Happy Mother's Day!

The Miami Plastic Surgery team would like to wish all of you hard working moms a Happy Mother’s Day! In honor of this special day, we invite you to relax, sit back, and enjoy an Oxygen Treatment 25% off (value of $100). It is time to treat yourselves, moms! Get that motherly glow you deserve. This offer is valid for the entire month of May. This is also a perfect gift for your mom, mother-in-law, aunt, or grandmother. Gift certificates are available. Call us at (305) 595-2969 to schedule your appointment or to purchase a gift certificate.

Case of the Month: Dr. Wolf on the Different Uses of Botox

Nowadays, there's more to Botox than just smoothing out wrinkles. Botox was first approved by the FDA for medical use in 1989 to treat eye muscle disorders, such as spasms. But it wasn't long before doctors noticed its smoothing side effects and began using it as a treatment for wrinkles. Today, it is used to treat all sorts of ailments. Dr. Wolf gives us some examples of all the places he uses Botox.

- **Crow's feet** - Lines that radiate from the outside corners of the eyes can be smoothed out with Botox.
- **Migraines** - Botox injected in the back of the head, temple area, and back of the neck can relieve migraines.
- **Neck** - Botox injected into the muscle chords in the neck can help soften the vertical bands.
- **Severe Sweating** - People who suffer from severe sweating on their hands, feet, and underarms (hypohidrosis) can use Botox to eliminate the sweating.
- **Marionette lines** - The lines that run down from the outside corners of the mouth toward the chin can be softened with Botox by preventing certain muscle movements in the area.
- **Gummy Smile** - Botox can be injected above the lip for people who show too much teeth or gums in their smile. This relaxes the muscle so that the lip does not lift up as high when one is smiling. See below for a before and after case.

If you have not had the chance to try the famous Fraxel treatment, we will be offering it again on Wednesday, May 20, 2009. Fraxel is a noninvasive way of resurfacing damaged skin and uncovering the skin of your youth. [Click here](#) to see before and after pictures. Call today to schedule your appointment, as space is limited.

(305)595-2969

MPS' Makes an Effort to "Go Green"!

We hope all of you are considerate of the environment because at MPS we find it very important to take good care of our earth. In honor of Earth Day last month, we would like to share with you what we have done to "go green":

1. We bought a water filtration system for the office and
Although Botox is only FDA-approved for treatment of wrinkles between the brows and eye muscle disorders, many doctors are applying to other areas such as the ones listed above. Remember these results last from three to four months.

Tips for Protecting Your Skin from Sun Damage

You've heard it a million times before... Sun damage is the number one cause of skin cancer and aging. The best thing you can do for your skin is keep it protected against the sun. Here are some tips to keep your skin protected and looking its best...

1. Your sunscreen of choice should have an SPF of at least 15. Sunscreen should be used daily, even on a cloudy day. If you are fair skinned and/or burn easily, you should use a sunscreen with at least an SPF of 30. SkinCeuticals Active UV Defense SPF 15 or Obagi Healthy Skin Protection SPF 35 are great for daily use.

2. Don't forget your lips. Remember, the skin on your lips is just as susceptible to sun damage as the rest of your face. Lip protectants should also have an SPF of at least 15.

3. Broad-spectrum coverage is important to look for in sunscreen. This will protect you from both UVA and UVB rays. The SPF will determine the level of protection against UVB rays, the primary causes of sunburn and skin cancer, while UVA protection helps defend your skin against the rays of the sun that lead to signs of premature aging and wrinkles. Nia 24 Sun Damage Prevention is a great choice for all types of skin. Click here to hear what Dr. Oz had to say about the benefits of Niacin for the skin on Oprah.

4. The important thing about sunscreen is to reapply! Reapply sunscreen, no matter what its SPF, at least every 30 minutes. If you think sunscreen is just too greasy or oily try Colorscience Sunforgettable SPF 30.

5. Select the right kind of sunscreen, either waterproof or water-resistant, depending on the activities you have planned. Waterproof sunscreen should provide protection in the water for up to 80 minutes. Water-resistant sunscreen's SPF should provide protection for up to 40 minutes of exposure to water. SkinCeuticals Sport UV Defense SPF 45 is waterproof/sweatproof, perfect for active people. Obagi Physical Block Zinc Oxide SPF 32 is great for boaters, long days in the sun and travelers.

