

ACPS

The Aesthetic Center for Plastic Surgery

SPRING NEWSLETTER 2012

Abdomen Allure

Restoring the abdomen's simple,
captivating beauty

A Personal Glimpse

What is the last book you read?
ACPS surgeons share their favorites

Staff Interview

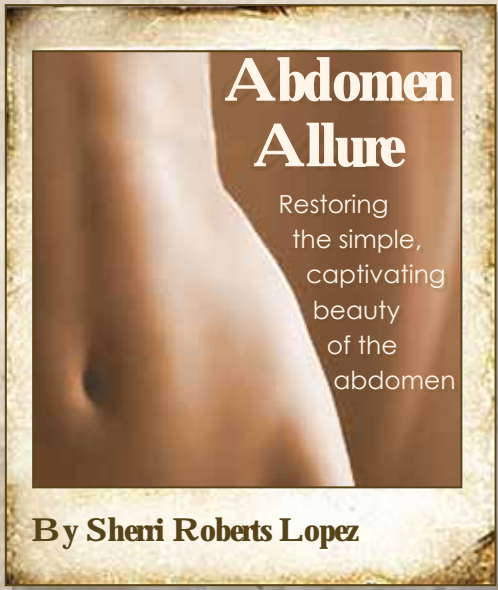
Anesthesiologist Dr. Bobby Ibarra
describes the high standards that
make the ACPS SurgiCentre a first
class surgery center

Patient Spotlight

From barrel-shaped to Coke-bottle contours:
Lily discusses her transformative mommy
makeover and living life more fully

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Sometimes the most captivating beauty is simple, unadorned, and created by no man. With its subtle contours and smooth, elegant lines, a flat, softly toned abdomen possesses an allure that makes

it one of the most attractive defining features of a youthful, healthy body.

Unfortunately, with the passing of time, less than ideal eating habits, and major physical changes that occur to the body during pregnancy, the svelte abdomen of youth often gradually evolves into one with loose skin, stretch marks, and a decidedly thicker waistline.

While exercise and a nutritious diet are beneficial to health and effective to tone the body and reduce fat, no amount of stomach crunches or diligent carb cutting can restore smoothness to loose skin and tightness to abdominal muscles that have been stretched apart by pregnancy. Because these muscles act as a type of anatomical compression garment that hold the abdomen in, once they have been weakened, the tummy is often left with a protruding look or belly pooch even in those who are close to their ideal weights.

Perhaps this explains why tummy tuck surgery, also known as abdominoplasty, is one of the most popular procedures ACPS surgeons offer and is one they privately remark is among the most professionally satisfying to perform.

By removing loose skin and tightening the abdominal muscles, they are able to give this focal point of the body a complete makeover, restoring a firm, flat look to the abdomen and a slimmer waist contour that allows patients to wear stylishly fitted jeans, dresses, and swimwear with greater confidence.

Though their overall end goals may be similar, each ACPS surgeon approaches abdominoplasty with his own unique perspective and artistic vision—one that influences the results his patients receive. Here they share the observations and ideas that have shaped their individual perspectives on this transformative procedure.



While the removal of loose skin and fat are the steps involved in nearly every tummy tuck procedure, Dr. Chris Patronella's introduction of an innovative, modern new approach to the procedure—the True Form Tummy Tuck™—represents a sleek advance forward in plastic surgery, producing stylishly-detailed results not typically delivered by the standard tummy tuck.

Dr. Patronella said, "Traditionally, the approach to tummy tuck surgery has been simply, 'Take out as much loose skin as you can, pull it tight, and sew it up.'"

The straight-as-a-board-look produced by the standard tummy tuck left Dr. Patronella dissatisfied, who noted that patients' postsurgical tummies—though completely flat—were devoid of the subtle contour variations that are present on the natural abdomen—a look they instinctively knew was somehow different from what they'd had in their pre-baby days.

Challenged to create surgical results that more authentically reproduced the physical attributes of the naturally attractive abdomen, the surgeon studied photos of youthful, good-looking abdomens, identifying the common features that characterized them. Gradually, he began incorporating small steps into the tummy tuck procedure to recreate these characteristics, using techniques that were typically reserved for other areas of the body.

In addition to redefining the abdomen's soft anatomical nuances, Dr. Patronella focused on creating smooth transitions between the upper and lower abdomen and above and below the incision line—eliminating two of the most com-

mon abdominoplasty pitfalls he saw: an abdomen with looser skin above the belly button and tight skin below it, and an odd-looking "step-off" at the incision line that results when there is an uneven tissue thickness between the areas above and below the incision line.

