

DR. STEPHEN C. ADLER

WHAT MADE YOU SPECIALIZE IN FACIAL PLASTIC SURGERY The facial and neck anatomy is the most intricate of the human body, offering the greatest challenge to balance form and function. The face is your passport to society and it requires a very delicate and specialized approach

FAVORITE PART OF YOUR JOB Seeing not only the physical changes in my patients, but the personality and emotional changes as well

WHAT ONE LIFESTYLE CHANGE COULD MOST BENEFIT OUR HEALTH Diet. We must treat our food like it is medicine

ALTERNATIVE OCCUPATION Chef

HOBBIES Tennis, skiing, painting, golf, fishing, diving

PLACE YOU GO TO ESCAPE THE OFFICE The mountains, the theater, a museum or a boat

FRAMED PHOTOS ON YOUR DESK My wife and two daughters



THE BODY'S OWN HEALER

Dr. Adler has developed techniques to use **PLATELET GEL TECHNOLOGY** in cosmetic surgery and is the author of a chapter on "Enhancing Wound Healing with Growth Factors" in *Facial Plastic Surgery Clinics of North America*. Platelet gel is a substance made from the patient's own blood. According to the doctor, before surgery, a small amount of the blood is extracted then put through a centrifuge, separating it into its various elements—red blood cells, plasma, white blood cells and platelets. The technician uses these to create the platelet gel. The process of being separated out into platelet-rich plasma **ISOLATES THE HEALING PROPERTIES** of the platelets. During the operation, Dr. Adler says, the platelet gel acts as a kind of glue, spread on the area of surgery. And, he adds, it **INCREASES COLLAGEN PRODUCTION**, improves the growth of new blood vessels, reduces swelling and bruising and improves soft-tissue wound healing. Its curative effects can cut healing time in half.

INSIDE INFORMATION

about face

Embarking on facial plastic surgery is a significant step. Nobody makes the decision lightly. That's why Dr. Stephen Adler has dedicated himself to providing the utmost in comfort to his patients.

It starts with his office—a new three-story facility whose classic style was inspired by architect Addison Mizner. Built right on the edge of the St. Lucie River, it features large windows that offer spectacular views of the waterway and impart a feeling of serenity and warmth to the whole environment. For patients who require overnight stays, accommodations are offered at the on-site Renaissance Suites, giving full access to Dr. Adler's impeccable nursing staff. Downtown Stuart is within walking distance, so patients have access to a wide array of restaurants and shops during their recovery period. It's the ultimate way to undergo surgery in privacy and comfort, the staff says.

More important than the luxurious surroundings is Dr. Adler's work itself. In procedures ranging from facelifts to endoscopic browlifts, from chin and cheek implants to facial liposuction, he's a true "compassionate conservative," seeking the least invasive means of delivering natural-looking beauty to his patients. "I believe in doing the least to obtain the most," he says. It's an approach that leads to results described as nothing less than marvelous. "Plastic surgery not only improves patients' appearance, but their confidence, self-esteem and motivation, too," he points out. "The positive impact on a person's life is wonderful." 772-546-3223 or newbeauty.com/adler.

BOARD CERTIFICATION

American Board of Facial Plastic and Reconstructive Surgery
American Board of Otolaryngology

MEDICAL DEGREE

The Medical College of Pennsylvania

OTOLARYNGOLOGY/HEAD AND NECK SURGERY RESIDENCY

Temple University

FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY FELLOWSHIP

McCollough Plastic Surgery Clinic

AFFILIATIONS

American Academy of Facial Plastic and Reconstructive Surgery
American Cancer Society, Board of Directors
Florida Society of Facial Plastic and Reconstructive Surgery, Past President and Past Secretary
Temple University School of Medicine, Assistant Clinical Professor of Facial Plastic Surgery

AREAS OF EXPERTISE

Blepharoplasty (Eyelid Surgery)
Endoscopic Browlift
Facelift
Lip Augmentation
Rhinoplasty

LOCATIONS

Miami, Florida
Stuart, Florida

"I like to see myself as recreating what nature did to begin with."

—STEPHEN C. ADLER, MD