Join Us For an Evening of Primping and Shopping!

Kick-off the holidays looking fabulous. We are having a holiday Botox Party December 9-10 with a few special bonuses. We are extending our hours on Wednesday December 10th until 6:30pm for those of you movers and shakers that just can't miss a minute of work. You can shop for your friends while you wait! Skin care products always make the perfect gift. We are offering you $50 off of ALL injectables AND if you bring us a new friend to MPS we will give both of you $100 off. (Both of you must receive treatment on the above dates in order to receive the discount and friend must be a new patient to Miami Plastic Surgery). Call now to make your appointment as space will be limited (305)595-2969.

Case of The Month: Labiaplasty with Dr. Herman

More and more women are inquiring about this procedure, especially after the birth of their children. It is very common for women to experience physical discomfort or embarrassment due to the large size or unevenness of their labia. It can sometimes interfere with everyday activities, or cause pain during intercourse. Even weight gain or loss can alter the appearance of the external genitals. A labiaplasty reduces the size and/or shape of the internal labia, the skin that covers the female clitoris and vaginal opening. The surgery is performed as an outpatient procedure under local anesthesia. Fat can also be removed or added to the pubic mound and external labia. This is a simple procedure that can be performed in conjunction with the labiaplasty procedure with minimal to no downtime. After labiaplasty surgery, women may experience some mild discomfort and swelling, which
usually disappears completely after 1-2 weeks. Scarring is rarely noticeable. With realistic expectations this procedure can greatly improve your self-esteem and confidence. Call today for your consultation (305)595-2969.

Mushrooms: The New Super Antioxidant

Today the mushroom is one of the most sought after beauty ingredients. The Chinese believe it to be the key to everlasting youth. Mushrooms give the skin a smooth and youthful glow. They slow down the aging process and help promote a healthy skin texture. All mushrooms are packed with essential vitamins and nutrients but the shiitake, reishi, and matsutake are the most widely used in the beauty industry due to their anti-aging, anti-inflammatory, and skin brightening abilities. Mushrooms contain niacin, fiber, potassium, and selenium which protects against free-radical damage and is potent in Vitamin E. You can incorporate them into your diet easily. Add them to your favorite salad, pizza, pasta dishes, sandwiches, and burgers.

Breast Cancer Survivor Celebration

October 2nd was the 11th annual Breast Cancer Survivors Celebration at South Miami Hospital. It was hosted by the Your Bosom Buddies Breast Cancer Support Group. Dr. Herman and Dr. Kelly gave the Bosom Buddies group a home and helped them get started in 1997. They call themselves a caring, sharing and educational breast cancer support group. They meet the third Thursday of each month at 7pm in the Women's Health Resource Center in the Baptist Hospital Medical Arts Building. For more information call (786)596-5981.

Breast Cancer Survivor Celebration

Employee Spotlight

SmartLipo

Washing Your Face

Still Going Strong

Bag Your Under Eye Bags

Facebook

Put Your Best Foot Forward

Arm Surgery

Dr. Herman speaking at the October 2nd Breast Cancer Survivor Celebration at South Miami Hospital.

Putting Your Best Foot Forward

As image is the first point of personal influence in our society today, it is important that we look our best whether in a professional or social...
Employee Spotlight: Gigi Lopez
Gigi is the assistant to our Patient Coordinators. She has worked with us for almost 5 years. She currently attends the Art Institute of Miami and is majoring in Interactive Media. She aspires to one day open her own design studio. In her free time she enjoys spending time with her family and her 2 adorable dogs Gia and Sam. She also enjoys occasional night out on the town. "My favorite part about my job is not only meeting such interesting people but also being their guide through their surgical process. It is nice to a part of such a positive and life-changing experience."

SmartLipo is not so smart...
You have probably seen the ads and billboards promoting "smart lipo". The promoters make incredible claims such as no down time, no anesthesia, better results, etc. But remember the phrase, "If it sounds too good to be true, it probably is". Smart Lipo is a technique that uses a short cannula to dissolve fat, prior to suctioning it out. Because the cannula is short, it requires multiple incisions to do the procedure which results in more scarring. The patient still needs anesthesia, and still has a typical recovery time. In addition, there has never been a clinical study proving its effectiveness, and most of its practitioners are non-plastic surgeons who get their patients through the marketing hype. As you know, we at Miami Plastic Surgery ONLY use proven techniques that create predictable, consistent results. Traditional and ultrasonic liposuction have long standing track records to make sure that you get the new shape you want. Now you can understand why "smart lipo" is really for dummies!

Are You Washing Your Face Properly?
Follow these 6 steps to ensure you are properly caring for your face.
**Step 1:** Make sure to wash your hands first. If not, you'll be rubbing bacteria and dirt onto your face. Tissue off any eye make-up with remover as well.
**Step 2:** Wet your face completely by splashing it with warm or tepid water. You should avoid hot water as it strips skin of its natural protective oils, which leaves it dry and fragile.
**Step 3:** Use a nickel-sized amount of cleanser, and lather it between your hands first. Then using your fingertips, gently
Step 4: Start at the forehead, then move down to the nose and cheeks, continuing downward. Don't forget your hairline, eyebrows, and neck.
Step 5: Rinse by repeatedly splashing cool water over your face. Pay attention to easily spots such as the hairline. Spend more time rinsing than cleansing. Cleanser residue can irritate your skin.
Step 6: Use a clean, soft towel to gently blot your face and neck. Do not rub or pull.

Be gentle with your face, it's the only one you have!

Still Going Strong...
Times are tough right now in this country. Everyday we see more and more businesses closing their doors, including plastic surgery practices. Some practices have switched gears and are now doing only reconstructive surgery to pay the bills. At Miami Plastic Surgery our focus is only cosmetic surgery and our practice continues to thrive despite a difficult economy. No matter what happens in the economy, we will be here to take care of you with the same degree of excellence. Put your trust in experienced and practiced hands for the results that you deserve. We look forward to seeing you in the future (305)595-2969.

Bag Your Under Eye Bags
As we age, the fat under the eyes redistributes and the skin loses elasticity. This causes under-eye bags, puffiness, and dark circles to appear more prominent. Genetics also play a role. If your parents had significant puffiness and bags, you are likely to have them too, regardless of your age. Getting enough sleep can help dark circles from forming, and eye cream formulas with ingredients such as caffeine and vitamin C can help reduce discoloration and puffiness. When injected under the eye, hyaluronic acid fillers like Restylane, Perlane or Juvederm can significantly reduce the appearance of dark shadows and plump the area in just one treatment. To maintain results, the treatment should be repeated every six to 12 months. Don't forget to join us for our holiday injectable party and bring a friend to receive $100 off of your treatment.

Many people are seeking a solution to the abundance of loose, excess skin hanging from their arms. The traditional surgery was called a brachioplasty and left a scar along the entire length of the arm, from elbow to armpit which left many reluctant to undergo the procedure. The new technique, called a minimal incision brachioplasty, uses only a small incision in the armpit. The older scar was extremely visible and left many patients self-conscious after surgery. Now, patients can't wait to show off their newly sculpted arms. The procedure is performed under general anesthesia. Arms are wrapped for the first two days after surgery to prevent swelling. Recovery time is relatively short, with approximately one week before patients can resume normal activity.

Watch Dr. Kelly on NBC6