

# NEWSLETTER

ONE OF THE NATION'S MOST AWARDED PLASTIC SURGERY GROUPS



## COVER STORY

# ACPS® wins Best Aesthetic Practice Award

ACPS is named the Best Aesthetic Practice in Texas and one of Top 5 in the Nation at the 2016 My Face My Body Awards in Hollywood, California [PAGE 5](#)

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# Honors & News

## DR. PATRONELLA

Dr. Patronella's True Form Tummy Tuck® has received widespread acclaim both nationally and internationally, leading to numerous speaking invitations at plastic surgery conferences around the globe. He was invited to present his True Form Tummy Tuck® in Argentina at the International Society of Aesthetic Plastic Surgery (ISAPS) meeting and in Montreal, Canada at the American Society for Aesthetic Plastic Surgery meeting.

In addition, his tummy tuck method article was spotlighted as the prestigious "Featured Operative Technique" article (FOT) in the Aesthetic Surgery Journal. And it

Dr. Patronella's exceptional True Form Tummy Tuck® & surgical results are spotlighted in the latest news from the International Society of Aesthetic Plastic Surgery.

was published in the International Society of Aesthetic Plastic Surgery periodical in a special "Global Perspectives" issue on Abdominoplasty (tummy tuck) surgery, which showcases the expertise of the world's most elite plastic surgeons.

Dr. Patronella noted, "One of women's biggest fears about having a tummy tuck is that it will look unnatural and easily identified as a surgical looking abdomen rather than their natural state." With



careful analysis of what creates an aesthetically appealing abdomen and reproducing those features, we can offer our patients a much better outcome—one that allows them to feel more confident wearing a swimsuit and going to the pool with their kids."



Dr. Mentz took first place for the Best Surgical Facial Rejuvenation case at the 2016 Anti-Aging & Beauty Awards in Paris, France.

## DR. MENTZ

Dr. Mentz continues to prove he is one of the leading experts in facelifts and facial rejuvenation. An elite international panel of judges deemed his facelift case the most exceptional once again. Awarded by AMEC, Anti-Aging & Beauty Awards in Paris, France Dr. Mentz was the first plastic surgeon to have received two "Best Facelift" awards,

in 2013 and 2016 at the Paris AMEC meeting.

Dr. Mentz said, "Winning this honor once is humbling. Being awarded 'Best Surgical Facial Rejuvenation' a second time—there are no words to describe the feeling. We only perform 100 or so per year of these delicate operations (only a handful of surgeons in the country do this many). They require intense study, planning and careful surgery. The ACPS team has risen to the top of the field in the care of our patients. I congratulate all at ACPS for their warm-hearted care and diligence that have made us one of the top practices in the nation."

## DR. NEWALL

Dr. Newall won first place for the Best Surgical Body Shaping case at the 2016 Anti-Aging & Beauty Awards in Paris, France, where an elite international panel of judges recognized his talent and passion for body contouring through his winning case.

"I'm truly honored and humbled to receive this award," Dr. Newall said. "It's a testament to what we represent at ACPS, which is to aspire for perfection and fulfill our motto, 'The best you is what we do.'"



Dr. Newall beat out numerous entries submitted from around the globe for his exceptional body

Dr. Newall won the trophy for the Best Surgical Body Shaping case at the 2016 Anti-Aging & Beauty Awards in Paris, France.

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contouring results, an intuitive and highly-honed skill he attributes, in part, to growing up in a culture that has long revered feminine curves.

Dr. Newall noted, "Body contouring for me is not only an anatomical approach, but also an artistic creation. My gift for sculpting feminine curves comes from my Latin American background and my appreciation for a shapely look."

## DR. FORTES

Dr. Fortes was invited to participate in a documentary with the Marena Group, one of the world's leading designers of post-operative recovery garments. The documentary will focus on the scientifically proven benefits of compression to promote healing following certain procedures such as liposuction and fat grafting. The video will be part of a segment called "Front Page with James Earl Jones."

