Case of the Month: Neck Lift, with a Direct Excision, and a Z-Plasty, with Dr. Carlos Wolf

There are numerous reasons why your neck may look as though it needs a little make-over. It could be that you feel your neck has aged before your face, or you may have experienced dramatic weight loss, resulting in excess skin. Your neck flaccidity could be a result of your genetic make-up, or you may just feel like you have a "Turkey Wattle Neck!" Whatever the reason, you should feel comfortable and happy about what you see, and no one feels comfortable with something referred to as a "turkey neck".

In this month’s Case of the Month, Dr. Wolf’s patient underwent a neck lift with a direct excision, and a z-plasty closure to correct the turkey neck deformity. This approach to a neck lift works well in male patients as their skin is often coarser and thicker than a female. Male patients have facial and neck hair, and as a result shave several times per week. When men shave they are dermabrading the incision. The dermabrasion makes the incision less noticeable over time. This case was done under local anesthesia and the patient was thrilled with the results.

Before  After
Q & A with Dr. Kelly

We’ve started a monthly Q & A column for our patients!

If you have a question you're too embarrassed to ask, don't have time to call about, or are simply just curious... email us! The doctors will respond to your question(s) via our newsletter!

Send in your questions to:
jodie@miamiplasticsurgery.com
Questions will remain anonymous.

Sept Question: "My friend and I both recently had breast augmentation surgery. We both started out having about the same size frame and breast size. We both had the same volume implants put in. However, after healing, my friend's breasts seem a lot bigger and perkier, and my breasts seem a lot wider and flatter. Is there a difference in implants other than the volume that would have made our results look so different and my breasts look smaller?"
Answer: No two breasts are the same. That is true for each breast of an individual, as well as one person versus another. In every instance, Dr Kelly and Dr. Herman can show you how breasts vary.

Thus, in breast augmentation, the same size implant can yield very different results on two different patients. That is why we advise our patients to ignore what size "their friend got", and try sizing implants in a bra before surgery. Patients should choose their implants based on what they like when they look in the mirror with sizers. The path to a beautiful result means choosing what looks best for you, and forgetting how many cc's "their friend got"!

Are You Wearing the Right Bra Size?

According to the Bra Fitting Guide, it is estimated that about 80% of women wear the wrong sized bra. Bra sizes vary depending on the manufacture, store, designer, etc. The majority of women are wearing band (the base of the bra that goes from your back to the front of your breasts) sizes that are too large for their back. The other majority of women are wearing cup sizes that are too small for their breasts. The size of the bra band is important because 80-90% of the support for your breasts comes from the actual band. The other 10-20% comes from the straps. Here are some tips to help you choose the right bra for you:

- With a tape measure, go under your breasts and around your back. Make sure the tape measure is flat on your skin and goes straight across your back.
- Many stores and publications suggest adding 2-3 inches to the actual measurement. If the bra you are purchasing has an elastic band there is no
need to do so as it will stretch 2-3 inches on its own.

- You should be able to fit 1 or 2 fingers underneath the band of your bra. If you can do so comfortably the band size is the right size, if you are having a hard time fitting your two fingers underneath the band that means the band is too tight. If this is the case you'll want to adjust the fitting by putting the band on the loosest setting, and if you are still having issues the bra does not fit!
- If your breasts sag make sure to place the band underneath the bottom of the breast to get an accurate band size.
- The proper way to measure the cup size is by putting the measuring tape on top of the fullest part of your breast and measuring downwards towards the bottom of your breast.
- The number that comes out will tell you the "correct" cup size. For example 1" is an A cup, 2" is a B cup, so on and so forth.
- Once you try the bra on make sure that the cup covers the entire bottom and side of your breast, that it does not have bulge or excess breast coming out the sides, bottom, or top of the bra, and that it feels comfortable.
- You should try and have someone do the measurements for you as they can accurately place the measuring tape and read you the measurements.
- The band size is the number part of your bra size, the cup size is the letter part.
- If you are wearing a padded bra and are getting measured with your bra on you will not get an accurate measurement, make sure to place the measuring tape underneath the wire.
- Depending on the store and make or model of the bra, your size will vary which is why trying on different bras is important.
- A bra should not be uncomfortable or painful. If it is, you have chosen the wrong size.
- If you are trying on an underwire bra you should have two separate breasts not a "uni-boob". If your breasts are pressed up together the bra does not fit.
- If you raise your arms up, the bra should stay against your body, not lifting up or off.
- Try on different styles of bras. Every style fits and fills differently and can "shape" your breasts differently.

If you are considering a breast augmentation, breast lift, reduction, etc. make sure that you are choosing a size that fits your body frame, that you and your doctor are comfortable with, and that you are choosing based on the look and feel that you want.

Remember, Bra sizes are unreliable, vary widely, and most women choose the wrong one! Instead of basing your decision on unreliable numbers and letters, talk to your doctor about how to achieve the actual size that you want. That is the path to being a happy patient!
If you have any questions feel free to email us or call us at (305)595-2969

MPS Out & About

Dr. Wolf on his visit to Africa this summer!

coming out from anesthesia. It also allows the anesthesiologist to measure wakefulness in order to know how awake a patient is and to monitor the meds used. Not everyone requires the same amount of meds to "go to sleep". Therefore, this is just another measure to monitor those meds. It may prevent the occurrence of awareness while under anesthesia.

Miami Plastic Surgery uses this technology in every surgery case. We have found that patients are excited to know that we have this advancement in technology. We are always happy to offer something that makes our patients feel more at ease about undergoing anesthesia and about their surgery as a whole.
MPS dined at Novecento in Coral Gables for Ligia Perez-Angulo's 15 year anniversary with Miami Plastic Surgery! Congratulations Ligia!

Employee Spotlight: Danai Garay

Congratulations ANA!

Our aesthetician Ana, along with her husband Mauricio, welcomed a beautiful baby girl Mia in August! May your home be filled with love and happiness always!
Danai Garay was voted September’s employee of the month! She is known around the office as the girl with the great smile, great attitude, and willingness to pitch in wherever need be! She came to us with great experience in reception, as she worked for a plastic surgery office in North Carolina. Although born and raised in Miami, Danai moved to North Carolina shortly after marrying her husband, three and a half years ago. They are both back in Miami, and we are happy to have her as part of the MPS Team!

When asked what her favorite thing about her job was, she answered “I love watching patients go through their journey. Whether they have a minor or major procedure I love watching how happy they get to have it done! I also love how MPS is one big family!” In her free time she enjoys spending time with her “hubby” and re-discovering Miami, one store at a time (Danai is quite the shopper!). Congratulations Danai and we wish you continued success as part of our team!

Skin Care
Q & A

Q: I have some dark stains on my face, around the cheek area, and find that I have very large pores. What can I do for my skin?

A: Depending on your skin type and condition, Fraxel would be an excellent option. This treatment would address both the hyperpigmentation (dark stains) and your skin texture. During a Fraxel treatment, a laser beam penetrates beneath the skin's surface to eliminate old and damaged skin cells. New skin cell growth is stimulated replacing the old and damaged cells. The result is fresh, glowing, healthy skin. Fraxel treatments along with monthly facials complimented by an "at home" skin care regimen designed specifically for your skin type would be a beneficial combination.

A skin consultation is required to determine if Fraxel is the right course of treatment for you.
For further information please call our offices, 305-595-2969. To send in a question email: jodio@miamiplasticsurgery.com

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