

# Dr JHONNY SALOMON

Plastic Surgery & Med Spa

Summer 2009

## Tired Of Struggling?

Get a smoother,  
tighter, contoured body

Most of us have at least one area on our body that we wish was a little slimmer, smoother, and tighter. Sadly, there are times when diet or exercise just doesn't seem to help and getting that dream body seems hopeless. We all know about surgical options that can help, but that's not always your most appropriate option. So, we are happy to offer you a solution called *VelaShape*™.

*VelaShape* is the only FDA-approved device that effectively and safely contours, shapes, and slims the body by reducing cellulite and firming problem areas in as little as four treatments. The procedure is completely non-invasive so that means little to no pain, no bandages, and no recovery time! This device combines heat, light, suction, and massage to effectively smooth skin texture, reduce the appearance of cellulite, and target localized fat deposits.

Unlike other techniques that just use heat and light, *VelaShape*'s vacuum and specially designed rollers actually massage the targeted area which makes the delivery of heat energy more efficient. This will boost metabolism, increase lymphatic drainage, and reduce the size of fat cells and chambers. What you will get to see is smoother skin, less cellulite, and inches disappear!

So, quit struggling with those stubborn areas that just won't seem to tighten up. Ask us about the popular, non-invasive body contouring procedure *Velashape*!

## Weighing Your Options

### You need to know

When it comes to deciding how to get or maintain your youthful appearance, the options can seem overwhelming. We'd like to take this opportunity to outline several different treatments we have available and introduce you to a brand new product called *Dysport*®.

*Dysport* is very similar to *Botox*® in that they are both purified protein and reduce the contraction of muscles causing facial lines to disappear temporarily. However, although *Botox* is recommended for small areas, we believe

**Call today. We'll be happy  
to help you choose your best option.**

that *Dysport* is a superior product for larger ones. It works faster and is slightly more cost-effective. *Dysport* shows results in only 2-3 days compared to 7-10 for *Botox*.

We also offer *Juvéderm*™, *Restylane*®, and *Perlane*® which are fillers injected to replace lost moisture in the skin, immediately decreasing the appearance of lines. Another alternative with immediate benefits is *Radiesse*®, a collagen replacement that can be administered over your lunch hour!

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

# GET TO KNOW OUR TEAM

## Learn something about practice members

We know how important it is for you to be comfortable with the individuals who make up the staff of Dr. Salomon's office. Your ability to be at ease in our office will affect the way you feel during the procedures you undergo in our care. When you are familiar with the staff and surroundings it is easier for you to entrust your well being into our capable hands. So, we would like to take this opportunity to tell you about our team member Dr. Suzel Vazquez.

Dr. Vazquez, MD, is a board certified internist who specializes in Endocrinology and Age Management. She completed her residency training in Internal Medicine in Jamaica Hospital, N.Y. and her post-residency fellowship in Endocrinology at Winthrop Hospital in Mineola, N.Y. She is triple

board certified in Internal Medicine, Anti-aging Medicine and Bariatric Medicine.

Her knowledge of Endocrinology makes her well versed in hormones, their receptors, and associated issues. Her background in Age Management is viewed by many as preventative medicine and it helps to maintain good quality of life for as long as possible. Dr. Vazquez combines the art of hormonal balance and preventive medicine for optimal health with the latest in cosmetic medicine to rejuvenate your body inside and out.

*We hope that you always feel welcome and completely at ease at our office. Please feel free to contact us today and set up an appointment with Dr. Vazquez to help you achieve your hormonal goals.*

### The services offered by Dr. Vazquez Include:

- Bio-identical Hormone Replacement
- Nutritional Supplementation for maximal health
- Botox injections
- Fillers for Facial sculpting and elimination of deep wrinkles
- Lip augmentation
- Personalized Skin Care Program
- Mesotherapy for dissolving localized unwanted fat
- Mesotherapy for regrowth of scalp hair

**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.

# You're So Smooth!

Find out how you can stay that way

Have you ever imagined living the rest of your life without shaving, tweezing, or waxing unwanted hair again? Well, visualize it ... because you can live like that! You can say goodbye to tell-tale razor rash and red waxing bumps – *forever* – with safe permanent laser hair reduction treatments. You'll never look back.

Anywhere you have hair that shouldn't be there is fair game for laser hair reduction. Here's how you can win the whisker war:

- Target and permanently destroy the hair follicles of conspicuously dark coarse hair on your upper lip, bikini area, underarms, chest, back, and legs.
- Dodge the discomfort, allergic reactions, ingrown hairs, and scarring from more traditional hair removal methods.
- Save your valuable time. State-of-the-art laser technology treatments are quick and can be performed here at the office for your comfort and convenience.
- Experience gentle pulses of light energy from our leading-edge laser technology. It includes a built-in protective cooling device so it's safe no matter what your skin type.
- Enjoy unrivalled cosmetic results that are tried, tested, and true.

It's no accident that FDA-approved laser hair removal has become the preferred method for getting rid of unwanted hair. Ask us about this fast, affordable, convenient, and non-invasive procedure.

# No Two Are The Same

Find the right option for your breasts

Throughout life our bodies change. No area is spared from this natural cycle and for some women this is most evident in their breasts. If you're one of them, how to go about getting the breasts you want might seem difficult. To help you with your decision we'd like to explain the available procedures.

We are often asked whether we recommend saline or gel implants. The truth is that neither is necessarily superior. Saline implants are seen as safer in the event of a rupture or leakage since the fluid will blend easily with the body's fluid, and since the implant will shrink quickly, ruptures can be noticed sooner. They are also easier to customize as they vary in size, shape, volume, and shell structure. Gel implants look and feel more like natural breasts, and can maintain their shape. This type of implant is often more effective for women who have very small breasts.

If you wish for smaller breasts you can elect for **breast reduction**. Breast tissue is removed and permanently sculpted resulting in a more natural breast size that is proportional to your stature.

Or if your breasts are losing the battle with gravity you can opt for a **breast lift (mastopexy)** where breast tissue is sculpted and repositioned to create a more youthful look.

Whether you require augmentation, reduction, or reconstruction the place to start is a discussion with Dr. Salomon.

September 17th, 2009

**\$100 off**

Botox in combination with filler

Call for appointment.



# Want Eyes That *pop?*

Get longer, thicker, darker lashes now!

**What is Latisse®?** Latisse is the first FDA-approved prescription treatment for promoting eyelash growth.

**Is Latisse right for me?** If you have hypotrichosis, the medical term for not enough eyelashes, or if you are just looking for thicker, darker, fuller lashes, Latisse can help.

**What does it do?** Latisse is believed to affect the growth stage of the eyelashes in two ways. First it increases the anagen phase, so your eyelashes grow quicker. Secondly it increases the number of lashes that grow.

**Is it safe?** Yes! This gentle product has undergone extensive testing by ophthalmologists and dermatologists. It is hypoallergenic, safe for sensitive eyes and safe for those who wear contact lenses.

**How long does it take to work?** You can see results in about eight weeks, with the full results in 12-16 weeks.

**Do I have to see a doctor to use Latisse?** Yes. Your doctor will need to prescribe it for you, but you apply the product at home.

**How do I apply Latisse?** Apply it once a day, in the evening, to the base of the eyelashes. A new sterile applicator is used for each application. Dr. Salomon will give full instructions at the time of prescribing.

**Is there anyone who should *not* use Latisse?** Yes. If you are allergic to any of the ingredients found in Latisse, you should not use the product.

Latisse™  
(bimatoprost ophthalmic solution) 0.03%



## 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
- 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

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