May 2008

Happy Mother's Day
The team at Miami Plastic Surgery would like to wish all of you a Happy Mother's Day. We thank you for your loyal business and hope to see you in the office again soon.

Botox Party In Honor of Mother's Day
In honor of Mother's Day we want to share a special offer with you. We want to thank you for your loyal business and are offering a special $75 discount on Botox and Juvederm procedures Thursday May 8th and Friday May 9th. The offer is good for those days only. Any procedure performed or purchased on that day will receive the offer. Special guest Lucy Thal from Colorescience will be performing make-overs and demonstrating the latest make-up application tips. Book your appointment now as space is limited. We will have refreshments for you to enjoy as you wait. Bring your mother, a friend, or treat yourself for Mother's Day.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

New Website, New Look
Visit our new website soon! We are giving our website a make-over to provide you with updated information, tools, and services. Coming soon...

Virtual Consultations, 3D Procedure Animations, More Before and After Photos, Full Skin Care Service Menu, Videos, and more...

www.MiamiPlasticSurgery.com
Case of the Month: Luscious Lips by Dr. Herman

Full, pouty, sexy lips...we all want them. Who doesn’t wish they had Angelina’s lips? Unfortunately, not all of us were born with those lucky genes. We do have options though. Hyaluronic Acid is the lip treatment of choice. Restylane, Perlane, and Juvederm are hyaluronic acids that are injected into the lips and can last up to 6-12 months. If you are interested in a more permanent option for a plumper pout, Dr. Herman suggests fat grafting. Live fat cells can be suctioned out from an unwanted area and then injected in to the lips. Results can last 7-10 years. Most patients have no side effects, although some experience a little swelling. This procedure is also popular if you have one lip larger or smaller than the other, you can even them out. As we get older our lips can change. They lose volume and can begin to wrinkle. The fillers can restore volume and give you a younger, sexier looking mouth. Call us today and schedule your appointment (305)595-2969.

Adjusting Your Routine For The Summer

Skin behaves differently from season to season. Some adjustments to your skincare routine during the summer might be necessary.

1. Skin can become oilier in the summer. Switching from a cream moisturizer to a lighter moisturizer, like a concentrate or serum can help fight excess oil.
2. Add a Vitamin C product to your regular routine. You will not only get the anti-wrinkle benefits, but the Vitamin C also helps protect against UV rays.
3. Use a mask to help absorb excess oil, hydrate, and clean pores.
4. Carry an oil absorber for touch-ups.
5. Remember to wear sunscreen, EVEN ON CLOUDY DAYS. This is the most important product in your whole skincare regimen and will save you from wrinkles and pigmentation.

We all hate dealing with our unwanted body hair. Some of us shave, wax, or tweeze, and a lot of us even do a combination of all 3. Just as we are done with the painful and grueling task, the hair is back and we have to start all over again. We’re left with cuts, ingrown hairs, redness, bumps, and irritation. None of it is enjoyable, and the results can be extremely fleeting. As the entire country prepares for summer by hitting the gym, starting a new diet, and
Did You Know?

The numbers of men and women opting for minimally invasive cosmetic procedures is growing each year. Here are the top 5 procedures performed last year.

1. **Botox** 4.6 million
2. **Hyaluronic Acid** 1,051,000
3. **Chemical Peel** 1,025,000
4. **Laser Hair Removal** 906,000
5. **Microdermabrasion** 897,000

A Few Metabolism Boosters to Help You Get Into That Bikini...

Your metabolism is the rate at which your body burns calories. The faster you burn calories, the more weight you lose. Here are a few metabolism boosters to help you lose those last few pounds.

1. **Eat Little and Often** - Small, regular meals throughout the day will keep your metabolic rate high.
2. **Eat Breakfast** - Your metabolism slows down overnight so it is important to have breakfast when you wake up to get it started again.
3. **Eat Enough** - Eating too few calories will cause your metabolic rate to drop automatically.
4. **Drink Green Tea** - The phytochemicals in green tea raise your metabolism and also help your brain and nervous system run faster and more efficiently.
5. **Be Active** - Any aerobic exercise done for more than 30 minutes not only burns calories, but also keeps your metabolic rate high for several hours afterward.
6. **Eat Fiber** - High fiber foods like beans, fruit, whole grains, and veggies take longer to digest and therefore help burn more calories.
7. **Drink Iced Water** - Here is an easy trick you should do a few times a day: Drinking cold water makes your metabolism work by having to raise the water up to your body temperature. A few more calories burned!
Sunforgettable: Powder Sunscreen
The Sunforgettable SPF 30 Brush by Colorescience is one of the most popular sunscreens used today. Cameron Diaz was quoted in *Self Magazine* naming it as her favorite. Sunforgettable has also been featured in *InStyle, Lucky, People, Cosmopolitan, and Redbook*. It is recommended by the Skin Cancer Foundation as one of the most effective UV sunscreens. It's an invisible, lightweight mineral powder that comes in a retractable brush form. It is effective after skin peels, laser resurfacing, and most surgical procedures. It won't burn your eyes, or rub off on your clothes, and it is very water resistant. You never have to deal with that greasy, oily, sunscreen feeling again. This mineral powder is sun protection with zinc oxide and titanium dioxide that does not absorb into your skin. A must-have for this summer. You can purchase Sunforgettable products in a variety of easy to use formulas in our office. We also carry Colorescience's full mineral cosmetic line. Call us today and get your own.

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