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HEALTH & WELLNESS
BY STEPHANIE A. STOVER, MD

Top 5 Myths About Breast Implants

There was a time when no one wanted to admit they had breast implants. Nowadays, it is more accepted and commonplace than ever, ESPECIALLY here in South Florida where we bare skin most of the year. Breast augmentation is the second most preformed plastic surgery procedure worldwide.

But if you're still wondering about all of the whispers and rumors you've heard over the years regarding breast augmentation, then this article is for you. Sit back as I dispel the top myths about breast implants:

Myth 1: Breast implants have to be replaced every few years.
FALSE! Saline implants lose volume over time and therefore are either replaced or refilled as needed based on the rate and degree of deflation. It may be a few years or 20+ years after surgery depending on various factors. Today's silicone implants no longer need or are recommended to be automatically replaced after a certain time. Silicone implants are now the first choice for most plastic surgeons. In fact, they are my first choice for our patients.

Myth 2: Silicone implants cause cancer.
FALSE! At one time this was considered a possible concern. However, numerous extensive studies have shown that this is simply not true.

Myth 3: Breast implants look fake.
FALSE! In the days of Pamela Anderson the desired look was huge, high and round, which gives a "fake" appearance. This is no longer the trend amongst most of today's plastic surgeons or patients. We always have an in depth conversation with our patients to discuss their ultimate goals, and encourage you to do the same with your surgeon. What are you looking for in terms of size? Do you like a rounder or a more natural tear drop shape? What do you want your breasts to feel like? Different options are available today that were not before.

Myth 4: Saline implants are recommended because they are softer and look and feel more natural.
FALSE! Actually, the reverse is true! Silicone implants have been

specifically designed to closely mimic the consistency and shape of a natural breast, so a more natural look is obtained. Saline implants are often overfilled to delay the rippling effect that occurs over time due to loss of volume and subsequent gradual deflation. Overfilled implants are hard and give a round, "fake" look. Some patients request this look, but often the primary reason people go with saline implants in today's practices is because they are less expensive initially. However when saline implants eventually need another surgery to be refilled or switched to replace the volume loss, in the end the cost is higher. We always discuss all available options with our patients, and let them decide what best suits their desired results based on the pros and cons of both implants.

Myth 5: Why pay more for breast implants when I can go to a bargain surgeon and get the same result.
FALSE! I always say that going to a qualified plastic surgeon, especially someone who is board certified, makes a difference. Training and experience matter! Ask to see photos of the surgeon's work ahead of time, and remember that the field of plastic surgery is like anything else in life: you get what you pay for. By no means do you need to pay triple the average cost, but I caution you to beware of the bargain basement price surgeons or centers.

Stephanie A. Stover, M.D. is board certified in plastic and reconstructive surgery. She is the medical director for Pierini: A Solution For Beauty (www.PieriniBroward.com), located in Tamarac/ Coral Springs, and Pierini Esthetic Surgery (www.PieriniEsthetic.com), located in Daval. After graduating from the University of Florida, College of Medicine, Dr. Stover completed her residency in general surgery at Mount Sinai Medical Center of Greater Miami. She also completed three separate fellowships in plastic and reconstructive surgery. Dr. Stover is affiliated with the American Society of Plastic Surgeons, American College of Surgeons, Florida Medical Association and the American Medical Association. To book an appointment, call (754) 222-3503.