

FROM THE DESK OF

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MIAMI | NEW YORK CITY | BOCA RATON



Once a year I like to take the opportunity to update my patients and colleagues on news about my practice and the fields of plastic surgery and surgical hair restoration. With all the latest developments in these areas, more than ever there is a good reason for writing. I hope you find this update worthwhile.

BUILDING THE FOUNDATION FOR HAIR RESTORATION AND PLASTIC SURGERY

Offices in Miami, NYC, Los Angeles, Boca Raton, Aventura, Scottsdale, Tampa, and Naples (FL)

Two years ago, I decided to make my vision of creating a nationwide association of top plastic and hair restoration surgeons across the United States a reality. By finding these top physicians-



selected for outstanding surgical skills and personal attributes, things about which

doctors like myself are in the “know” - and putting them together under one practice management group,

prospective patients can be assured of finding true experts in the procedure(s) they are considering, in offices that are close to where they reside.

What the FHRPS is not is a corporate practice, in which physicians work for a single doctor or corporation. Instead, each physician keeps his /her practice, thus preserving the sanctity of the doctor-patient relationship and assuring personalized care by a caring solo practice physician, while being associated with other leaders in the aesthetic surgery fields. In fact, each surgeon is board certified in at least one of the following

specialties, with the majority certified in more than one: facial plastic surgery, plastic surgery, hair restoration surgery. Today, the FHRPS already consists of eight surgeons in eight cities in the US, as well as a consultation office in Paris. Based on the satisfaction of our member physicians and the success of the FHRPS, quite a few surgeons have expressed an interest, in such cities as Indianapolis, San Francisco, Newport/Orange County, and Chicago.

THE TEACHER AND THE STUDENT JOIN PRACTICES Dr. Galitz Joins Dr. Epstein

Back in 1990, while a resident at the University of Miami, I was taught my very first facelift by “Professor” Richard Galitz, a top notch facial plastic surgeon practicing in Aventura/North Miami. Twenty years later, Dr. Galitz has decided to join me in practice. I cannot begin to describe the honor I feel to have earned my professor’s trust to provide care for his patients, many of whom have been a part of his practice for years. By this partnership, I will perform the majority of surgeries on Dr. Galitz’s patients, including rhinoplasty, facelifts, and other procedures to the face, while he has the opportunity to develop a hair restoration practice in Aventura under the FHRPS.

ACHIEVING NATURALNESS IN SURGICAL HAIR RESTORATION

Perhaps in no other cosmetic surgery discipline have there been as many strides over the past ten years in achieving natural appearing results. Hair restoration, when performed properly, involves the perfect combination of technology and aesthetics.

During the past year, I have taught my techniques at national and international meetings, written several scientific articles and textbook chapters, and been featured in such media outlets as Extra TV, Bravo TV, Newsweek, and more.



Doctors from throughout the world regularly visit our office through several teaching programs affiliated with the University of Miami.

Above: Reparative hair transplant article authored by Dr. Epstein published on the cover of the official publication of the International Society of Hair Restoration Surgery.

Dr. Epstein actively publishes and teaches his techniques at national and international plastic surgery meetings on a regular basis. He is also frequently quoted in the lay press and media, including Vogue, Newsweek, Extra- TV, Bravo, Nightline, and many more.

HERE'S WHAT'S NEW IN ALL OF THE FHRPS OFFICES:

FOLLICULAR UNIT GRAFTING - in which typically 1800 to 2400, but as many as 3400 or more grafts are microscopically dissected then planted in an aesthetic pattern to achieve the most natural appearing results. Refinements in technique include the use of the very smallest recipient sites (as small as half a millimeter) achievable only by an experienced surgeon and his/her assistants committed to perfection. In addition, the use of the HITS technique results in hair growth through what is typically a 2 mm or narrower fine line donor site scar.

FOLLICULAR UNIT EXTRACTION - avoiding any linear donor site incision. Instead, each graft is removed using 0.8 mm punches that heal as virtually undetectable tiny dots. Few surgeons offer this challenging technique, but it is usually best for most patients under the age of 25, those of African or Caribbean ethnicity, and any patient who may wish to shave his head.

PLATELET RICH PLASMA (PRP) - obtained from a small amount of the patient's own blood, has been used for years in orthopedic and plastic surgery for its healing benefits. Through our FHRPS offices, it is now applied to accelerate healing after a hair transplant, and to help slow down, even reversing hair loss.

TREATING ALL TYPES OF HAIR LOSS - visit our websites FoundHair.com, WomensCenterForHairLoss.com, and EyebrowTransplantation.com to see for yourself how the most advanced hair transplant techniques can treat male and female hair loss, repair the unaesthetic results of prior performed procedures, lower overly high hairlines, and restore eyebrows, beards, and other body areas.



2000 follicular unit grafts were densely packed to achieve a natural yet dense hairline.



As seen on Bravo TV's *Miami Social*, Michael had his procedure performed by Dr. Epstein.



In cases of scarring from prior plastic surgery- in this case a facelift- hair can be restored with modern transplant techniques.



In a single procedure, as many as 300 grafts can be inserted into each eyebrow for the most impressive result.

