

Dr. Tamy M. Faierman Offers Plastic & Reconstructive Surgery

BY DEBBY TEICH

Tamy M. Faierman, M.D., knows how to help her patients look and feel their best through plastic and reconstructive surgery. She listens carefully to each patient's desires and concerns in order to deliver the highest level of specialized individual care and obtain natural results. She works closely with her staff to empower patients to improve their health and life aesthetically, nutritionally, and medically.

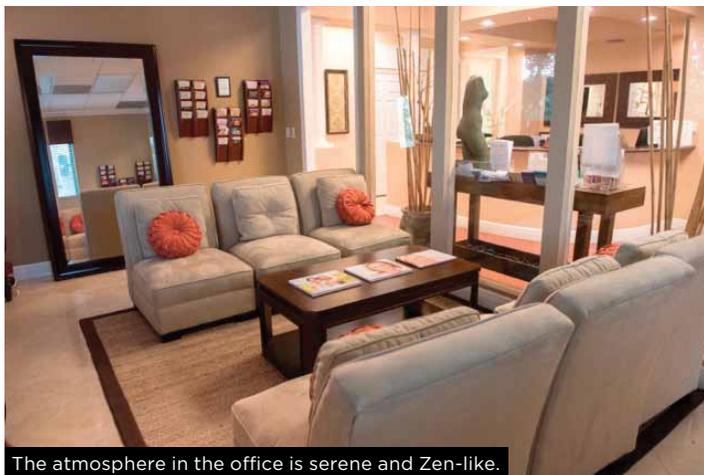
Dr. Faierman answered some commonly asked questions about her practice.

How long have you been in practice? I began working in private practice in South Florida 15 years ago.

What is your practice philosophy? I support my patients in improving their lives by taking care of them in a universal manner and addressing many of their needs and personal health goals. When we take care of ourselves, we are then empowered to be better able to take care of our loved ones and find purpose in our lives.

What is your background and where did you train? I have a multi-cultural background. I was born in Israel and at the age of eight I moved to New York City, where I was raised. With both my parents from South America, I grew up speaking Spanish at home. By the age of nine, I was fluent in Hebrew, Spanish, and English. Because of my love for languages, I later studied French and am fluent in it as well. Having insight into various cultures has been a huge asset in helping me communicate on a deeper level with patients of different origins and ethnicities.

I graduated from The Mount Sinai School of Medicine in New York City and proceeded with my surgical training at Montefiore/Albert Einstein Medical Center. I trained in General Surgery, Plastic and Reconstructive Surgery, and Microsurgery.



The atmosphere in the office is serene and Zen-like.

Describe your office environment. In the serene, Zen-like atmosphere of my office, I offer patients the ability to undergo an enlightening, transformational experience beginning from the moment they walk into the office space. When patients enter my office, I want them to feel comfortable and empowered to help them fulfill their own needs.

How has cosmetic surgery changed?

Cosmetic surgery has become extremely accepted and considered mainstream in the last 20 years. Cosmetic surgical procedures have become safer, less invasive, with attention to smaller scars and less post-operative downtime. In addition, the creation of fantastic minimally invasive procedures like injectable fillers and laser devices now require less downtime for healing. A liquid facelift involves multiple injectables that give the overall look of a lift without the surgical risk and recovery time.

As more information becomes available in the technologically advancing society we live in today, I support men and women in taking care of their mind and bodies, embracing a healthy lifestyle, and being compassionate to themselves.

What services does your practice offer?

Although I trained in many areas of plastic surgery, my expertise is in cosmetic surgery and body contouring procedures. Body contouring surgery can be performed on many different types of patients. It can be for a woman regaining her pre-pregnancy body; a man who underwent bariatric weight loss surgery and has large areas of overhanging skin; or for a female marathon runner who has minimal body fat and no breast volume and would like breast implants to balance her body shape.

What are the most common surgeries you perform?

The most common surgeries I perform are breast lifts, breast augmentations, breast reductions, blepharoplasty, liposuction, labiaplasty and tummy tucks. One of the most popular surgeries I perform is the "Mommy Makeover" to address the areas (breasts, abdomen, and thighs) that women cannot improve solely with diet, lifestyle changes, and exercise.

In addition to performing body-contouring surgeries, I complement these with minimally invasive facial rejuvenation, such as injectables, fillers, and products including and similar to Botox. My office also provides

skin care services with a paramedical aesthetician and laser treatments to help stimulate collagen and tighten the skin.

How do you complement your holistic approach?

To complement my holistic approach (defined as addressing multiple patient needs), a Functional Medicine Doctor,



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Nutritionist, and Gynecologist all work in my office. I strive to provide patients with excellent cosmetic results, while also giving them the option to visit the other doctors in my office so as to address their medical needs.

What differentiates you? As a female Plastic Surgeon, I believe I have an additional sensitivity in order to support many of my patients' health needs. Having experienced five pregnancies and raising five children myself, I can personally relate to my patients' challenges and concerns. In addition, I work to take care of the individual patient in a total comprehensive fashion meaning that they have the opportunity to see multiple professionals in my office, as the need applies. I work closely with a nutritionist, health coach, functional medicine doctor and obstetrician/gynecologist in order to support many of my patients' health needs.

Do you accept insurance? I do not directly participate with any insurance carrier, though if a patient needs support in submitting paperwork for insurance reimbursement for a procedure, then our office will gladly assist them.

What do you offer that is new in the field?

With overall technological advancements having evolved significantly over the last decade, I offer the latest professional technology and procedures available, such as the Infini Fractional Radiofrequency device. This unique minimally invasive treatment for aging and sagging skin improves the texture of the skin and fine lines, lifts the jowls and neck, and decreases the appearance of acne scarring by stimulating new collagen to create a more youthful look.

Dr. Faierman's office is located at 17130 Royal Palm Blvd. Suite 1, Windmill Professional Campus. Her office hours are Monday-Friday, 9:00 am - 4:00 pm. For more information about Dr. Faierman, please call her office at 954-322-2742 or visit her site at www.reshapeyourimage.com.