Dr. Fortes has partnered extensively with Marena, which collaborates with medical professionals to design garments that combine comfort with maximum healing benefits for every stage of healing after surgery. As an expert on the topic, Dr. Fortes has presented compression science related to trends in aesthetic surgery at plastic surgery meetings in such

Dr. Fortes is invited to share his extensive expertise on the benefits of compression garments following plastic surgery at conferences across the globe.

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cities as Chicago and Seattle as well as countries spanning the globe, including Israel, Mexico, Panama, and Malaysia.

In May of 2016, Dr. Fortes was invited to present to an international audience in Cancun, Mexico his nearly 20 years of experience in the field of aesthetic plastic surgery, focusing the discussion on liposuction, body contouring, and post-operative compression garments. He was asked to forecast the expected trends in plastic surgery. "Aesthetic plastic surgery will continue expanding to a wider and more diverse demographic of consumers. Our job as plastic surgeons will be to



incorporate growing technological advancements and social interconnectivity with our traditions of providing the safest possible patient care individualized through our artistic sensibilities.



## DR. MORALES

Dr. Morales has become known as one of the most impressive young plastic surgeons in the nation. He's been invited to present his expertise at every national plastic surgery meeting, where his engaging, informative talks consistently attract packed audiences of surgeons.

Further solidifying ACPS's reputation as the gold standard in plastic surgery, Dr. Morales spearheaded the effort to establish the group's fellowship program, which earned the prestigious endorsement of the American Society for Aesthetic Plastic Surgery. As the architect of the fellowship, Dr. Morales designed an experience that allows ambitious young plastic surgeons to fully capitalize on the benefits of working at the aesthetic surgery practice that Dr. Morales believes to be the "best in Houston by far and, arguably, the state."

He commented, "I can't express how proud I was that day: All the work I put into making the ACPS fellowship



ACPS's first fellow, Dr. Marc Everett, on his first day on the job. From left to right: Dr. Morales, Dr. Everett, Dr. Patronella, and Dr. Mentz.

happen and having ACPS's founding partners—Dr. Patronella, Dr. Mentz, and Dr. Newall—support my dream. The fellowship is going to be one of our practice's legacies for many years to come, allowing us to give back to our great specialty through the education of our future colleagues. Priceless."

## DR. KRISTI HUSTAK

As the first board certified female plastic surgeon at ACPS, Dr. Kristi Hustak has become an in-demand speaker and national authority on the topic of female genital rejuvenation, an area of special expertise for her. In addition, she performs a broad array of cosmetic plastic surgery procedures for the face, breasts, and body. She is speaking on current trends in female genital rejuvenation at the 2017 ASAPs meeting in San Diego, following up her success as one of four expert panelists on the topic of noninvasive vaginal rejuvenation at the previous ASAPs convention. She has spoken on the subject to local plastic surgeons for ThermiVa (non-surgical vaginal tightening)

As ACPS's first female plastic surgeon, Dr. Kristi Hustak infuses creativity and extensive expertise into the novel techniques she develops to perform female genital rejuvenation procedures under local anesthetic.

and is a trainer for ThermiVa as well. Dr. Hustak is the only plastic surgeon in Houston who performs vaginoplasties and labiaplasties under local anesthetic, a technique she developed by modifying the methods of her Brazilian colleagues.

Her 2017 speaking engagements include an appearance at the Menopause and Midlife Houston conference in May to highlight female genital rejuvenation. Dr. Hustak finds her trailblazing work enormously rewarding, noting,



"Giving women options for concerns they thought were hopeless is a wonderful feeling. They no longer have to endure physical discomfort or feel self-conscious about how they appear in tighter clothing and during intimacy."

**" ONE OF THE TOP PREMIER  
COSMETIC PLASTIC SURGERY PRACTICES  
*in the United States.*"**

COVER STORY

## ACPS wins Best Aesthetic Practice Award

ACPS is named the Best Aesthetic Practice in Texas and one of Top 5 in the Nation at the 2016 My Face My Body Awards in Hollywood, California

The Aesthetic Center for Plastic Surgery (ACPS) was named the Best Aesthetic Practice in Texas and the nation's 5-state south central region at the 2016 My Face My Body Awards in Beverly Hills, California. An elite international judging panel awarded ACPS the honor, further establishing the Houston-based group's status as one of the top premier cosmetic plastic surgery practices in the United States.

