

PLASMA BLADE MINI LIFT (10 DAY TUCK)

Previously Plastic Surgical hot topics involved either a tool or a technique. Now, Dr. Scott Miller of La Jolla has melded technology with art in his new procedure that patients are calling the 10 Day Tuck.

Traditional techniques for facial rejuvenation focused on 2 dimensions. Thus, we spoke of sagging and lifting. When further improvement was desired, more tissue was elevated and more tension was used. This translated into longer recoveries and all-to-familiar distortions.

Now there is a greater appreciation for the contributions of volume and contour to a youthful appearance. Thus, repositioning the fallen fullness and restoring volume with microfat grafting allows Dr. Miller to more safely restore a truly youthful appearance with minimal incisions and less downtime. In addition, using the radiofrequency energy Plasma Blade, Dr. Miller can achieve faster healing and less scarring. It does this by decreasing tissue damage and bleeding. Bruising is down so recovery is quicker.

Separating hype from science, the Plasma Blade offers true benefits to plastic surgery patients. Studies show a 34% quicker recovery to normal activity, 49% less narcotic

consumption, and 65% stronger wound healing. All this allows Dr. Miller to use shorter, more discrete incisions and disrupt the tissue less than traditional techniques.

Shorter incisions are great, but there are no shortcuts to choosing a qualified, Board Certified Plastic Surgeon. Criteria to look for include certification by the American Board of Plastic Surgery, membership in the American Society of Plastic Surgeons and the American Society of Aesthetic Plastic Surgery, a good aesthetic eye, referrals of happy patients, and a comfortable rapport. Also, your surgeon should always have hospital privileges for the proposed procedure at a respected institution in the area, even though most cosmetic surgery is safely done in outpatient facilities.

Utilizing the latest technology and artistic design, Dr. Miller can provide a rejuvenated facial appearance while decreasing down time and scarring. The plasma blade minilift has been dubbed by Dr. Miller's patients as the 10-Day Tuck. This is because they find that with less bruising, less pain, less scarring, and increased safety, they can enjoy a natural, vibrant and refreshed appearance and return to most of their daily activities within 10 days.

BEFORE



AFTER



BEFORE



AFTER



Photos courtesy of Dr. Scott Miller

RLM Professional Associate

SPOTLIGHT

AN INTERVIEW WITH DR. SCOTT MILLER

By Lesley Ranft

Dr. Scott Miller is Board Certified in Plastic and Reconstructive Surgery and is devoted to providing exceptional results in a personal and caring environment. He believes that each patient is unique and tailors his approach to the individual's needs.

In between teaching advanced techniques in aesthetic surgery and caring for patients in his thriving La Jolla Plastic Surgery practice, Dr. Miller was kind enough to share his thoughts on cosmetic plastic surgery and his practice philosophy.

Dr. Miller is a perfectionist who views each result as a reflection of his reputation. Known for the lightness of his touch, he believes, "a plastic surgeon should leave no trace; only a face or figure returned to its original glory, the damage of the years undone."

How does aesthetic plastic surgery differ from other fields of medicine?

Plastic surgery is very creative. Each operation is like a piece of art; a surgeon should autograph his work with excellence.

Despite the economic down turn, your practice is very busy. What is your secret?

Stellar results and patient comfort are at the forefront of our practice philosophy. I believe in rolling out the red carpet for our patients by providing exceptional care with outstanding staff members to support the best possible aesthetic results. Our mission is to make good, safe decisions *jointly with* our patients and to have people look refreshed and natural following surgery.



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Do you have a particular style of plastic surgery?

Plastic surgery treatments are unique to each patient. We don't create beauty, we unveil it.

The right answer is ultimately there and it's our job, along with our patients, to find it. Some people come here to learn about procedures to help prevent the signs of aging. There are simple solutions to meet that request. Others come with small things that bother them and still more come with larger issues.



Our goal is to prevent or solve each problem through the least invasive approach. Choosing the approach that poses the least risk and allows for the quickest recovery time in proportion to the problem is always the way to go.

What personal characteristics help you in your daily practice?

