getting a lot of sun, your skin is dry, you haven't been taking care of it, and or you haven't had a facial in quite some time... come in for our summer HydraFacial)*

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**Spotlight: Cheryl Franklin**

The MPS family is happy to present Cheryl Franklin as July’s Employee of the Month! Cheryl has been with MPS since November of 2009. Prior to becoming part of MPS, she worked as a Nursing Supervisor for Home Health Care.

Cheryl is a Registered Nurse. She does Fraxel, IPL, and Sclerotherapy here at Miami Plastic Surgery and most recently has become part of the OR team working with the doctors during surgery. Her favorite thing about MPS is “The people I work with!” When she isn’t working or being a mom to three children she enjoys going to Marlins games, playing poker, boating and spending time with her family.

Cheryl is a beautiful person both inside
Special $100 - Get some moisture pumped into those pores for a hydrated healthy glow!

MPS Has amazing skin products for all skin types!

If you have any questions or need any skin advice feel free to email us or call in, ask for Ana! 305-595-2969..Happy SUMMER!

Product of the Month
10% OFF

The most complete anti-aging day cream with PSP®, anti-oxidants, hyaluronic acid and UVA/UVB protection SPF 30+ to rejuvenate, protect and hydrate skin.
- Helps smooth the appearance of fine lines and wrinkles.
- Provides long lasting hydration for radiant, luminous skin.
- Potent anti-oxidant blend of polyphenol rich green tea extract, stabilized vitamins C and E plus melanin act synergistically to help protect against daily environmental assault.
- Fast absorbing, skin-toned, non-greasy formulation blends flawlessly into skin.

JOURNÉE is ideal for all skin types

Patient's Corner with Jessica D.

My friend who is the same age as I am, 28, came in for Botox. I thought she was too young and really shouldn't get in the habit of doing injectables. However, when she had it done her results were amazing (her eyes looked 5 years younger!). I had a few "wrinkles" around the edges of my eyes, and one prominent one across my forehead. When I came in the staff was welcoming and happy, the waiting area was beautiful, and I felt comfortable to be here.

and out, and she is a joy to have as a part of the team. We are happy to have Cheryl around us and wish her continued success here at MPS!

Congrats Cheryl, you deserve it!

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When I met Dr. Wolf I was a bit nervous. I had seen him on TV and heard a lot about him! Quickly after he introduced himself I was at ease! I asked questions such as "Am I too young to be getting this done? How often do I have to do this? Will people be able to tell that I’ve had something injected, etc...". Dr. Wolf explained that I would look less angry around my forehead, and brow lines, that my eyes would look more refreshed and that it’d be a preventative measure to getting additional wrinkles in the future. He and his assistant answered all my questions and more. After a few, what seemed to be seconds, I had Botox done and I felt great! They explained it could take a few days to see the results but around my eye area (to me at least) I could tell immediately.

Now a few weeks later I’m "Wrinkle Free" and I look refreshed and glowing! I’m definitely going to continue this with Dr. Wolf and MPS!

If you have a story you would like to share please e-mail to jodio@miamiplasticsurgery.com

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