Practices across the nation submitted entries for the award; the judging panel determined the winners based upon criteria including evidence they are at the forefront of their industry, the customer service they provide, and the technology and procedures they offer. Major factors in ACPS's success are its surgeons' extensive list of revolutionary techniques as well as its superior customer service, among other attributes that have established the group as one of the best in the world.



Doctors and leaders in the aesthetic industry from around the world gathered at the prestigious awards event, which is also conducted in the United Kingdom and Australia.

The My Face My Body Awards recognize plastic surgeons and dermatologists for their "exceptional experiences and outstanding service to their patients." And it also celebrates treatments and products which demonstrate innovation and success within the aesthetic industry. Other award categories included: Best Body Reshaping Procedure, Most Innovative Treatment, Most Innovative Product and Best Professional Skincare Range. The awards event is attended by more than 300 leading medical professionals, brands, journalists and celebrities.

## FEATURE

# Personal Glimpse

What is one of the best pieces of advice you've ever received?

DR. CHRISTOPHER PATRONELLA

When I was a plastic surgery resident, my mentor, Dr. Raymond Brauer, shared advice that's stayed with me to this day. I had the good fortune of training under Dr. Brauer to learn my trade. He was the cofounder of Cronin, Brauer, and Briggs Clinic and ultimately the one who provided me with the opportunity to train at St. Joseph Medical Center [as a plastic surgery resident]. He not only spent time teaching me about technical aspects of plastic surgery and how to perform procedures, he also bestowed his wisdom and philosophy of life, making sure I understood that work was only one aspect of a full and complete life. He would constantly remind residents to stop and smell the roses—that you can't be completely consumed by work, but you have to take time away from work to be better at your work.

He was always a gentleman—treated us with respect and dignity and encouraged us to have hobbies and interests. He himself enjoyed golfing, fishing, skiing and traveling, so he lived the philosophy he taught us.

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Dr. Patronella, boating on Canyon Lake with a little help from his daughter's dog, Chloe.



Dr. Mentz at Delicate Arch in Arches National Park in Utah.

DR. HENRY MENTZ

When I left for college, my father told me, "Work hard, and you will find that the more you learn, the better life will become." I did put in my work and found that life is an adventure in learning and experience, and you must enrich it with both.

The year 2016 brought our group an award for "Best Practice" in Texas and the "Best Facelift" case at the Paris meeting. And personally, the highlights I experienced were snow skiing, Hawaiian biking, scuba, Alaskan fishing, my 36th fourteen-thousand foot summit climb, and a spectacular view of the Delicate Arch in Utah's Arches National Park.





Dr. Newall with his father, Carlos Newall.

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#### DR. GERMAN NEWALL

My father's advice to me: "Always consider persistence and attention to detail for any endeavor in which you engage! It will make the hardest tasks possible. Aspire for the best."

I'm very specific about the details I incorporate in the plastic surgery procedures I perform, never stopping until, in my mind, I'm totally happy with the results. This approach has made me more meticulous in the way I approach each case.

#### DR. PAUL FORTES

The single best piece of advice that has repeatedly informed me throughout my life and which continues to do so is this: "First, be true to yourself."

My mother said it another way almost 30 years ago when she observed, "With your love of art and science, you would make a wonderful architect or great plastic surgeon."

I was on a slightly different career path when these words, which rang so true, helped right my course. I have been at my most committed, productive, creative, passionate, focused, patient, confident, clear-minded, calm, and at my happiest and my very best when I have followed the advice of always staying true to myself.

#### DR. ROLANDO MORALES

One of my mentors told me: "Your success will be your choice." I really didn't fully appreciate that then. Now I get it. Everything in life comes with choices: choices to work hard, sacrifices to make or not make, and choices related to personal and career achievements. You really do get out what you put into it.

#### DR. KRISTI HUSTAK

"We don't find balance, we create it." This is especially true for female surgeons because we wear so many hats and juggle so many things. When I leave work, I start my second job at home with three kids. I stopped being stressed about finding balance and created my own version of balance, compromises really, that have worked for me.

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Dr. Hustak with her husband and children. Baby Hazel made her debut not long after this photo was taken.