His efforts met with resounding success, sending patient satisfaction rates soaring, and inspiring the launch of a website devoted exclusively to his True Form Tummy Tuck™—a procedure that represents a culmination of the techniques he refined and combined in his quest to capture the natural character and beauty of the abdomen in its true form.



True Form Tummy Tuck
Patient of Dr. Patronella



Dr. German Newall

Growing up in a Latin-American culture that famously adores a curvaceous female form served Dr. German Newall well. His artistic ability to envision and create balanced proportions accentuated by curves in all the right places is a testament to its influence on his work as a plastic surgeon and his innate appreciation for the curvy, narrow-waisted look epitomized by timeless beauty and screen legend Sophia Loren. So perhaps it comes as no surprise that an ordinary tummy tuck is not in his repertoire.

“My approach to abdominal rejuvenation is very similar to what I consider the ideal look for a female waistline,” said Dr. Newall. “It’s about defining curves—creating a dramatically narrow waistline that is complemented by the softly concave contours that characterize an attractive, feminine abdomen.”

For Dr. Newall, complete restoration of the abdomen involves the application of reshaping techniques to adjacent areas of the body in order to create natural-looking harmony between the regions.

“It is of the utmost importance to contour the lower or upper back with liposuction to make this a very desirable aesthetic look,” noted Dr. Newall. Doing so diminishes unwanted flab while also creating an elegant lower back curve that



highlights the beauty of the abdomen’s and waist’s slender new proportions.

The surgeon commonly adds fat that is taken through liposuction to the hips and buttocks, for patients who desire a more defined hourglass figure and a shapelier rear view.

While his ability to dramatically reshape the body has earned him international renown among his peers and patients, Dr. Newall is equally respected for the safety innovations he has introduced which are now widely practiced protocols in surgery facilities around the globe. In 2003, the surgeon developed a safety formula which helped to prevent the formation of blood clots and pulmonary embolisms. His research was published in the prestigious American Journal of Plastic Surgery in 2005.



Tummy Tuck Patient of Dr. Newall

Dr. Henry Mentz



While tummy tuck surgery is focused on the aesthetic restoration of tighter skin, muscles, and a youthful, feminine contour to the abdominal area, it typically produces a dramatic improvement in self-image also. This aspect often is the one that takes patients by surprise the most, providing an unexpectedly rich and fulfilling side benefit that often overshadows the original physical goals that compelled them to seek surgery in the first place.

Dr. Henry Mentz commented, “There is a compromise because the surgery involves recovery and a scar. But most patients feel the benefits are well-worth it: being able to shop for new clothes that fit well and seeing a reflection they love in the mirror or having the ability to more fully enjoy spending time at the beach or pool with their kids because they no longer have the lingering physical leftovers of pregnancy that caused them to feel self-conscious about their bodies.”

When inhibitions about their appearance are replaced with confidence and appreciation of their smooth and shapely new abdominal look, many patients find they experience more carefree enjoyment of their closest relationships.

Dr. Mentz commented, “Patients often tell me, ‘My husband and I are having more fun together now, going on dates and making plans for weekend get-aways, like we did before we had kids.’”

Patients typically require about 10 to 14 days to recover from tummy tuck surgery before they can return to work. Dr. Mentz was the first plastic surgeon to introduce the use of a pain pump to help ease discomfort during the recovery period. Inserted near the newly tightened abdominal muscles, the thin tube-like device pumps an anesthetic into the abdominal region to provide greater pain relief so that patients can ease into their daily routines more comfortably until the device is removed a week after surgery.



Tummy Tuck Patient of Dr. Mentz



Dr. Paul Fortes

www.drfortes.com

Like other plastic surgery procedures performed at ACPS, tummy tuck surgery is customized to the desires and needs of each patient. Though the majority of patients require a standard tummy tuck procedure, about 25 percent of Dr. Paul Fortes' abdominoplasty patients are candidates for a mini tummy tuck, in which skin and muscle tightening is focused on the lower abdomen.

Dr. Fortes said, "The ideal mini tummy tuck patient has loose skin primarily at the belly button and below, a relatively flat upper abdomen, and the belly button has a relatively high placement on the tummy. If the skin laxity is mostly above the belly button, then the individual probably needs a full tummy tuck."

