"Summer's filled with breaking the rules, standing apart, ignoring your head and following your heart."
- Author Unknown

Product of the Month:
NIA24 Intense Recovery Complex

PreDamage. PostDamage. UnDamage. Get glowing summer skin with this niacin-powered cream that delivers intense moisturization and helps activate the skin's own regenerative powers. The rich fusion of ingredients reinforces skin to firm, tighten and tone, reversing environmental damage. Hyperpigmentation is diminished and fine lines are smoothed! The added boost of Vitamin A, C and E derivatives work to

3 HydraFacials for $300
Offer valid through July, 31, 2011. Must be prepaid at the time of purchase.

Man Makeover for Father's
fight anti-aging. The results? A perfectly brightened complexion with a gorgeously radiant finish!

**NIA24 Intense Recovery Complex is 10% off through the end of June!**

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**Case of the Month: Male Liposuction with Dr. Herman**

Statistics show that there has been an upsurge in men undergoing plastic surgery. According to the American Society of Plastic Surgeons, 1.2 million men went under the knife in 2010, making up nine percent of procedures performed. Among these, liposuction was one of the most requested procedures.

Also known as lipoplasty, liposuction slims and reshapes specific areas of the body by removing excess fat deposits, improving body contours and proportions. Target areas include thighs, arms, neck, hips, back, and waist. The best candidates are men who are overall healthy and in good shape, yet have stubborn fat areas resistant to exercise and diet.

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**Day**

Help Dad eliminate pesky, unwanted hair this Father's Day! Now through the end of June, Miami Plastic Surgery is offering a Nose & Ear Laser Hair Removal Package for $125.

To purchase the Father Day's Package, call 305.595.2969. Gift cards available.

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**The Education Fund Honors Dr. Carlos Wolf**

On Friday, May 20, Dr. Wolf, a graduate of the Miami-Dade County Public School System, was honored by The Education Fund at their annual Art of Found Objects Charity Auction.

The Education Fund works side by side with the private sector to raise money to improve our public schools with an emphasis on designing and implementing innovative initiatives. For 25 years, The Education Fund has acted on the belief that the quality of our public schools should be the top priority of our community.

Says Dr. Wolf, "It is the commitment to education of others that helps young children achieve individual success. I applaud The
Contrary to popular belief, liposuction is not a treatment for obesity nor is it an alternative to exercise.

There are various techniques used for liposuction which Dr. Herman can discuss with each individual patient. Suction-assisted liposuction, the more traditional method, involves a cannula being inserted into the skin through a small incision and having the fat "sucked out" via a vacuum-like pressure. Ultrasound-assisted liposuction (UAL) uses ultrasound waves to break up and liquify fat cells which are then suctioned out. UAL is typically used when larger volumes of fat need to be removed.

In the case below, the patient had ultrasound-assisted liposuction on his abdomen and flanks.

For more information or to schedule a consultation with Dr. Herman, call 305.595.2969 or visit www.miamiplasticsurgery.com.
New HydraFacial MD® Machine Makes a Splash at MPS

The exceptional effectiveness of the HydraFacial™ just got better! MPS has upgraded to the HydraFacial MD® machine. The cleansing, smoothing, hydrating, non-irritating and immediately effective treatment is now available with "LED Light Therapy". The use of a red light enhances cellular metabolism, skin repair and collagen production. It improves the appearance of skin firmness and resilience, as well as reduces the appearance of fine lines, wrinkles and other signs of aging. (Didn't think it could get any better, did you?)

HydraFacial™ is the only hydradermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with no discomfort or downtime. The 45-minute treatment is suitable for all skin types and treats the face, chest and hands.

Fun Fact: The HydraFacial™ has been a favorite pre-red carpet treatment for the stars and is even enjoyed by the Prince of Monaco!

To schedule a HydraFacial appointment with Ana or Kelley, call 305.595.2969.

* New pricing effective July 1, 2011. $150 regular

looking good doesn't have to hurt

Needles make you nervous? No need!

Lets us introduce you to the Ouchless Needle, designed specifically to provide a painless injectable experience.

Brought to us by BellaNovus, the disposable syringe-attachable dispenser streams a numbing coolant to the skin ahead of the needle, before the skin is pierced.

An added bonus? The Ouchless Needle doesn't leave patients with post injection numbness.

believe it!

A Miami resident since the age of four, Dr. Fernandez loves the ocean and couldn't imagine living anywhere else. He counts fishing as a passion and is happily married with three beautiful children.

MPS is honored to have Dr. Fernandez as a part of our team! Thanks for making our practice that much better!
Stay Healthy Men!

June is an important month for men. In addition to Father's Day, we also celebrate National Men's Health Month. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

In honor of all the MPS menfolk in our lives, we'd like to share some tips to keep our father's, brothers and husbands fit and fabulous!

1. Eliminate "White Foods" from Your Diet. White flour, white sugar and other processed foods not only lack vitamins and minerals, but they've also been stripped of their natural fibers. As a result, this causes high blood sugar, which can cause weight gain, diabetes and a slew of other health problems.

2. Stay Away from Dangerous Trans Fat. Deep fried foods and anything made with hydrogenated oils (margarine, store bought cookies and pastries) contain trans fat that raises the risk of heart disease. Stick to healthy fats, such as olive oil and omega 3 oil.

3. Take Multivitamin and Mineral Supplements. Even if you are eating right, it is unlikely your food contains all the nutrition you need. Protect yourself with high potency daily supplements.