From left to right: Dr. Fortes and Dr. Morales.

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# We are growing!

ACPS Center for Excellence: Our new, expanded surgery center and spa opening in May 2017

We at ACPS are filled with excitement over the construction of the new spa and surgical center opening this May and located on the first floor of our current Kimberley location. Our state-of-the-art private surgery center, which will have four operating rooms and six extended-stay rooms for our overnight patients, will continue to uphold the most stringent, comprehensive safety standards. It is certified by both the Texas Department of Health and The American Association for Accreditation of Ambulatory Surgery Facilities, considered the gold standard in accreditation of outpatient facilities. And we maintain a nurse to patient ratio of one nurse for every two patients.

The spa will extend the same excellence in service to which you are accustomed in a sleek, contemporary setting. As soon as you step foot into the reception area, you will be welcomed into an upscale, modern Italian motif with silver and soft blue tones. The grand chandelier is centered over the first of several areas where you can peruse and sample not only your favorite products, but also leading



ACPS surgeons at the construction site of the ACPS Center for Excellence.

edge offerings in skin care. After checking in at the reception desk, you will be led to a changing room where you will slip into a monogrammed robe and slippers and then on to the Serenity Room to relax and renew before and after your appointment. Take your time; put your feet up and enjoy some herbal tea or seasonally infused water in the peaceful setting of the Serenity room. Gaze at the beautiful chandelier and artwork, or close your eyes and take in the peaceful scents and sounds of this cozy oasis. Be sure to read our upcoming newsletters for the grand opening announcement and specials!

## The Spa and Rejuvenation Center

### FEATURED SERVICES

#### SKIN TIGHTENING SERVICES

ThermiSmooth  
Fraxel  
Ultherapy  
Infini RF  
ThermiVa  
Silhouette InstaLift  
ThermiTight

#### MASSAGE SERVICES

ACPS Post-Surgical Healthy Healing & Recovery Body Massage  
ACPS Signature Post-Surgical Face Forward Massage  
ACPS Post-Surgical Breast Assured Massage

#### FACIAL SERVICES

Microdermabrasion  
Micropeel  
Micropeel Plus  
Illuminaze Peel  
SilkPeel Dermal Infusion  
Vitalize Peel  
Rejuvenize Peel  
Clear & Brilliant  
Intense Pulse Light  
Skin Pen (w/PRP)

#### BODY SERVICES

Cellfina  
CoolSculpting  
NeoGraft Hair Restoration  
Laser Hair Removal  
Sclerotherapy  
Vascular Laser

FOR FULL SERVICES MENU GIVE US A CALL OR VISIT OUR WEBSITE  
713.799.9999 | [WWW.MYBEAUTIFULBODY.COM](http://WWW.MYBEAUTIFULBODY.COM)



## SERVICES

# What's the right spa service for you?

At ACPS, we take care of surgical patients from beginning to end.