While the smaller scar of the mini tummy tuck is one of the most appealing advantages of the procedure, most women find the scar left by a standard tummy tuck—typically a thin incision is made from one hip to the other—is a tradeoff that is worth the overwhelmingly positive aesthetic improvements they receive in exchange.

"Most women tell me they would prefer to have the thin smiley-face shaped tummy tuck scar, which can be hidden beneath a bikini, instead of stretch marks that resemble vertical claw marks," said Dr. Fortes, who noted that the desire to diminish stretch marks—which are ac-

turally scars created by small tears in the skin—is the primary reason some women choose to have the procedure.

"A tummy tuck is the only way to get rid of stretch marks," commented Dr. Fortes. "Creams and lasers are usually just temporary fixes, rather than long-term solutions."

For Dr. Fortes, the difference between ordinary plastic surgery results and those that are exceptional partially lies in the details he incorporates into procedures to enhance the overall look. In tummy tuck surgery, he gives added attention to the belly button—a small, yet attractive feature that is often left stretched out and inverted outward after pregnancy and weight loss.

In addition to tucking the belly button scar inside the navel to help it maintain a more youthful, inward contour while also concealing the scar, Dr. Fortes uses a technique that gives the belly button a smaller, slightly hooded effect—an alluringly feminine accent that creates a more natural-looking abdomen.

These details add up to create extraordinary-looking results that often are even better than a patient expected. Dr. Fortes commented, "Patients often say to me, 'I look even better than I did before having kids.' It goes even beyond getting back to where they were before."



BEFORE



AFTER

Tummy Tuck Patient of Dr. Fortes



Staff Interview

Anesthesiologist Dr. Bobby Ibarra

Patients typically have a mixture of feelings in the moments prior to having a procedure: excitement and anticipation of the new aesthetic look they are about to receive, but also nervousness about having surgery. Afterwards, many express that the professionalism and warm, supportive care of the surgical team made the experience one that is positive and uplifting rather than scary.

On the day of surgery, anesthesiologist Dr. Bobby Ibarra or another member of the ACPS SurgiCentre anesthesiologist team is one of the first people patients meet in preparation for the surgical procedure. In this interview, Dr. Ibarra gives us a behind the scenes glimpse of the role he plays in supporting our patients and surgeons.

Q: As an anesthesiologist at the ACPS SurgiCentre, what are your goals and primary responsibilities?

Dr. Ibarra: “Our greatest responsibility is to make sure a patient can physically and physiologically tolerate surgery. We are making sure their health is optimal for surgery. A lot of the things we do are related to anticipating and preventing potential problems. We’ve come a long way over the past 20 years—identifying things that make a safe environment and preventing possible problems.

“Our mantra is safety and vigilance: ‘Keep your eyes and ears open at all times. Don’t let anything get the best of you.’”



Q: Beyond providing anesthesia, you play an important part in helping patients to relax before a procedure. Tell us more about this aspect of your work.

Dr. Ibarra: “The time that I meet with patients during the preoperative evaluation is very important. Beyond any medication that could be given, what most puts patients at ease and calms their nerves is talking to them—telling them what to expect and answering their questions.

“I tell them, ‘I’m going to be there. I’m going to take care of you, and nothing is going to happen.’ Patients are comforted to know a board certified anesthesiologist is watching them at all times to make sure everything goes fine.”

Q: What is one of the most satisfying aspects of your job?

Dr. Ibarra: “It is very rewarding to take care of patients, helping them to safely, painlessly, and unconsciously move through surgery without any problems at all.”

Q: As an anesthesiologist you have the opportunity to work with many physicians at different hospitals. From your perspective, what makes our surgeons and surgical center great?

“We don’t take any shortcuts here—we do everything to make sure your surgery is safe and as least worrisome as possible.”

Dr. Bobby Ibarra

Dr. Ibarra: “ACPS surgeons have very high expectations and standards for the anesthesiologists who work here, and they utilize only board certified anesthesiologists to care for patients. Our surgeons have provided the very best equipment at the SurgiCentre; anything we’ve requested—medications and equipment—they have been quick to provide.

