Case of the Month: Labiaplasty with Dr. Herman

Labiaplasty, which reduces the size and/or shape of the internal labia, the skin that covers the female clitoris and vaginal opening, may be perceived as a procedure that is unusual and uncomfortable. However, it is quite the contrary. More and more women are inquiring about this procedure, especially after the birth of their children.

Women who feel physical discomfort or are self-conscious with the size or unevenness of the labia should feel at ease knowing that there is something that can be done to correct it. Good candidates for the procedure are those that are dissatisfied with the appearance of their genital area, are in good physical and emotional health and have realistic expectations.

Labiaplasty is an outpatient procedure usually performed under local anesthesia. After surgery, a woman 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.

What Makes MPS Different From Other Plastic Surgery Practices?

We only use Board Certified Anesthesiologists.

An Anesthesiologist is trained to provide pain relief and maintenance or restoration of a stable condition during and immediately following an operation or an obstetric or diagnostic procedure. The Anesthesiologist assesses the risk of the patient undergoing surgery and optimizes the patient’s condition prior to, during, and after surgery.

A board certified anesthesiologist is an anesthesiologist that has finished their training and taken a written exam first, and then followed that with an oral exam which is two days long, and obtains boards in his/her specialty.

Meet our Anesthesiologist of the Month!

Dr. Livia Exposito

Dr. Exposito graduated from the University of Miami with a BA in English. Shortly after, she started medical school at UM and completed her residency at Jackson Memorial Hospital. She has been a Board Certified Anesthesiologist since 1996.

Dr. Exposito has been with Baptist Hospital for eight and a half years. In addition to being a part of Baptist and Kendall Anesthesia Associates, Dr. Exposito has worked, and continues to work, with our surgeons here at Miami Plastic Surgery.

Dr. Exposito enjoys traveling, dancing, and most importantly spending time with her family.

We are honored to have Dr. Exposito as a...
wrinkles in other parts of my face. While I would like to get rid of the wrinkles that bother me, I do not want to have more wrinkles where I never had some. What are your thoughts?

A: The answer to this is not simple. As I have emphasized over the years, the proper use of Botox and Dysport is a matter of technique. An understanding of the balance of the facial muscles and anatomy will ultimately make the practitioner a good injector. It is therefore important to have a well-qualified physician inject your Botox and Dysport. Choose a physician who is board-certified in either facial plastic surgery, plastic surgery, oculoplastic surgery or dermatology. There are other physician groups trying to develop an understanding in order to inject, but for now these are the groups of physicians whom I would recommend you see for a satisfying experience. As to your concern, by changing the balance of your facial muscles, Botox and Dysport decrease the activity of the depressor muscles of the brow, causing the elevator muscles to be more active. This manmade imbalance makes the wrinkles that form just lateral to your eyebrows appear more prominent. A well-qualified physician can "tweak" your injections to minimize those wrinkles. Of course, you should discuss your concerns with your physician so that he or she can explain the benefits and the risks of your treatment.

Belly Buttons after Tummy Tucks!

One of the most important parts of having an attractive tummy is the "belly button". In a blank "sea of skin", it gives the eye something to look at and thus becomes the "focal point" of the tummy. Most lay people recognize two types of belly buttons, "innies" and "outies". "Innies" are the natural state and are preferred by most patients cosmetically. "Outies" are actually a type of hernia, called an umbilical hernia, where fat and/or intestines protrude upward through a defect in the abdominal wall. Naturally occurring belly buttons can be shaped either round or oval.

During tummy tuck surgery, it is necessary to create a new opening in the skin, or "window" so the belly button can be viewed. While many people think that the surgeon makes a "new" belly button, it is actually the same belly button, viewed through a new hole.

This is a part of the tummy tuck operation where many plastic surgeons often get a less than optimal result. They make the belly button hole too big, or they use permanent stitches on the outside which leave ugly "Frankenstein marks" around the belly button. These tell-tale clues tip off the observer that the patient "had something done"

Here is a picture of a belly button that was not done at Miami Plastic Surgery. You can see the scarring the stitch marks left around the belly button:

At Miami Plastic surgery, we use dissolvable sutures, placed on the inside of the belly button so they don't leave stitch marks. We also keep the hole small and cute. It is even possible to vary the shape of the hole so that it is either round or oval depending on the patient's wishes. Our patients love their belly buttons and frequently comment on how natural they look. Belly buttons are important and our attention to this detail is just one more way Miami Plastic Surgery distinguishes itself from the results of other plastic surgeons.
Here is a picture of a belly button that was done at Miami Plastic Surgery. You can clearly see that there is no scarring around the belly button:

For Questions on this or any other procedure please call our offices at (305) 595-2969

Employee Spotlight: Adriana Jaramillo

Adriana has been Dr. Kelly’s Surgical Tech for the last seventeen years. This is not the first time she has been named Employee of the Month and that is because she is an exceptional employee. Adriana is a team player, works hard, and can always be counted on. This month she has gone above and beyond her job responsibilities, and for that she has been named October’s Employee of the Month!

Adriana enjoys spending time with her family on her free time. She also enjoys dancing which is why she has been named Salsa Champion in the past. She has a great time with her co-workers and her favorite thing about her job is the fact that she gets to meet with patients during their initial consultation, is there during their surgery, and gets to see the patient for their final results. “I like to be a part of their whole experience; it feels good to see how happy they are in the end!”

Congratulations Adriana on being voted ‘Employee of the Month’, we look forward to another year working by your side!

GRAND OPENING of The Miami Plastic Surgery ONLINE WEBSTORE!

www.miamiplasticsurgeryskinstore.com

SPECIAL OFFER!
Purchase JOURNEE Bio-restorative Day Cream with PSP SPF 30+ and NEW PERLE Skin Brightening Cream and receive your FREE 20% glycolic peel!

Offer Limited!

MPS Out & About

Veronica Flores, Chamber South Chairwoman, Dr. Wolf, & Jessica Odio at the Chamber of Commerce New Members Breakfast!

Next time you book your injectable app! ask about our “Botox Buddies” program!
Check out all your favorite brands & products:
DivaDerme
La Roche-Posay
Liquid Smile
NEOCUTIS
NIA24
ScarGuard MD
YOUNG Pharmaceuticals

Please note MPS carries other products that can not be sold online. Certain products and lines can only be sold after a doctor approves its use. If you have any questions please call us at 305-595-2969.

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