● GOOD ● BETTER ● BEST

	Botox / Dysport	Belotero (6-9 m)	Restylane / Juvederm (9-12 m)	Sculptra (3-5 y)	Voluma (2-3 y)	Clear + Brilliant (4-6 y)	Infini RF (3-4 tx)	Skin Pen + PRP (3-4 tx)	Fraxel (3-4 tx)	Ulthera (3-4 tx)	Kybella (3-4 tx)	Hair Reduction Laser (3-4 tx)	CoolSculpt (2-3 tx)	Celfina (1 tx)	Neograft (1-2 tx)	Instalift	Thermiva (3-4 tx)	Thermitight (1 tx)	ThermiSmooth (4-6 tx)	IPL (4-6 tx)	Candela (4-6 tx)	Lytera	TNS Skin Care	ACPS Scar TX (6-12 m)	Vitamins	Revita Lash	SilkPeel Dermal Infusion (6 tx's)	Sclerotherapy	Surgical Options
Fine Lines	●					●	●	●	●														●				●		
Animation Wrinkles	●	●	●				●																●				●		
Crows' Feet	●					●			●														●				●		●
Frown Lines	●					●			●														●				●		●
Forehead Lines	●					●			●														●				●		●
Brow Lifting	●									●																			●
Lip Lines	●	●							●														●				●		
Neck Bands	●																	●											●
Thin Lips			●																				●				●		●
Hollow Temples			●	●	●																								●
Flat Cheeks			●	●	●																								●
Hollow Under Eyes		●	●																										●
Nasolabial Folds			●	●	●																						●		●
Marionette Lines			●															●	●								●		●
Jowls							●			●									●	●									●
Age Spots							●			●																	●		
Anti-Aging	●			●	●	●	●	●	●	●												●					●		●
Facial Veins / Red Spots																							●						
Large Pores						●	●														●	●			●		●		
Acne Scars						●	●	●	●														●				●		
Neck Laxity										●																	●		●
Double Chin										●	●		●					●	●				●		●		●		●
Cellulite													●					●									●		
Love Handles													●						●						●		●		●
Heavy Arms													●											●		●		●	●
Tummy Bulge													●											●		●		●	●
Bra Bulge													●											●		●		●	●
Thigh Saddlebag													●											●		●		●	●
Loose Arm Skin																		●							●		●		●
Scars							●	●	●															●			●		
Stretch Marks							●		●															●					
Vaginal Laxity																	●												●
Thin Lashes / Brows																									●	●			
Hyperhidrosis	●																	●											
Hair Loss						●		●							●										●				●
Unwanted Hair												●									●								
Weight Reduction																								●				●	
Leg Spider Veins																					●						●		

## PROFILE

# Introducing Christy Craig, FNP

## ACPS's newest nurse practitioner

We are excited to welcome talented Christy Craig, FNP to ACPS! Christy has been a licensed nurse practitioner since 2014, when she graduated from the University of Texas, Health Science Center, School of Nursing. She received her nursing degree in 2005 from Houston Baptist University, where she was a member of the Sigma Theta Tau National Honor Society. She is currently a member of the American Nurses Association.

Christy has received completion of education and training certification in the use, risks and applications of injectable neuromodulators and fillers and has had additional technique training using injectable neuromodulators and fillers with product manufacturing companies Allergan, Merz and Galderma. Additionally, she has increased her technique experience under the direction of ACPS surgeons.



Christy has had extensive education and training on the application of radiofrequency for aesthetic enhancement via Infini by Lutronix training sessions and the Thermi "Eyes to Thighs" Symposium. Christy also has completed ThermiTight certification training in the application of controlled radiofrequency subdermal tissue heating for aesthetic purposes.

Please join us in welcoming Christy to ACPS!

## The Spa and Rejuvenation Center



### UPCOMING EVENTS & SPECIALS

The ACPS Spa & Rejuvenation Center is committed to providing effective medical grade services & products. We feel it is our duty to not only provide a good value but educate our patients on the many treatment options available.

Please join us on Facebook or Instagram to be aware of upcoming discounts, educational events and news. Just search for Aesthetic Center for Plastic Surgery to find us!



### APRIL 2017

Get bikini ready with CoolSculpting and Laser Hair Reduction

Buy one area of CoolSculpting, and receive a hair reduction laser treatment for one medium area FREE!



Grand opening of the new ACPS Center of Excellence

Join us for the debut of our expanded state-of-the-art surgery center and Spa & Rejuvenation Center

InstaLift and ThermiTight Event  
April 25 | 5:30 – 8:00 PM

Learn how InstaLift + ThermiTight equals a non-surgical facelift result!

### MAY 2017

Honoring Mothers Special  
May 1 – May 14

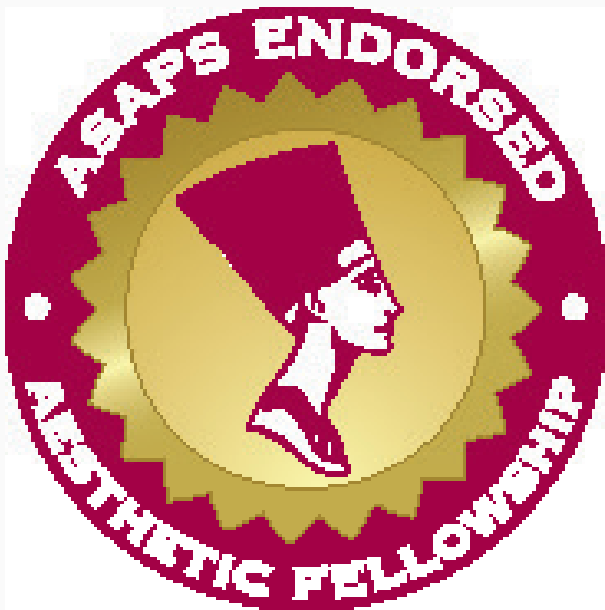
Buy Voluma filler (for added cheek volume) at full price and receive a filler for 50% off!