MPS is happy to be among the first practices in South Florida to offer this state-of-the-art pain reducing technology!

For more information or to schedule an injectable appointment, call 305.595.2969.

Look Thinner & Younger!

Tighten, firm and lift your skin with Thermage, the only non-invasive procedure that helps contour your skin in a single treatment- with no surgery, no injections and no downtime.

Thermage heats the deepest layers of your skin to help tighten existing collagen and new collagen. Over time, sagging or wrinkled skin is replaced with smoother, tighter skin with improved tone and texture.

Thermage procedures can effectively and safely treat most parts of the body including the face, eyes, lips, tummy, arms, buttocks and thighs.

For more information or to schedule your appointment with Ana, call 305.595.2969. Thermage appointments are also available the second Saturday of every month.
4. Include Weight Training in Your Exercise Routine. While aerobic exercise is great for cardiovascular conditioning, weight training helps build muscle strength. But we're not trying to take away from anything - ALL (ANY) exercise is good!

5. Maintain Your Optimal Weight. Look better, feel better, AND reduce the risk of major killers such as heart disease, hypertension and diabetes.

6. Drink Alcohol Only in Moderation. Yes, drinking wine can protect against heart disease, but moderation is always key. One or two drinks a day can be protective, but excess alcohol consumption is toxic and devastating to your health.

7. Protect Your Prostate. At around the age of 40, the prostate gland begins a growth spurt that results in symptoms such as frequent nighttime urination. Two herbs, saw palmetto and pygeum, have been known to prevent or reverse these conditions.

8. Reduce Your Risk of Prostate Cancer. 80% of cancers can be prevented by healthy lifestyle choices. Avoid saturated and trans fat and incorporate protective foods such as soy, tomatoes and green tea into your diet.

9. Maintain Vigorous Sexual Function. Blood flow and circulation is important in regards to all parts of the body.


Q & A with Dr. Kelly

Q: A lot of doctors use nurse anesthetists or nurses
to give anesthesia in their offices. If this makes it more affordable for patients, how come Miami Plastic Surgery doesn’t do this?

A: At Miami Plastic Surgery, we only use board certified anesthesiologists to administer anesthesia. These are MDs (Doctors of Medicine) who have completed a minimum of a 4-year residency in anesthesiology after medical school. They have also passed board exams and participate in continuing medical education to stay current on the latest medical techniques and advances.

Having anesthesiologists in our practice is definitely more expensive than having nurse anesthesists perform anesthesia (under our supervision). However, we feel strongly that this is THE SAFEST approach for our patients. This is what we would want for ourselves, family and friends should they ever have to be treated with anesthesia. At Miami Plastic Surgery, our primary concern is the patient's safety and well-being, and we continuously strives to give our patients the best care possible.

For more information on Miami Plastic Surgery, call 305.595.2969 or visit www.miamiplasticsurgery.com.

-H.-

Want to share your experience? Send your story to vmoro@miamiplasticsurgery.com.

Pick up a copy of this month's Cosmopolitan en Español! Dr. Wolf answers readers' questions on Botox, rhinoplasty and more!

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Correcting Restylane & Facial Filler Mistakes

Facial filler injections, such as Restylane and
Juvederm, are used to combat facial aging by smoothing out creases in the skin, eliminating fine lines and wrinkles. However, when overused or improperly injected, these fillers can cause undesirable lumps or blebs in the skin. Most patients think the only solution is to wait several months and let the non-permanent filler resolve on its own, but that is not true.

Hyaluronidase, a soluble enzyme, can be used immediately after the injection of any hyaluronic acid filler, such as Restylane or Juvederm, to reverse the effects of poorly placed injections. The volume of hyaluronidase injected depends on the amount of "melting" desired. The result is instantaneous, allowing the skin to calm down quickly and the lumps to subside.

At Miami Plastic Surgery, we often see patients who are unhappy with treatment they received elsewhere. By injecting hyaluronidase into the skin, the filler is broken up and corrects the mistakes from the previous procedure.

For more information or to schedule an appointment, please contact us at 305.595.2969.

Employee Spotlight: Nora Tenorio

We're shining this month's spotlight on the newest addition to MPS, Nora Tenorio. She's only been with us a few months, but Nora's already proven to be a stellar addition to the team! This front-desk fireball enjoys keeping our patients in-the-know on all Miami Plastic Surgery has to offer.
Let’s get to know this Mexican-born beauty a little better...

**Why MPS?**
"I love all things beauty! Products, treatments, procedures- if it makes you look and feel good, I say go for it!"

**Family Life:**
"I've been happily married for 18 years and have three beautiful, teenage boys! I'm surrounded by women at work and men at home! It evens out perfectly!"

**Beauty Behavior Must:**
"SLEEP! At least 8 hours a days, with a power naps in between... Never at work though- I promise! Oh, and drink lots of water- hydrated skin is happy skin!"

**Product Passions:**
"Definitely, Latisse! It's a MUST, MUST for fabulous lashes. I'm also obsessed with Journee by NEOCUTIS. It's the perfect day cream with antioxidants and SPF 30."

**Dream Job:**
"Being a mom! It's the absolute best! Whether playing video games with the boys or cooking family meals, I cherish every, single moment."

**Personal Mantra:**
"A positive attitude helps with a healthy life span."

*We couldn't agree with you more Nora! Thanks for bringing your positive attitude and warm smile to MPS!*