

Dr. Philip Miller

Turning Back The Clock

by Wendy Lewis

If you are meeting facial plastic surgeon Phil Miller for the first time, you are sure to be impressed with his warm and friendly, down to earth demeanor especially in light of his notable credentials. A native of Hazelton, Pennsylvania, Dr. Miller attended Newton High School in Newton, Massachusetts, a posh enclave community outside Boston, and went on to graduate from Wesleyan University with Phi Beta Kappa honors. He earned his M.D. from University of Massachusetts School of Medicine in Worcester.

Dr. Miller's next move was to the Big Apple where he completed an internship and residency in general surgery and a residency in Otolaryngology Head and Neck Surgery at New York University School of Medicine. Finally, his surgical training took him to the Pacific Northwest where he completed a fellowship in Facial Plastic and Reconstructive Surgery at Oregon Health Science University in Portland.

He subsequently became certified by the American Board of Otolaryngology and the American Board of Facial Plastic and Reconstructive Surgery, and has been selected by Castle Connolly Medical as one of New York's best facial plastic surgeons, and is listed in Best Doctors in America and Top Surgeons by Consumer Research Council. For the past decade, he has maintained a thriving cosmetic practice in Manhattan.

But when Dr. Miller is not lifting faces, crafting beautified noses, and teaching surgical residents, he is pursuing his other passion for high tech tools for skin rejuvenation. His newest discovery

is the Pelleve™ Wrinkle Reduction System (www.pelleve.com), manufactured by a longstanding New York company called Ellman International, headquartered in Oceanside, Long Island shore since 1959.

"I had originally brought Pelleve into my practice to offer a non-surgical procedure for patients who wanted to achieve skin tightening results with no recovery time. It allowed me to create an additional option for those patients who were either not ready for surgery or wanted a quick fix," he says. Because it is a more affordable alternative to traditional procedures, as a result, Pelleve has served as a gateway to other procedures because his patients love coming back to his modern East 56th Street office (www.drphilipmiller.com), that is also a JCAHO Accredited outpatient surgery facility.

"Our patients absolutely love Pelleve. Some of the comments we've heard are that they find it to be very relaxing and rejuvenating. Patients who are especially fearful of surgery or other painful lasers feel very comfortable with this procedure. And so far, everyone has said they have seen a true tightening of the skin and a more youthful appearance; which is no surprise because in actuality, Pelleve rebuilds the collagen in the face and tightens the elastin layer," says Dr. Miller.

According to Dr. Miller, the average Pelleve patients are educated women between the ages of 30-60 who are interested in reducing the appearance of loose or sagging skin without going under the knife. They can put makeup on and go back to work right away or have lunch with their girlfriends, so it is a true wash and wear treatment.

The added benefits of Pelleve are that it takes less than an hour to treat the full face and eyes, and the procedure costs only about \$1,500 per treatment. You can see visible results immediately without downtime or pain. Although most people will see results immediately, the tightening of the skin gets better over the next few weeks, and even more dramatic after a second or third treatment.

"Overall, patients can expect a firmer, tighter, and more youthful appearance of the treated areas, especially around the eyes," says Dr. Miller. "For optimal results, he suggests three consecutive treatments, spaced about once a month."

Pelleve is not just for women either. Although the majority of patients who come into Dr. Miller's practice so far have been women, it is a unisex procedure and the benefits can be gained by either gender. "I believe that in the near future, as the word spreads about the positive benefits of Pelleve, more men will want

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to try it as well. Their wives will bring them in for a treatment," he says.

On a personal note, Dr. Miller values the close relationship with his family and therefore spends a lot of time with his wife and twins when he is not operating. His wife, Lisa, is a teacher at the JCC, and they have 11-year-old twins, a boy and a girl. His son Ethan is a serious sports fanatic, and makes time to watch SportsCenter when he is not on the court, rink or field playing his heart out. Allie, Dr. Miller's daughter, is the creative one; she writes books and plays, and loves arts and crafts.

Additionally, Dr. Miller has a huge passion for hockey, so when he needs an escape from the rigors of a busy surgical schedule, you can find him in a

helmet, elbow and knee pads on the rink at Chelsea Piers or at The Garden watching his favorite team—the Rangers of course. Running in central park is another favorite pastime.

Dr. Miller also escapes to the Hamptons to spend quality time with his family and enjoy the beaches. Having spent much of his life in Massachusetts, he is a big fan of Sag Harbor because it reminds him of family vacations to Cape Cod, Nantucket, and Martha's Vineyard. He is also quite a philanthropist.

As an active member of the Face to Face Program of the American Academy of Facial Plastic and Reconstructive Surgery, he joins 250 of his surgical colleagues nationwide who offer their skills and expertise to victims of

domestic violence. "My family and I are avid nature and animal lovers and contribute to many charities, notably the North Shore Animal League, Greenpeace, and Oceana. We feel that it's a good message for our children to learn to appreciate all that nature has to offer at a young age."

When asked what he is excited about for the future of facial rejuvenation, Dr. Miller has plans to build on the success of the innovative Pelleve technology. "This is just the beginning and the future looks bright," says Dr. Miller. **IM**

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