ThermiVa Event  
May 10 | 5:30 – 8:00 PM

Learn more about this revolutionary non-surgical vaginal rejuvenation treatment.

Clear & Brilliant Spotlight

Discover how this technology can improve the early signs of aging skin.



## NEWS

# The ACPS Fellowship Program offers high quality procedures at a reduced rate

The Aesthetic Center for Plastic Surgery (ACPS) offers women and men a broad range of cosmetic surgery procedures at lower prices through its distinguished fellowship program. As part of this program, the ACPS surgeon fellow, who is a physician in his ninth and final year of a plastic and reconstructive surgery residency, performs the procedures under the supervision of ACPS's board certified plastic surgeons. To ensure patients receive the highest standards of safety and results, an ACPS surgeon supervises and works with the resident throughout all phases of the plastic surgery procedure, including the initial consultation, surgery, recovery and follow up appointments.

For a full list of procedures and prices, please visit our website at [mybeautifulbody.com](http://mybeautifulbody.com).

If you are interested in having a plastic surgical or nonsurgical procedure through the ACPS Fellowship Program, please call us to schedule your consultation at 713-799-9999.

## ABOUT

# The ACPS Fellowship Program

The ACPS fellowship has received the prestigious endorsement of the American Society for Aesthetic Plastic Surgery (ASAPS) — one of only a small number in the nation to have earned this recognition. The fellowship is a one year course of study that provides a graduate of a plastic surgery residency program with additional training to further hone his/her expertise.

The ACPS fellowship program attracts applicants from around the globe, and the final candidates undergo a rigorous evaluation and selection process conducted by ACPS surgeons. The candidate selected for the fellowship observes and participates in all aspects of a successful private aesthetic plastic surgery group, receiving invaluable one-on-one mentorship from ACPS' award-winning doctors. ACPS surgeons are committed to the highest standards of excellence, blending artistry with surgical precision, advanced technology and research in a caring environment. They work closely with the fellow to ensure these respected hallmarks of the group are upheld throughout every aspect of a patient's plastic surgery experience.

"I consider the privilege to be the inaugural fellow at ACPS as one of the absolute greatest opportunities of my life. I have never been so excited to work with anyone before. I knew that this group of people would not only complete my training as a surgeon but also by spending time learning from them, they would impart their finest values with me as well."

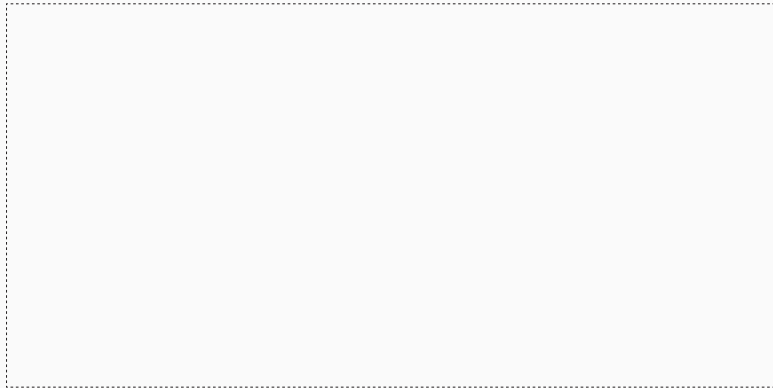


DR. MARC EVERETT  
ACPS Fellow, 2016 – 2017





*The best you is what we do.*



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CALL 713.799.9999 TO  
SCHEDULE A CONSULTATION

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ideas for future newsletters.

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