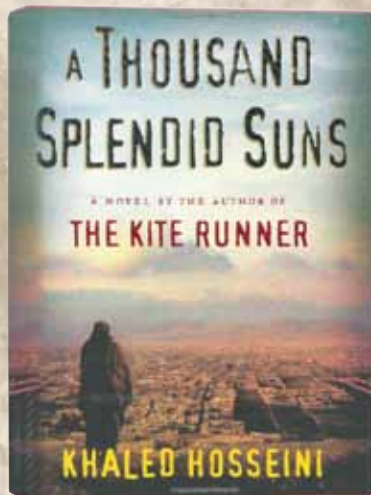
“What I appreciate the most is that they really want to have a first class surgery center that meets the highest safety standards and presents a welcoming atmosphere for patients. ACPS surgeons have taken the difficult steps to get the SurgiCentre certified by the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF)—an organization whose stringent requirements for equipment, operating room safety, personnel and surgeon credentials are considered the gold standard for ambulatory surgical facilities.

That accreditation really puts the ACPS surgical facility above a lot of small surgery centers. I don’t have to worry when the Texas Department of Health comes in unannounced because I have the reassurance of knowing that we will pass every test.”

A Personal Glimpse

What is the last book you read?

DR. CHRIS PATRONELLA
A THOUSAND SPLENDID SUNS
BY KHALED HOSSEINI



“A Thousand Splendid Suns is an incredibly powerful book that portrays life in Afghanistan for women. As the story unfolds, it chronicles the lives of two Afghan women who are caught in a culture that will not allow them to grow. It’s written simply, yet beautifully in a way that allows you to visualize the circumstances and events of their lives and what they had to endure as two women, born under different circumstances, whose paths cross through their marriage to the same abusive man.”

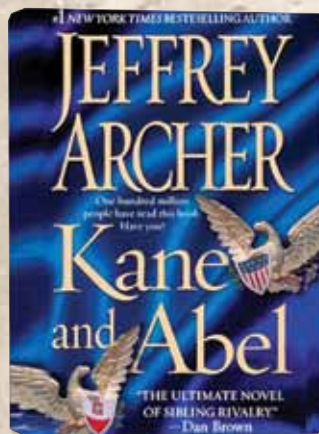
“In a moving way, it educates the average American about a culture that is conceptually foreign to us. This book should be required reading for high school—it causes one to realize how fortunate we are to live in a free society in which we largely have control over our own destinies.”

DR. GERMAN NEWALL
KANE AND ABEL
BY JEFFREY ARCHER

“Historical books about Roman times, the Renaissance and Middle Ages most intrigue me, but every now and then I come across a suspenseful novel such as Kane and Abel that contains so many unexpected plot twists, it is hard to put down.

“Archer, an Oxford-educated author who served in the British parliament, is

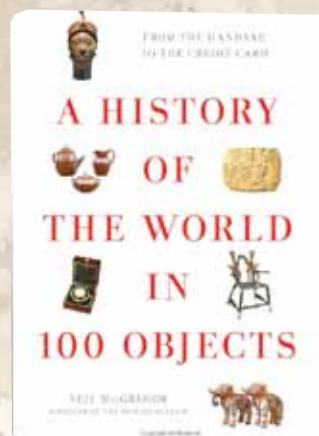
a master storyteller who relates a saga centered around the rivalry and ambition of two bitter enemies who are competing against one another in their quest to build business empires. The characters—one is the wealthy son of a Boston millionaire, while the other is an oppressed Polish man whose aristocratic family was stripped of all its goods and belongings during World War II—both rise to become powerful tycoons through various twists and turns of fate.



“One dies heartbroken after being ousted from his position, while the other lives with crushing remorse after learning that his deceased enemy provided him with the original anonymous loan that allowed him to crossover from poverty to enterprising success.

“Though the story is fictional, it vividly illustrates how easily tempers and feelings can be manipulated, and unnecessary bickering can become entrenched when the big picture of what is important is overlooked”

DR. HENRY MENTZ
A HISTORY OF THE WORLD IN
100 OBJECTS
BY NEIL MACGREGOR



“Each chapter in this fascinating book provides a snapshot of a man-made artifact from the British Museum, but it delves beyond a mere portrait of the

items. While each of the 100 objects that have been chosen is an art form in itself, it also carries a story of the culture of its time—its art, spirituality, and way of life.

“A wide array of objects from around the world are featured—everything from the Rosetta Stone, a North American buckskin map, and a statue of Ramesses II to a credit card.

“Prior to reading this book, I had walked past many of these objects in the British museum with just a passing glance. This book tells the broader story of each piece to provide you with a greater overall perspective of the history of mankind, its innovations and the turning points of human civilization.”

