

# DrJHONNYSALOMON

Plastic Surgery & Med Spa

Spring 2010

## Lift The Years Away

**Maximum results, minimal downtime**

Cosmetic care is ethical care. As a medical practice and non-hospital surgical facility, we are committed to providing the least invasive alternatives for long-lasting, improved appearance. That's why we offer so many minimally invasive and non-surgical facial rejuvenators. But you could be one of those individuals for whom only a tightening lift will provide the long-lasting, natural-looking results you want. If so, Dr. Salomon is uniquely qualified to do it right here ... and you can expect minimal recovery time.

Remember, no one is immune to facial aging. With time and gravity, the facial and neck skin becomes lax and begins to loosen. The tight jaw line of your youth slackens into jowls or even another chin. Visible lines appear around the eyes, and fine wrinkles graduate into deeper grooves. Each of us has a unique timetable because heredity, lifestyle, and the environment all play a role in orchestrating the tempo and scale of this process.

A facelift can firm and tighten the skin of your face and neck in one procedure with predictable and reliable results. Although supplemental surgery is available, we often recommend additional revitalization through non-surgical procedures like volumetric filling for deep facial creases. In this way, you'll get the long-lasting results you want - with minimal downtime.

We can't stop the aging process, and maintaining your beautiful and youthful complexion is really a lifetime commitment. But with a facelift you could look up to a decade younger ... right away.



A DAY OF

*Beauty*

May 7th, 2010

RECEIVE UP TO

**\$300 OFF**

Botox or Dysport in combination with filler

Call us today to schedule your appointment! (305) 270-1361

*Plus...*

Enjoy a complimentary styling consultation with a Fifth Avenue Club consultant and receive a Saks goody bag on our Day of Beauty!

*Thank you for all your referrals. We appreciate them!*

# A FRIENDLY NEW FACES...

We'd like to offer an introduction

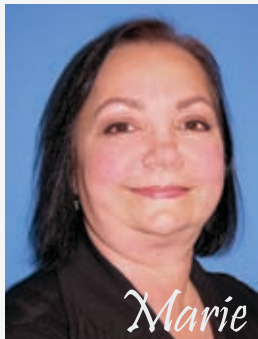


Goodbye shaving, plucking, and waxing! As one of the first practices in South Florida to offer laser hair removal, the laser department at Dr. Salomon Plastic Surgery & Med Spa uses the Alexandrite "GentleLase" & Gentle Yag Lasers by Candela. This is the most Gentle of Lasers and allows our specialists to treat Fitzpatrick skin tones I - VI while providing minimal discomfort with its advanced cooling mechanism. To compliment these advanced laser technologies, Dr. Salomon has hired two of South Florida's best Laser Hair Removal technicians.

Loris heads the laser hair removal department with her extensive knowledge and expertise in both Electrology & Laser Hair Removal. She has been studying Electrology & Laser Hair Removal for over 25 years and is well versed in the latest treatments and technological protocols. Since 1992, Loris has been a member of the Electrolysis Association of Florida and the Society of Clinical & Medical Electrolysis.

For decades, Marie has been a top specialist in Electrology and has become a leader in Laser Hair Removal. She has earned certifications in both Clinical & Medical Electrology as well as a certificate granting her the expertise to teach Electrolysis. Marie's expertise has gained her a strong clientele due to her vast attention to detail and her special touch.

You can now be free from old-fashioned and uncomfortable solutions to unwanted hair. Please call us for a consultation.



## The Bare Facts

### On taking care of your skin ...

It can be smooth or rough ... soft or calloused ... oily or dry. Whatever it might be, it's *your* skin and it has unique needs. It's very important to make sure that you take care of it. There exists a wide variety of products available to help you do just that, but you need to be careful which ones you choose.

There are many reasons to take good care of your skin, after all ... it does a good job taking care of you. Your skin protects your insides from harmful environmental toxins, helps regulate body temperature, *and* makes you look great. But, it needs your help to stay healthy, tight, and beautiful. When looking for products to help you need to be careful, as not all skin care products are created the same and some can even damage your skin.

To help maintain and improve skin health, one of the product lines we recommend is *SkinCeuticals*. These innovative products, developed with scientific evidence, are specifically designed to meet your skin's unique needs. With individual solutions for cleansing and toning, correction, moisturizing, prevention, protection, complete body care, and skin systems for acne, environmental damage, or to support rejuvenation procedures, you're sure to find what your skin needs.

No matter what your skin type, it needs your help to stay healthy and beautiful. Feel free to ask us about SkinCeuticals for your skin.

**DrJHONNYSALOMON**  
Plastic Surgery & Med Spa

The Med Spa has a holistic approach with Nutrition and Acupuncture. Patients also enjoy massage services, *VelaShape™*, Aesthetician treatments and the best in hair and cosmetic lasers.

