

DOCTOR/FACILITY

RAFAEL CABRERA, M.D., F.A.C.S.

Plastic Surgery Specialists
of Boca Raton

PATIENT

MIA WHITE

All in all, Mia White wasn't unhappy with her appearance.

"I just felt like I could look a little better," she says. "When I looked in the mirror, I started to see that I was aging a little—and I didn't like that look."

After talking to a friend who recommended Dr. Rafael Cabrera, Mia scheduled a consultation.

"I talked to him about a face lift," Mia said. "I told him I didn't want to have general anesthesia and I wanted a natural look. I wanted to look like me, just better."

After several consultations with Dr. Cabrera as well as nonsurgical treatments, White went ahead

"I wasn't unhappy, I just wanted to look like me—20 years ago."

—MIA WHITE,
long-term care
administrative consultant

with a face-lift in addition to surgery around her eyes and neck area. The result, she says, was exactly what she was looking for.

"I had no pain and after a few weeks I was back to playing golf," she says. "I am very pleased with the outcome, especially my eyes. I couldn't be happier."

Dr. Cabrera says Mia is typical of many of his patients.

"The people who come to see me are proud of their age," he says. "They're not trying to recapture some lost youth. What they're trying to do is look as good as they feel."

"We're just trying to reverse the unwanted changes that time, gravity and the stresses of life can cause"



Mia White



BEFORE

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