

# The Art of MFE

A Monthly Edit by Dr. Miotto & the ME Plastic Surgery Team

Volume No. 3 | December | 2025



# W E L C O M E

Welcome to the third edition of **The Art of ME**, our monthly newsletter from Dr. Miotto and ME Plastic Surgery. As the year comes to a close and the season's celebrations continue, it's important to take moments to restore and refresh yourself.

This month, we highlight the timeless impact of an upper blepharoplasty, the defining benefits of Sofwave, and the importance of staying active throughout the winter.

December at ME Plastic Surgery will also include our new **Five Days of ME Luxury**, with thoughtfully curated product and service spotlights shared throughout the month. We look forward to celebrating the beauty of the season with you.



**We're honored to share that ME Plastic Surgery has been nominated for Best of Buckhead 2026 in the Facial and Body Plastic Surgery categories.**

Your trust and support mean everything to us. If you'd like to support our practice, you can cast your vote using the link below. Thank you for being part of the ME family – we're so appreciative of this recognition and of each of you.

**[Vote by clicking here!](#)**

## Surgical Spotlight

### UPPER BLEPHAROPLASTY: REFINED REJUVENATION

Dr. Miotto is known for creating natural and refined results and an upper blepharoplasty is another incredibly subtle yet transformative procedure she performs.

#### What is an Upper Blepharoplasty?

An upper blepharoplasty is a surgical procedure that removes excess skin and, when needed, repositions fat around the upper eyelid. With age, the upper eyelids may begin to feel heavy, look hooded, or obscure the natural contour of the eye. This procedure restores a smoother, brighter, more defined upper eyelid crease.

#### The Result:

- A refreshed, more awake appearance without changing your natural expressions.
- Improved eyelid contour and symmetry.
- A reduction of heaviness or shadowing that can make eyes look tired
- A smoother platform for eye makeup

An upper blepharoplasty can stand beautifully on its own or be combined with other procedures such as a lower blepharoplasty, a brow lift, or facial fat grafting to achieve a harmonious, cohesive result. Many patients appreciate how subtly yet significantly it enhances their overall facial balance – restoring clarity to the eyes while preserving a completely natural look.





## Skin Health Spotlight

### SOFWAVE

Sofwave is an advanced, non-invasive ultrasound treatment designed to define and tighten the skin by stimulating collagen at a precise mid-dermal depth. Its unique ultrasound technology delivers controlled energy that promotes firmer, smoother skin over time.

What to expect:

- Expect to experience warmth at the treatment area as the ultrasound energy is delivered, but integrated cooling technology ensures a comfortable experience.
- Mild redness may occur after the treatment, but downtime is minimal, allowing you to return to normal activities the same day.
- Initial changes may be visible within weeks, with optimal collagen remodeling continuing to develop for up to three months.

Sofwave is a refined, science-backed option for patients seeking some skin definition without the downtime.



## The Wellness Moment

### SEASONAL RENEWAL

Physical activity remains essential even as temperatures drop. Regular movement helps maintain energy levels, support immune health, and elevate mood—benefits that are especially valuable during the winter season.

Whether it's a brisk walk outdoors, a Pilates class, strength training, or gentle stretching at home, consistency is key. Staying active promotes circulation, enhances overall wellbeing, and supports a balanced lifestyle throughout the holidays. Even brief daily movement can make a meaningful impact.



## Five Days of ME Luxury

Keep an eye on your inbox and our social platforms for the upcoming **Five Days of ME Luxury**, featuring thoughtfully curated offerings throughout December.