ADVANCING OVERLY HIGH HAIRLINES - TWO OPTIONS FOR PATIENTS

For women born with or having developed a high hairline from plastic surgery or hair loss, two options exist for advancing that hairline and shortening the forehead. The first is hair grafting, in which as many as 2000 or more grafts can be placed in a single five to six hour procedure, which then take six to eight months to fully regrow the hairs. For essentially immediate (and permanent) results, the second

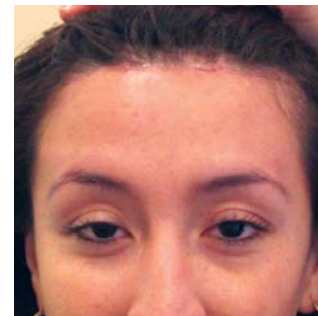
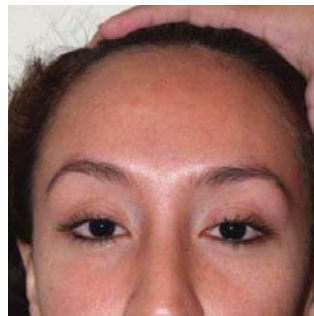
option is the surgical hairline advancement procedure, in which the hairline can be advanced by as much as 1 ½ inches. While very few surgeons offer this procedure, it not only produces immediate results, but also can be combined with a browlift if desired. These procedures are described in greater detail at WomensCenterForHairLoss.com.



A procedure of 2100 grafts permits a natural appearing soft rounding of the female hairline.



Only ten days later, the patient is able to go out in public with her surgically advanced hairline that was combined with a browlift.



This patient's surgical hairline advancement procedure results are shown at just 2 weeks post procedure.



Hair grafting can be an effective treatment for the frontal receding commonly seen in African-Americans.

LIMITED BUT FOCUSED FACELIFTS

While not every patient is an appropriate candidate, many facial rejuvenation procedures such as facelifts and eyelid surgery can be performed under light oral sedation and local anesthesia. Hand in hand with the increasing popularity of lighter anesthesia for surgery, less invasive facial rejuvenation procedures are becoming more popular. These mini-facelifts

and necklifts focus in on specific features, such as sagging neck skin or jowls or midfacial hollowness, and have the advantages of shorter surgery time and quicker recovery. Below are just two of many examples of Dr. Epstein's facelift work of which many more are shown in PlasticSurgeryOfTheFace.com.



Some patients are best treated with a full facelift and blepharoplasty.



The midfacelift is a popularly selected procedure for both men and women as it addresses the major areas of concern. Note the retention of a natural appearing ear and absence of scarring.

BODY LIPOSCULPTING AND BREAST SURGERY

In Miami, the addition of Dr. Max Polo to the FHRPS now allows me to offer my patients the full scope of body plastic surgery procedures. In private practice in Miami since 2001, Dr. Polo is a Diplomate of the American Board of Plastic Surgery, specializing in body sculpting for men and women, and breast surgery. Dr. Polo sees consults in the Miami, Boca Raton, and Aventura

offices. Similarly, in NYC, Dr. Yael Halaas, a Diplomate of the American Board of Facial Plastic and Reconstructive Surgery and recognized as one of the top female facial plastic surgeons in NYC, has joined the office full time, along with our new general plastic surgeon, a notable expert in body plastic surgery work and author of the top surgical textbook in the field.

NATURALNESS IS THE GOAL

No other plastic surgery procedure is as challenging but as rewarding as rhinoplasty. Being double board certified in facial plastic surgery and otolaryngology, my rhinoplasty practice has steadily grown, to where I am performing three to four of these procedures every week. To learn more, please visit PlasticSurgeryOfTheFace.com.

In Dr. Epstein's hands, the goal of rhinoplasty is to improve upon those features the patient considers unaesthetic, while achieving harmony with the rest of the face. This can be seen in the before and after examples of patients. The upper row patient is an example of a revision procedure.



Bottom row: This patient's results are a combination of chin implant and rhinoplasty procedures.

COMPUTER IMAGING A PICTURE IS WORTH A THOUSAND WORDS

Computer imaging is particularly useful in rhinoplasty. It allows the patient to visualize his/her anticipated results, and Dr. Epstein to communicate in the most understandable way what he feels are the realistic goals of surgery.



It is the approach of Dr. Epstein to ensure the actual "afters" meet or exceed the expectations provided by the computer imaging. This middle row patient is an example of a revision procedure.



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Charitable Works

All of us at the FHRPS proudly volunteer our time and skills to a number of charitable causes. Through Operation Restore, patients have had scars from burns repaired pro bono. As a board member of Dade County's Neat Stuff for Kids, I have been able to help make sure that every child in Miami has new unused clothing to wear to school. Other organizations in which we participate include The Rose Fund and Operation Smile.



Many of our team members participated in Baptist Hospital's "One Million Meals for Haiti" assisting in the earthquake relief efforts.



Now 12 years old, Addison has had five surgeries by Dr. Epstein to help restore her hair and her self-esteem.

Looking Forward

From me and all of the FHRPS team members, we wish you a healthy and fulfilling year, and welcome you to visit us in person or on the web to see how we can help you look and feel your best. There is never a charge for a consultation, whether done in our offices or by live webcam if you are like many of our patients who come to us from throughout the world. In fact, over the past 16 years, I have taken care of patients from over 40 countries, and 49 out of the 50 United States.

Sincerely, Jeffrey Epstein, M.D., FACS