Celebrating Our 10th Year of Partnership!

Michael E. Kelly, M.D.
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Brad P. Herman, M.D.

October 2009

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<th>Case of the Month: The Mommy Make Over with Dr. Herman</th>
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<td>Having children is a blessing. Unfortunately, most women's bodies do not just snap back into shape after having children. The stretching of the stomach muscles and skin, thighs, breasts, and other areas can lead to stretch marks, excess fat deposits, and loose sagging skin. More and more women are discovering that there is, in fact, a way to reclaim their bodies - cosmetic surgery. The changes to the body from pregnancy are not all on the outside. As the baby grows and forces the uterus against the inside muscle wall of the abdomen, those vertical muscles get stretched apart and elongate, which results in a &quot;pouch&quot; on the lower stomach that can't be fixed with diet and exercise alone. Surgery is required to bring those muscles back together.</td>
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<td>Women are counteracting the effects of pregnancy on their bodies by choosing a &quot;Mommy Makeover&quot;. This is a combination of procedures meant to address those effects of pregnancy that cannot be reversed through diet and exercise. A mommy makeover is not just for recent moms, some women wait several years before deciding to treat themselves. Commonly, a tummy tuck is combined with either a breast augmentation, or in some cases a breast augmentation and a lift. Liposuction is also an option for certain areas. Post-pregnancy surgery should not be done until you have allowed time for your body to fully recover (3 months after breast feeding is ideal). It is important to diet and exercise to get back to your optimal pre-pregnancy weight. Good candidates would be those who have successfully lost weight after pregnancy, but have not been able to get rid of stubborn areas of fat and or sagging skin.</td>
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<td>Below you will see photos of a patient who opted for a tummy tuck and breast augmentation.</td>
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<td><img src="image1.jpg" alt="Before" /></td>
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Ask our Docs!

Is there a topic we haven't covered on our newsletter that you'd like to learn more about? If so, please send an email to:

ksilva@miamiplasticsurgery.com

We would love to hear from you!

Follow us on Twitter
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In This Issue
If you would like to schedule a consultation with Dr. Herman please call us at (305)595-2969. You can also visit our website www.miamiplasticsurgery.com

**Trick or Treat, Pick your Treat!**

*For the month of October only, receive $25 off on a facial, peel, Microdermabrasion, or a Dermaplane treatment with Ana!*

To schedule your special treat with Ana, please call (305)595-2969.

**Cellulite facts, is there a solution?**

More than 90 percent of women develop some type of cellulite in their lifetime. Just because you have more fat in some parts of your body and less in others doesn't necessarily mean you're prone to cellulite and vice-versa. Doctors believe that's because estrogen plays a big role in cellulite formation. Excess estrogen causes a weakening of connective tissue, which allows fat to bulge up under the skin, creating cellulite. Structural, genetic, hormonal, circulatory and inflammatory factors can also contribute to the development of cellulite, and even if you do lose weight, your cellulite may still be visible.

There are a couple things you can do to make the appearance of cellulite less noticeable, but there are no permanent solutions.

1. Smoking damages the connective tissue, which in turn affects the appearance of your skin. Yet another reason to reconsider lighting up.
2. Watch your weight. The more fat you carry, the more cellulite you are likely to have.
3. Exercise your problem area regularly instead of wasting money on all those fancy creams. Continuous exercise will help firm up the skin.
4. Eat healthy. Maintaining a healthy lifestyle will improve your overall look.

The bottom line, diet and exercise are the only things that help.

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**Fall in love with your skin again.**

Fraxel is a noninvasive way of resurfacing damaged skin and uncovering the skin of your youth. Fraxel treats wrinkles around your eyes, acne scars, surgical scars, age spots/sun spots, melasma and Actinic Keratoses.

We are excited to be offering the original, Fraxel re:store™ on Thursday, October 29th.

Call us today to schedule your appointment, as space is limited. (305) 595-2969
There are no creams that work and other treatments will give only temporary improvement.

Visitors from around the world...
For the last six weeks we have had a special visitor from Mainz, Germany. Florian Jungmann is a medical student from the University of Mainz who came all the way to Miami to train with our doctors. He will be graduating in the next 2 years. He says he is very grateful for the wonderful experience he's had at Miami Plastic Surgery. We wish you the best Florian!

Next time you are in the office take a look at the big map behind the check out desk and see how far patients and doctors come to see us!

Employee Spotlight: Adriana Jaramillo
The spotlight for this month goes to Adriana Jaramillo. She is Dr. Michael Kelly's surgical technician. She has been part of the MPS family for sixteen years! Her hobbies are dancing, especially to Latin music like "Salsa", and spending time with her five year old son Sebastian. She has been married to her husband Juan David for over ten years. She is enthusiastic and funny, which makes her great to be around. Adriana says that her favorite thing about MPS is "All the different surgeries I do and different people I see. I like to know that I can help to make a change in someone else's life for the better."

Patient's Corner with Sylvia Martinez
I have been a patient of Dr. Kelly's since 2002. Ever since then, I've gone to him for anything I need. I wouldn't give my face to anyone else. I have trusted him from the very beginning because I know he is the best of the best. He is the type of doctor that you feel completely safe with. This is something he not only portrays in the work that he does, but in his personality. I know whatever I do with Dr. Kelly, the outcome will be great and it has been. What makes going to Miami Plastic Surgery even better is his wonderful staff. The word that comes to mind when I think of the staff is, empathetic. They are all very warm and make you feel at home. I also think very highly of Adriana, Dr. Kelly's surgical technician. She is the best nurse I have ever met. She makes you feel secure and is a beautiful, wonderful person. I would recommend Dr. Kelly.

Did you know that we have no interest CareCredit payment programs? We also offer extended payment plans for up to 60 months at a fixed interest rate. MPS will take care of you despite the economic times so that you can have your procedure done soon! CareCredit has a free online payment calculator so that you can get a monthly payment estimate. Now there is nothing to hold you back from having that surgery you have always wanted.

For a consultation with one of our doctors, call (305) 595-2969.

Click here for more information about CareCredit.

$100 off your Obagi System!
Purchase your Obagi System in the month of October and get $100 off, while supplies last!

Obagi is the #1 prescription skincare that will give you brand new skin!

Call us at 305.595.2969 to
to anyone. I have always been very satisfied with his work.  
- Sylvia Martinez

If you have a story you'd like to share, please send an e-mail to:  
ksilva@miamiplasticsurgery.com

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**MPS is Everywhere!**

Dr. Kelly was featured in Delta Sky and US Airways Magazine as one of “The Best Plastic Surgeons in America”. Dr. Herman was recently interviewed on Telemundo about patients who have undergone liposuction procedures in unlicensed clinics with disastrous consequences. As you know, Miami Plastic Surgery's primary concern is always patient safety and our surgery center meets or exceeds national standards for both licensing and accreditation. Dr. Herman will be speaking at October 8th's 12th annual Breast Cancer Survivors Celebration hosted by the Your Bosom Buddies Breast Cancer Support Group. He was also featured in SOBeFit Magazine for his use of the endoscope in breast augmentation surgery as a less invasive procedure. Dr. Wolf was featured in SOBeFiT Magazine as a facial plastic surgeon who uses body fat as fillers to other body parts. He was also interviewed on Despierta America about Sculptra and Dysport. Sculptra was recently FDA approved for cosmetic use. Dr. Wolf was featured in Vanidades about a variety of different topics including the liquid facelift, Permalip, Fraxel, Botox and Dysport. Miami Plastic Surgery was featured and photographed in Venue Magazine for our 10 year anniversary celebration!

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Miami Plastic Surgery

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