DR. PAUL FORTES
DIANE ARBUS: A BIOGRAPHY
BY PATRICIA BOSWORTH



“As a photographer, Diane Arbus captured in documentary style the marginalized people in society of her era—nursing home patients, people who had crippling disabilities, and circus freaks. Her photography is psychologically impactful and affects you at a very emotional level.

“As a person, Diane Arbus was as complex as her compelling and controversial art. Though she grew up in a prominent Jewish family in New York, she was compelled to explore a realm beyond the comfortable confines of the upper-crust Manhattan society from which she came. She forged new artistic horizons as a woman in the male-dominated field of photography in the 1950s and 1960s, until her brief life came to an end at the age of 48.”

Patient Spotlight

LILY, ACPS MOMMY MAKEOVER PATIENT

After the birth of my third child, I found it much more challenging to regain my shape than I had experienced after my first two pregnancies. The more weight I lost, the more loose skin I had, and I seemed to be stuck with stubborn fat that would not budge from certain areas. I went from being a size 3 to a size 9, so I couldn't fit into any of my pre-pregnancy clothes. My confidence level plummeted.

I had enjoyed doing promotional modeling when I was more fit—I'm 5'1, and my ideal weight range is between 110 and 115 pounds—so when I would see those old photos of myself, I would feel so depressed. I made the decision to have tummy tuck surgery to get rid of the loose skin and restore a flatter look to my abdomen, liposuction, and a breast lift to restore firmness to my breasts, which were left sagging after pregnancy and breastfeeding.

In addition to dramatically transforming my body, my doctor got rid of most of my stretch marks and an ugly appendix scar, and I no longer have a muffin top. I now have a Coke-bottle shaped figure instead of the barrel proportions I had before. It was very exciting to exchange my shapeless, baggy clothes for a cute and stylish wardrobe of fitted tops and jeans.

As a mom of young children, it can be hard to take time for yourself. But I felt that it was important to do this for myself so that I could get out and enjoy life and my kids more fully. They love going to the beach and the pool, and I hated it because of how embarrassed I felt about my appearance. Not anymore—I feel happier and more confident.



ACPS News



Research and Development team members of SkinMedica visited Dr. Patronella and toured his office.

DR. CHRIS PATRONELLA

Dr. Patronella is honored to partner with SkinMedica, the fastest growing professional skin care company in the United States, in a study to test the company's latest breakthrough in professional skin care—SkinMedica Scar Recovery Gel—a product that has been clinically shown to help diminish the appearance of postsurgical scars in the critical formation phase.

“Dr. Patronella is a well-renowned and accomplished surgeon,” said Sujatha Sonti, PhD, Senior Director of R&D and Regulatory Affairs at SkinMedica. “We are excited to partner with him for this study in order to test the performance of Scar Recovery Gel in a surgical setting, specifically for larger scars resulting from tummy tuck, breast augmentation, and breast reduction surgeries.”



DR. GERMAN NEWALL

Dr. Newall made a dual appearance on Univision news and the program Vive La Mañana to discuss the PIP silicone breast implants health alert along with the risks of traveling abroad to have cosmetic plastic surgery. Dr. Newall has performed

surgeries to remove the implants from women who received them in countries outside of the U.S., replacing them with FDA-approved implants manufactured by Mentor and Allergan.



DR. HENRY MENTZ

The Inside Edition film crew visited Dr. Mentz at his surgery center to film him performing an Abdominal Etching® procedure, a technique he invented to give a patient six-pack abs muscular definition. The show featured Travis Mosher, a 26-year-old MBA student and patient of Dr. Mentz, who chose to have the procedure to obtain the washboard abs he was unable to achieve despite working out each day, dieting, and eating protein shakes.

ACPS Staff and Customer Favorite SkinMedica's TNS Essential Serum

With its multiple skin care benefits and potent anti-aging ingredients, its no surprise this ACPS staff and customer favorite keeps racking up prestigious honors, including *New Beauty* magazine's Beauty Choice Award and recognition as an *In Style* magazine Best Beauty Buy.

This all-in-one anti-aging product combines SkinMedica's patented growth factor serum, TNS Recovery Complex®, antioxidants, peptides, and skin brightening alpha arbutin to provide the following benefits:

- Reduce the appearance of fine lines and wrinkles
- Brighten and improve the skin's overall tone, texture, and elasticity
- Plump, smooth, and tighten skin
- Fight against environmental damage

The ACPS Added Touch Medical Spa skin care specialists will show you how to incorporate TNS Essential Serum into a customized daily skin care regimen designed to regenerate and improve your skin and care for its special needs.



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