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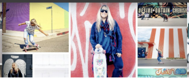

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OCTOBER 26, 2017

Meet Jeremy White of ARC Plastic Surgery in Aventura

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Today we'd like to introduce you to Jeremy White.

Jeremy, please share your story with us. How did you get to where you are today?
I grew up in New York spending many a Sunday afternoon at the museums admiring and studying works of the master painters and sculptors. I went on to study at Columbia University, where I explored art further, but mostly focused on human tissue engineering. I loved the process of solving challenging problems in medicine by being innovative and thinking on my feet but also relished the social interactions more than a lot of my engineering peers. This passion for hands-on problem solving and helping people made me realize that I was destined for a career in surgery. I found a mentor early in medical school who introduced me to ENT and ultimately pursued that path. During my ENT residency, however, I realized that it was the plastic surgery components of the field that attracted me most. I then pursued more training in plastic surgery of the entire body and knew that I had found my calling.

I opened my private practice in 2012 and immediately began to focus on rhinoplasty (nose job surgery) and breast surgery. Rhinoplasty was a particularly natural fit for me as a subspecialty, given my extensive training in both functional breathing and cosmetic nose surgery. It's a surgery of millimeter precision, which makes it a technical and intellectual challenge. This surgery also requires an artistic eye, attention to facial proportions, and is a great way to help people feel good about themselves and breathe better! Aside from this, my main draws to plastic surgery have always been that the field is always evolving. I'm always innovating, learning something new, and having to think on my feet. The best part is that I get to do this in a fun and friendly environment where patients and staff are treated like family. Now that's something that I can look forward to waking up for in the morning!

Overall, has it been relatively smooth? If not, what were some of the struggles along the way?
A lot of the struggles revolved around getting word of mouth out in the community when I first started. I am very fortunate to have many very appreciative patients who have then referred their friends and family members for cosmetic procedures. The other main difficulty was learning how to run a business. Doctors are not taught anything about business in medical school. When we opened our practice, all of a sudden I had to learn how to hire and manage staff, submit codes for insurance billing, and how to set up day to day operations in the office. A lot of this was learned by trial and error and speaking with my fellow surgeons.

Please tell us about ARC Plastic Surgery.
ARC Plastic Surgery provides all of your cosmetic needs in one office, whether it's a surgical refinement to the body or face, a minimally invasive tweak with Botox, or a relaxing facial with our aesthetician. We specialize in closed rhinoplasty, which means that there are no external incisions on the nose, less swelling, and less postoperative recovery time. I am known for providing consistent, natural appearing results in my surgeries and providing a friendly and comfortable environment for our patients. I am also recognized for being very honest with my patients. If I think that a patient doesn't need a procedure, that a patient's breast implant choice is too large for her body, or that doing a particular surgery might be unsafe, I'm going to say so up front. Cosmetic

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surgery is not always an easy thing to go through, so our staff is very sensitive to our patients' needs and holds their hands throughout their journeys.

On the non-surgical side, I also perform a significant number of ear molding procedures. This is a little known, non-invasive procedure in which I can reshape an infant's ear into a more normal shape and help the baby to avoid potential surgery and teasing for big ears down the line. This is something that makes new moms, who are already stressed about their lives, extremely happy (and we love meeting their sweet newborns)! The baby has to be less than 6 weeks old for this to work, so proper timing is essential.

Overall, I am really proud of the staff that we put together! It is very difficult to find such a dedicated group of individuals who work so well as a team to help patients achieve their dreams! We all have fun together in the process.

If you had to go back in time and start over, would you have done anything differently?
If I had to start over, I secretly wish that I could have skipped some of the minor business mistakes along the way. Then again, it is those mistakes from which we learned that made us stronger and allowed us to grow in a stable manner.

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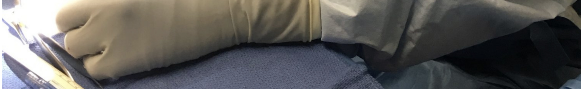

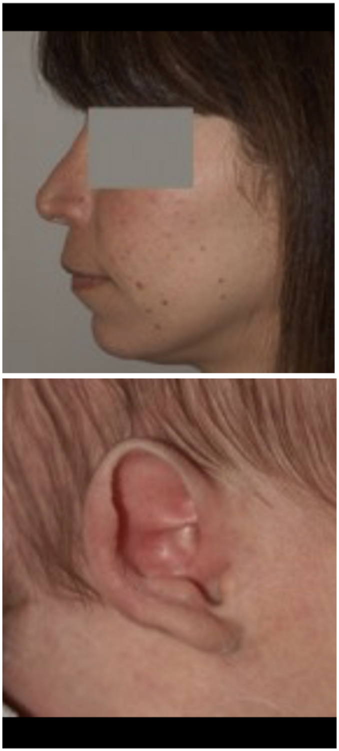

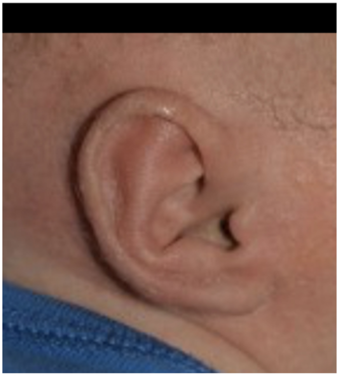

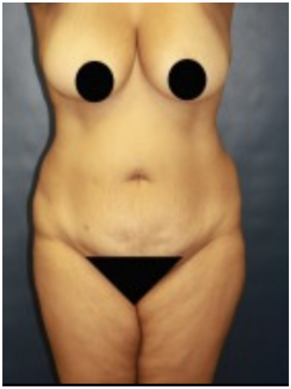

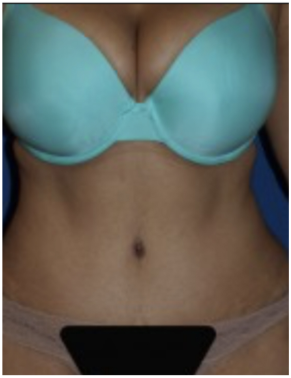

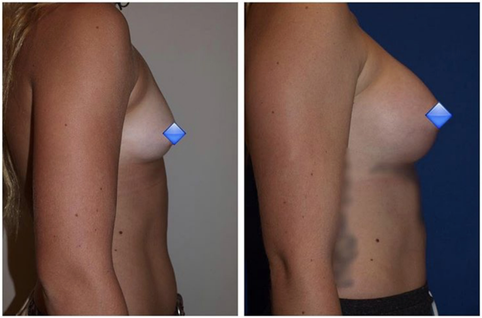

DR. JEREMY WHITE

Getting in touch: VoyageMIA is built on recommendations from the community; it's how we uncover hidden gems, so if you know someone who deserves recognition please let us know **here**.

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