

music to your eyes

The world may have lost a potentially great musician when Dr. Mel Thomas Ortega chose a career in medicine, but it gained a very passionate plastic surgeon. Although he follows in the footsteps of his doctor father, who was among the first Spanish-speaking pediatricians in Miami, Dr. Ortega adds a new dimension. He also views his chosen medical field, plastic surgery, as art.

"I'm not looking for quantity as much as for quality," he says. "Quantity implies mass production. Plastic surgeons are held to a higher scrutiny because what we do is so visible. If someone takes out a gall bladder, it is very different from doing something on your face. My practice focuses on giving patients the quality care they are looking for and giving them the attention they deserve." He does almost 60 percent of his surgeries—eyelid surgery, necklifts and breast augmentation, to name a few—in his office, which is elegant but subdued and dotted with oil paintings, decorative lamps and fresh-cut flowers. When necessary, Dr. Ortega also performs surgery at a number of area hospitals. No matter where treatments take place, he points out that patients won't get any empty promises. "Philosophically, I had to assess what I would offer my patients because I wanted to deliver on what I claimed I could do, and do it the very best," he explains. 305-412-9990 or newbeauty.com/ortega.

"Patients must have sincere trust in the doctor, in whose hands they are putting their life."

—MEL THOMAS ORTEGA, MD



BOARD CERTIFICATION

American Board of Plastic Surgery
American Board of General Surgery

MEDICAL DEGREE

La Salle University Medical School, Mexico City

GENERAL SURGERY RESIDENCY

Lincoln Medical and Mental Health Center

PLASTIC SURGERY RESIDENCY

University of Texas Medical Branch

AFFILIATIONS

American College of Surgeons
American Society of Plastic Surgeons
American Society for Aesthetic Plastic Surgeons
Florida Society of Plastic and Reconstructive Surgeons

AREAS OF EXPERTISE

Abdominoplasty
Breast Augmentation
Fat Grafting
Liposuction

LOCATION

Miami, Florida

DR. MEL ORTEGA

OPERATING-ROOM STYLE Down-to-earth, not pretentious. I try to establish rapport

FAVORITE PART OF YOUR JOB Operating and seeing a patient's response to the end result of the procedure

MOST IMPORTANT THING YOU'VE LEARNED FROM YOUR PATIENTS We've underestimated the role that the human psyche plays in our emotional health and well-being

WHAT ONE LIFESTYLE CHANGE COULD MOST BENEFIT OUR HEALTH Healthy habits lead to healthier, longer lives. We cannot provide people with the fountain of youth. They have to do a lot on their own

PLACE YOU GO TO ESCAPE THE OFFICE My computer

FRAMED PHOTOS ON YOUR DESK My three children—Kayla, Mark and Thomas—and my wife, Mabel

INSIDE INFORMATION

TREATMENT TIME: GET IN THE KNOW

True understanding of which procedures are needed and a **REALISTIC VISION** of the end result are two of the most important aspects explained when Dr. Ortega communicates with patients. He reports that many women come to him after childbearing and want work done to their abdominal section. "Everyone wants liposuction, but that only works for a small percentage," he explains. "Because muscles have been separated during pregnancy and skin has stretched out, other procedures may need to be performed to achieve the desired results, such as **MUSCLE AND SKIN TIGHTENING** in addition to liposuction," he says. Also, when women come in because they are bigger in the abdominal area and would like liposuction to look thinner, he asks many questions to make sure they have first tried exercise and proper eating habits. Removing all the fat is not their solution," he explains. "I believe it is critical to thoroughly review all options with my patients."