

Skin City

From the long-established to the up-and-coming, Miami's leading dermatologists discuss cutting-edge procedures and provide essential tips.

BY EVELYN MCDONNELL
PORTRAITS BY NAVID



Dr. Martin N. Zaiac

"Dr. Marty" Zaiac practices at the same hospital where he was born: He runs the Greater Miami Skin & Laser Center at Miami Beach's Mount Sinai Medical Center. He's of Eastern European Jewish descent, and his father arrived in Cuba before coming to Miami, so the Spanish-fluent dermatologist says he has a "good influence of culture" when it comes to treating the populace of Miami Beach.

Zaiac co-founded the Skin & Laser Center back in 1989, when lasers were only being used for the classic lesion known as the port-wine stain. Since then he has worked with more than 20 lasers on everything from tattoo removal to skin rejuvenation. "We're always on the cutting edge."

As an associate professor at University of Miami and Barry University, Zaiac, who often hosts visiting doctors from around the world, has an academic practice as well as a private one where his patients range in age from newborn to geriatric.

Tip: Zaiac recommends a three-part skin-care regime: exfoliant, antioxidant, and retinoid.

Dr. Joely Kaufman

When Dr. Joely Kaufman was growing up in Miami, she liked physics. She thought lasers were cool. And now she uses them in her job as director of lasers, geriatrics, and anti-aging at the University of Miami Cosmetic Center, where she's also a physician. She's an expert on non-ablative fractional resurfacing, the laser treatment that since 2004 has been flattening wrinkles and removing precancerous spots with minimal risks and downtime.

Kaufman says that more and more fractional devices are coming onto the market, reducing the cost for doctors and thereby patients. There are even home-use laser and light devices, which she is helping to research and study at the University of Miami. She says, however, that these generally do not work as well as the machines in doctors' offices. "Most of the ones that are available are more on the safe side than the effective side," she says.

Tip: Retinoids, for young and old. "Even over-the-counter creams are effective for wrinkle prevention and photo-damage treatment."

RIN chair by Fritz Hansen, shown here in black wafer (\$1,124), opposite page in white (\$840) and soft black leather (\$1,234). Available at Shores of Denmark Inc., 110 Holiday Drive, Hallandale Beach, 954-655-1103; shoresofdenmark.com.

Dr. Oscar Hevia

"My motto is restoration, not alteration," says Dr. Oscar Hevia, a dermatologist at the Coral Gables office of Dr. Fredric Brandt. "We're looking to restore a person's youthful, rested look."

Dr. Hevia came to Miami from Cuba when he was six months old, and attended University of Miami's medical school. He chose dermatology because he found the aesthetics artistically appealing. "You could recontour people's faces without the need for surgery," he says.

"We're getting better at minimizing or delaying the need for surgery," he adds. "We're able to use fillers in ways that just a few years ago weren't possible." In particular, Dr. Hevia likes to do work around the eyes. He recently published an article illustrating the results of injecting 300 subjects around the area to reduce hollows. "I like working around the eyes because it's where people start to age first," he says.

Tip: "Excessive partying, smoking, and drinking are not going to help you age well."



Dr. Diane Walder

When Dr. Diane Walder first began treating patients as a resident at the University of Miami back in the 1980s, "no one did any cosmetic work. All the ladies were coming in and the doctors would tell them it's nothing. Then the ladies would let me fix their little problems."

Now, at her private practice in Bay Harbor Islands, Walder treats patients aged from their teens to their 90s. And it's not just women anymore: She says about 15 percent of her patients are men, and the number is growing. "Men resist at first but once they do it they're hooked."

Dr. Walder has experienced firsthand the great advances in noninvasive dermatological techniques, from lasers to injectable fillers to Botox. She, too, recommends a combination of modalities. "I look at them as if I'm looking at me," she says. "We do a complete picture here. The cup has to match the saucer. They come in worried about lines on their face, but they have sunspots on their chest, too. What's the point of fixing one and not the other?"

Tip: "Stay out of the sun, use a retinol, and don't smoke."

Dr. Andrea Trowers

Dr. Andrea Trowers admits that her reasons for becoming a dermatologist were initially "totally self-motivated. I had bad acne when I was younger. I wanted to learn how to cure myself." She did (with Accutane), and now she's in a private practice in North Miami. "It's about managing conditions, as well as curing them," she says.

Trowers treats children and adults, and enjoys the cosmetic aspect of dermatology as well as the medical. She uses fillers not just for the usual suspect—wrinkles—but also for sharpening the jawline, creating cheekbones, and filling the hollows under the eyes. Like most of the physicians we spoke to, she had just returned from the annual American Academy of Dermatology meeting in San Francisco, excited about the new long-lasting botulinum toxin that may be available soon. And another benefit of working in dermatology? Not having to wear a surgeon's smock, she admits. "I can do my surgeries in heels."

Tip: Sunscreen must have a physical blocker, such as zinc dioxide or titanium oxide.