# Tighten-Up Right!

Our bodies change over time ... there's no hiding from it. As we age, lose weight, and have children... our skin shows it. Time passes, collagen degrades, along with soft keratin, which is responsible for skin strength and elasticity. This causes the formation of wrinkles and saggy, loose skin. But what if we could erase time's signature from our body, like an artist "retouches" a photograph?

We are pleased to announce that our *Thermage*® treatments are better than ever and Dr. Salomon is the only cosmetic office in Florida to be offering it! *Thermage* has introduced a new tightening procedure using the *Thermage*® *Comfort Pulse Technology (CPT)*™ System. This new technology gives you superior results in just a single treatment! Here's how *Thermage* works. Backed by years of clinical research, *Thermage CPT* uses radiofrequency energy with advanced deep heating to rebuild collagen connective tissue, improve blood flow, and improve the smooth appearance of the skin. It safely heats the skin's three layers, causing an immediate tightening and renewal of collagen structures, and improving the skin's texture and tone - giving your body a firmer, smoother, more-youthful appearance. Not only will you see an immediate difference - the skin will continue to tighten for up to several months after the procedure.

*You can book this safe and convenient procedure with little disruption to your busy life. Contact us today to arrange your consultation!*

*We can achieve stunning results as seen here...*

*Before and After*

Enjoy your life with smooth skin!

# It's Time To Perk Up

**With less downtime and reduced scarring**

Sadly gravity is not always kind, especially as life and time pass by. The fact is that skin gets a little looser, certain parts start to sag, and all this can have a serious effect on self-esteem. Thankfully, we have sweet news. We can help you *perk up* with new breast lift techniques, with less scarring and less downtime ... using the doughnut or lollipop method.

In the **doughnut method**, less skin is removed and this offers a significantly quicker recovery time. The procedure involves creating two circular incisions around the areola, outlining the doughnut-shaped area of skin to be removed. Then the remaining breast skin will be reattached to the areola. This method leaves less noticeable scars than the standard anchor method, since the scar will circle the areola and will be masked more effectively.

The **lollipop method** is another method for more advanced drooping of the breasts. After the two circular incisions are made, a third vertical line is made down the underside of the breast. This method is restricted to women who meet specific criteria: medium breasted with moderate to severe sagging or large breasted with mild to moderate sagging. It is too involved for those with small breasts and not adequate for the reconstruction of severe sagging of large breasts.

Don't let gravity bring you down ... perk up your breasts. Ask us which treatment is right for you.



# Warm Weather Is Here

It's time to show off your legs again

The sun is shining! That means it's time to wear shorts, skirts, and pretty sundresses – without worrying that your unsightly spider or varicose veins will ruin your chances of getting outside, in style. Free yourself from aching legs that make you feel older than you really are. If you are concerned about how spider veins make you appear, or if you suffer from bulging or painful varicose veins, we can offer you a simple solution.

A treatment called *sclerotherapy* can help in returning your self-confidence. This solution, when injected, causes the veins to close up and gradually disappear. After injection, a slight warming sensation may be experienced and then slight pressure is placed on the treated area. The procedure may consist of multiple treatments over a span of twenty to forty minutes each, and complete results vary from two weeks to two months.

With today's advancing technologies, you are seldom limited to only one option. Laser treatment provides a safe and non-surgical alternative. In this method, as many as 70% of individuals experience dramatic results after the first treatment, although sometimes veins can reappear and additional treatments are required.

Show off those legs this season. If you think you could benefit from either of these procedures, please see us for a consultation. We can help you examine any areas of concern and assist you in choosing the best method of treatment.



## DrJHONNYSALOMON

Plastic Surgery & Med Spa

6705 Red Road  
Suite 708  
Coral Gables, FL 33143-3652

### Office Hours

Monday 9:00 am – 5:00 pm  
Tuesday 9:00 am – 5:00 pm  
Wednesday 9:00 am – 5:00 pm  
Thursday 9:00 am – 5:00 pm  
Friday 9:00 am – 5:00 pm  
Saturday 9:00 am – 3:00 pm

### Contact Information

Office (305) 270-1361  
Email info@drjsalomon.com

### PROCEDURES:

- Facelift
- Eyelid Surgery
- Nose Surgery
- Liposuction
- Tummy Tuck
- Breast
  - Augmentation
  - Lift
  - Reduction
  - Reconstruction
- Ear Reconstruction

### MED SPA:

- Laser Treatments
- Laser Resurfacing
- Fraxel Re:Store™
- Thermage™
- IPL
- Gentle YAG
- GentleLase®
- Botox® and Fillers
- Botox® Cosmetic
- Radiesse®
- Restylane™
- Perlane™
- Juvéderm®
- Body Treatments
- VelaShape™
- Body Thermage™
- Sclerotherapy
- Body Rituals
- Acupuncture
- Wellness
- Skin Care
- Facial Treatments
- Obagi™
- Peels
- Diamondtome®  
Microdermabrasion
- La Roche Posay®  
Dermaplaning

[www.drjsalomon.com](http://www.drjsalomon.com)