

Natural appearances guides patient care for Dr. Bared

BY DONNA SHELLEY

Dr. Anthony Bared always knew he would be involved in the healing arts.

As a child, his interest was sparked by bandages and tape brought home by his father, Antonio Bared, a former paramedic and firefighter who later served as Miami-Dade County Fire Chief.

"I was fascinated by the tools of my father's trade," said Dr. Bared. "Medicine was a natural choice for me. It was always a fit."

Today as a board-certified otolaryngologist, he shares a practice with Dr. Jeffery Epstein, a board-certified plastic surgeon, at "Facial Plastic Surgery Miami" with offices at 6280 Sunset Drive.

"Arrive at the proper diagnosis," is his philosophy that directs clinical judgments for appropriate treatments. In concert with the patient's understanding of any pending procedure, "the basic goal is to improve the health and quality of life of every individual," emphasized Dr. Bared whose practice concentrations include reconstructive surgery, rhinoplasty, and improving aging facial features.

Rhinoplasty defined by the American Society of Plastic Surgeons is "nose reshaping" to improve its appearance or by correcting impaired breathing, caused by structural abnormalities, he pointed out.

Septoplasty, a special surgical procedure of the septum to aid breathing, cor-



Dr. Anthony Bared

rects the shape of the area that separates the two nostrils.

Reconstructive surgery that corrects or improves skin loss due to cancer or other afflictions that can be safely removed.

Prospective patients will benefit from learning everything he or she can about a given procedure, noted Dr. Bared, a lecturer and author for medical publications and textbooks, and writer of an informative blog.

A Miami native, he attended Belen Jesuit Preparatory High School, then graduated *summa cum laude* from Vanderbilt University before attending the University of Miami's School of

Medicine.

Inducted into UM's esteemed Alpha Omega Alpha Medical Honor Society; he later completed a five-year residency at the University of Miami, specializing in otolaryngology and head and neck surgery.

Next receiving a highly-competitive fellowship from the American Academy of Facial Plastic and Reconstructive Surgery from the University of Illinois-Chicago Department of Otolaryngology, he studied with Dr. Dean Toriumi, a father of modern rhinoplasty.

Recently hosted by Baptist Health South Florida, Dr. Bared discussed the new directions of plastic surgery for treatment of aging face conditions.

"There has been a paradigm shift from attempting to fight gravity (by pulling up the skin) to recognizing that aging causes loss of volume," he stated, concluding that "safe and effective methods, such as fillers and injections are treatments used to address that issue."

Avoiding a radical approach to cosmetic surgery is Dr. Bared's goal "to ensure that every patient treatment results in an improved, natural appearance."

Facial Plastic Surgery of Miami is located at 6280 Sunset Dr. Suite 506, South Miami. For information about Dr. Bared and his services, visit www.facialplasticsurgerymiami.com/ or call 800-943-7295.