I have an affinity for shape and form. It suits me well in making cosmetic clinical assessments. Numbers are nice, but an aesthetic eye is invaluable in this field.

With such a busy practice, why are you so active in teaching new advances to other surgeons?

As an instructor, I feel teaching broadens my clinical experience and makes me a better surgeon. When you teach other surgeons advanced techniques and improved technologies, you have to explain the intricacies and nuances of these strategies. Therefore, you must really think through your individual approaches with every patient. You must continually evaluate your results on a daily basis.

What are the popular new procedures in Plastic Surgery?

There is big buzz building about Gentle Lipo™. This is an approach which uses a device called the Body-Jet to rinse, release, and remove fat. It allows the body to be contoured more precisely. There is less bruising, a shorter and more comfortable recovery, and the refined fat is ideal for facial rejuvenation.

Another technological advance is the Plasma Blade. It cuts and coagulates simultaneously, causing less trauma and allowing a quicker, less painful recovery than the "knife".

The 3-D Eye Enhancement allows treatment of the entire upper face through a small eyelid incision. It combines innovative suture techniques with radiofrequency technology to restore volume and contour for a more youthful appearance of the eyelids and brow.

In other areas such as breast enhancement, there are finer instruments which allow for smaller incisions and less dissection. This improvement in technology helps to minimize postoperative discomfort as well as to speed recovery and enhance results.

How have plastic surgery techniques and technology improved to reduced recovery time frames?

Technology is a means to an end, not the end in itself.

Technological improvements like endoscopy and Water Assisted Liposuction (Body-Jet) must be combined with meticulous technique. In this way, they allow the Plastic Surgeon today to be gentle on the tissues of the face, breast and body. Thus, recovery time is lessened and bruising and pain are minimized.

In the end, the recovery time frame is unique for each individual. It is related to the patient's adherence to pre-operative and post-operative instructions as well as surgical technique. In order to reduce the risk of complications and make for a more enjoyable recovery experience and a better result, the patient and surgeon must work together every step of the way.

In a world of large group practices, you maintain a private practice. How does yours differ from institutional, multi-doctor practices?

I feel entitled to nothing and work hard everyday to earn my patients' trust.

My fully accredited surgical suite is located on the Scripps Memorial Hospital campus and ensures the highest safety standards for care. Nevertheless, my staff and I provide a boutique practice that fosters the greatest level of privacy and tranquility for our patients. Patients may enter through a private entrance, consult for an hour or more and return for additional consultation when necessary. Our goal is to ensure that every question is answered and every aspect of the patient's surgery is understood.

We see our patients frequently during the recovery period and are always available to address questions or concerns. For those interested in extended care following surgery, we can arrange for accommodations in an overnight facility with exceptional 24-hour nursing coverage.

My staff and I view the practice as a family. Patients enjoy the comfort of knowing that when they return to our office for follow-up or further consultation, they will see friendly, familiar faces. Our patients feel safe, comfortable, and well cared-for.

BEFORE & AFTER

At right and below are a few select examples of Dr. Miller's work in some of his more popular procedures.

Facelift: Before and after



Breast Augmentation: Before and after



Rhinoplasty: Before and after



Photos courtesy of Dr. Scott Miller

DR. MILLER ON ANESTHESIA

Common anesthesia technique utilizes gases to infiltrate the lungs and sedate patients. These gases get into the body's tissues like fluid in a sponge. The downside is the postoperative disorientation, "hang-over," and nausea which can persist for a few days.

Total intravenous anesthesia, or TIVA, is an exciting addition to the armamentarium of anesthesia professionals. TIVA utilizes advanced injectable medications which are fast-acting and short-acting. These medications control pain as well as relax and sedate patients when used in an intravenous drip. They can be stopped immediately at the end of surgery and are quickly metabolized and out of the patient system. The patient awakens refreshed and oriented much more so than with traditional anesthesia and they rarely experience nausea. This allows patients to feel much better in the recovery phase.

The patients are more comfortable and compliant, leading to better results and a more pleasant surgical experience.