



## It's Miller Time

Facial plastic surgeon Timothy R. Miller, MD, settles into his new home

By Denise Mann

After some serious soul searching several years back, Timothy R. Miller, MD, decided the time was right to strike out on his own. And Miller, a double board-certified facial plastic surgeon, officially opened his private practice, Refreshed Aesthetic Surgery, in Aliso Viejo, Calif, on December 30, 2013. He is fastidious and exacting when it comes to detail, and the state-of-the-art facility reflects Miller's aesthetic vision and creates a harmonious ambiance for all who enter. He even incorporated some of the principles of feng shui into the décor.

Miller spoke to *PSP* about the challenges of going it solo, why he would never do a reality show, and how he chose the name Refreshed Aesthetic Surgery for his new practice.

Here's what he had to say:

### 1 What has been the most challenging aspect of starting your own practice?

Designing and building the office, while getting all the contractors and subcontractors to see your vision, and then completing the construction with my attention to detail. But, I'm happy to say that it all worked out well, and all the struggles with the build-out and starting my own practice were definitely worth it.

### 2 What is your signature procedure?

I have two signature procedures,

but I do not believe giving them "catchy" names is really ethical. I have always felt that the result rather than name is most important, so the "signature" comes from your execution of the technique and the end result. I use the high superficial muscular aponeurotic system technique for my facelifts and the fat repositioning technique for my lower blepharoplasties, and both are best when combined with fat augmentation.

### 3 What is the biggest trend you are seeing in your practice?

The emphasis is on natural results and looking refreshed, not different. This is why I intentionally named my practice Refreshed Aesthetic Surgery.

### 4 What technology would you not want to practice without?

Fractional CO<sub>2</sub> laser (Lumenis) and 3D imaging (Canfield M3).

### 5 Are you an innovator, early adopter, early or late majority, or a laggard?

I've been all at some point in time, but mostly an early adopter of technology or philosophies that have not hit the mainstream.

### 6 What is your professional mantra?

Education and honest assessments and recommendations.

### 7 Would you ever do a plastic surgery reality TV show?

No. First, I'm not photogenic, and my personality is too low-key. Additionally, my patient population is typically professional people who would not want cameras around the office.

### 8 Tell us something about you that is really surprising.

Before attending medical school, I worked in the oil/natural gas fields as a roughneck (then driller) for 10 years.

### 9 Last great read?

The last great read was the book *In Your Face* by Dr Bryan Mendelsen because it addressed, albeit for right or wrong, the appearance of the face and how it is so important and pivotal in nearly all aspects of life.

### 10 Where do you get your industry news?

*Plastic Surgery Practice* (seriously, I do!) and attending meetings. ■

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#### FOR FURTHER READING

Read Dr Miller's article detailing his approach to peri-orbital rejuvenation here:

■ <http://bit.ly/1rH92yf>