Luckily, MPS carries all different levels of protection for all types of skin. And if you are a sun worshiper and absolutely insist on having a fresh tan for the summer, get a spray tan! There are also plenty of over the counter moisturizers and sprays that can keep you looking sun kissed all year long.

Call us today (305) 595-2969 to purchase your skin protection.

Meredith’s Wellness Tip of the Month

To be your best, it takes more than surgery. We are advocates for "the big picture" and want to see you excel in all areas of
appearance and health, which is why we have included a column about wellness by Meredith Wolf, Certified Professional Wellness Coach, Health/Fitness Practitioner and Personal Trainer. In this column, you will learn how to look and feel your best from A to Z!

Before embarking on your journey to health and wellness, ACCEPTANCE is key! Know where you stand, strive for YOUR ULTIMATE BEST (not someone else’s) and have REALISTIC EXPECTATIONS!! By letting go of unrealistic expectations, we can feel accepted and realize that a healthy lifestyle is something that can be practiced day to day! So, breathe deep, decide to move forward and get ready to take ACTION. Make a decision to make one healthy change per day!! Happy traveling!

To meet with Meredith to discuss your personal wellness, you can call her at (305)785-8481.

Employee Spotlight: Ivette Oliva

After years of hard work and dedication this month’s spotlight goes to: Ivette Oliva. She is Dr. Brad Herman’s Patient Coordinator. Ivette is in charge of scheduling appointments and surgeries for Dr. Herman and making sure that everything gets done correctly to ensure a great experience for all his patients. Ivette has been part of the MPS family for five years now. She is married to a wonderful husband named Ariel and is not only a mother of two year old Jaden, but she also has two dogs, Max and Raven, and a ferret named Bandit. Ivette’s favorite part about her job is: “The wonderful people I work with. I absolutely love spending time with this wonderful family, both in and out of the office. I feel truly blessed to be a part of such a great team!”

Alexandra’s Breast Augmentation Story

I am so happy and excited with my results from the breast augmentation surgery with Dr. Herman. He and his staff had already been highly recommended to me from a couple of friends that have had the same procedure done. From the moment that I stepped into the office I felt completely comfortable and welcomed. They made me feel safe and completely at ease, which was extremely important for me, being that this was my first surgery. When it came to the surgery, itself, I had never been so calm and felt safer than in the hands of Dr. Herman, the anaesthesiologist and nurses. I could not be happier with my results. I really feel like this is how I was always supposed to look. Thank you Dr. Herman!
April 15, 2009 Declared "Dr. Michael Kelly Day"

It was all smiles on April 15th for Dr. Kelly as Miami-Dade County Commissioner Joe A. Martinez honored him with a Proclamation for his work with Operation Smile declaring April 15, 2009 "Dr. Michael Kelly Day".

"It has been a great honor for me to work so closely with Operation Smile. Being a father of two, I understand the importance of helping other children and families," said Kelly of his work. He and a team of dedicated doctors have traveled to Nicaragua, Honduras, China and Thailand with Operation Smile, a medical charity dedicated to helping children and young adults born with facial deformities such as cleft lip and cleft palates. In one week, approximately 200 surgeries are performed.

Dr. Kelly has been a member of Operation Smile for 17 years. His next trip is scheduled for Brazil in September. Emma, his 15 year old daughter, will be joining him as a student volunteer.

Congratulations Dr. Kelly!!

Nora Ephron, You No Longer Have to Feel Bad About Your Neck

Nora Ephron, famous for two of the best romantic comedies of her time, *Sleepless in Seattle* and *When Harry Met Sally* wrote a witty book in 2006 about aging and womanhood in general titled, "I Feel Bad About My Neck And Other Thoughts On Being A Woman". In this book, Nora discusses how she was misled into thinking that you could only lift your neck by lifting your face because "it's all one big ball of wax" (ha!). Well, we are here to tell you and Nora the good news. You do not NEED to have a facelift in order to have a neck lift. And Nora, if this ever gets to you, our doctors would love to make you feel good about your neck.

Corporate Run 2009

The MPS staff had a great time this year at the Corporate Run! Thanks to everyone who came by our tent to say hello! It was a great turnout... Check out our facebook page to see pictures from the race. [Miami Plastic Surgery Facebook Group]
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