

*rejuvenate your body, mind, and spirit*

**MOMMY MAKEOVER SURGERY**

*a gift for the rest of your life*

**a personal  
GLIMPSE**

*ACPS surgeons share their  
favorite vacation destinations*



**KUDOS!**

**Awards & Honors**

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## *Letter from the Editor*

Scientific research continually affirms the fascinating connection among a person's body, mind, and spirit. Exercise and eating fresh, nutrient-rich foods energizes us, brings a glow to our skin, and tones our bodies. Exploring and trying our hand at new interests, tapping our brains' potential by learning a new skill, enjoying lunch with uplifting friends with whom we can talk and laugh; getting adequate rest, and delighting in a romantic dinner or getaway—these activities refresh and renew us, positively shaping our outlook, health, and relationships.

The theme of this newsletter, Mommy Makeover surgery, is about restoring this sense of wholeness and feminine beauty to a woman physically and psychologically, allowing her to more fully engage in all areas of her life and relationships with greater confidence and enjoyment.

Having a baby is typically one of the most miraculous, wondrous experiences of a woman's life. But the toll it takes upon her appearance often has subtle and not-so-subtle effects upon her self-confidence, sense of attractiveness, and intimacy with her partner.

At the Aesthetic Center for Plastic Surgery, our surgeons and staff have witnessed the transformative effects of this surgery upon thousands of women. The physical improvements are readily apparent: breasts that once sagged and looked deflated after pregnancy and breastfeeding are replaced with a shapely, fuller and firmer contour. The abdominal muscles, skin, and navel, which are left weakened and stretched-out as a result of accommodating a growing infant(s) during pregnancy, are repaired and rejuvenated: the muscles are tightened, loose skin is removed, and C-section scars and stretch marks often are eliminated and/or diminished. Because it is common for stubborn fat to accumulate in the waist, liposuction of this area and sometimes the hips and thighs, as well, is frequently performed in conjunction with the tummy tuck/abdominoplasty to restore a svelte, toned, proportionate appearance to those regions.

The life-changing psychological impact these procedures produce in so many of our patients often is equally impressive as the outward makeover. Because of the aesthetic transformation they receive, they are inspired to more fully engage in their work, parenting, and relationships, particularly their intimate relationships because they feel more proud and less inhibited. Their experiences echo those of a poll taken by RealSelf.com, an online resource for plastic surgery information and surgeon reviews. Among the women who'd undergone mommy makeover surgery, 98 percent said the procedure was worth it and reported a subsequent boost in their self-confidence, attractiveness, and satisfaction with their sex lives.

ACPS surgeons have a rare and remarkable combination of talents: the surgical skill and technical expertise to perform these procedures safely and competently, but also the artistic eye that allows them to visualize and translate the changes to your body that will most effectively enhance and showcase your beauty. This is the difference between good vs. head-turning results, and ACPS surgeons are respected worldwide among their peers for the ability to consistently accomplish this level of work.

Because most of our staff members are mothers or fathers themselves, they understand the joys and challenges of balancing family, work, and life responsibilities while also taking time to pursue the goals, and interests that bring personal satisfaction. Our surgeons and staff consider it an honor and amazing privilege to partner with individuals to help them attain their aesthetic dreams.

As always, we are here to make this process as smooth and rewarding as possible, achieving the changes that help you look and feel your best so you can enjoy all aspects of your life and relationships to the fullest.

## *Sherri Roberts*

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# FAQs

## Mommy Makeover Surgery



### WHAT IS MOMMY MAKEOVER SURGERY?

Mommy Makeover surgery is a combination of surgical procedures our surgeons perform to restore a pre-pregnancy appearance to a woman's body after she's experienced childbirth and the subsequent physical changes it commonly leaves behind: loose abdominal skin, breasts that appear smaller and less shapely, and excess fat accumulations in the waist, hips, and thighs. Many of our mommy makeover patients report that their bodies look even better than they did prior to pregnancy!

While the procedure combination varies depending upon a woman's goals, it typically includes a tummy tuck to restore a flat, firm look to the abdomen, breast augmentation with saline or silicone implants to add structure and fullness to the breasts, and liposuction to sculpt more ideal waist and/or lower body contours through the removal of stubborn fat.

During pregnancy, both the abdominal skin and muscles stretch to accommodate the growing baby. After childbirth, many women are left with loose skin, weakened abdominal muscles, and sagging breasts that no amount of exercise or dieting can reverse. Because the abdominal muscles serve as a type of anatomical compression garment that help to hold the abdomen in, this loss of muscle tone often leads to a tummy bulge that requires surgical repair to flatten and firm its appearance.

### WHAT IS RECOVERY LIKE?

Depending upon what procedures are performed, most women need to plan to take about 10 to 14 days off from work and other daily activities. The first two weeks typically are the toughest; you're swollen, sore, and things don't look perfect yet. If you have small children,

*While the reasons for seeking mommy makeover surgery vary among our patients, these are the goals they most often express:*

1. *to look and feel better in their clothing*
2. *to feel more comfortable in a swimsuit so they can go to the pool with their kids*
3. *to feel more comfortable and less inhibited with intimacy*
4. *to restore their body and their confidence to what it was before children.*

you will need to have help. Many patients have their spouse or a family member assist them during this time. We try to make this period as smooth and comfortable as possible for our patients by providing them with postsurgical therapeutic massage to speed the healing process and a visit to their home or hotel accommodations a day or two after surgery from one of our healthcare professionals who monitors a patient's recovery, changes her bandages, and provides the surgeon with an update on the patient's recovery. Within 2-3 months, most of our patients look and feel fabulous.

*"One of the most common concerns I see is expressed by patients who have small children and/or those who exercise a lot. They feel a lot of guilt because they can't tend to their babies right away, and they get a little weepy for the first couple of weeks. I tell them, 'This is going to pass. Within a couple of weeks, it's going to be fine.' I tell them that I went through the same thing and that it gets better.*

*You owe it to yourself to take the time to recover and not feel badly about it. After a couple of weeks, patients don't need as much help, and their whole perspective changes."*

**Christine, ACPS Medical Assistant**

### WHAT IS THE COST OF MOMMY MAKEOVER SURGERY?

The cost varies depending on what procedures the patient receives. It can range from \$5,000 to \$25,000 or more depending on what areas a person wants to change. At ACPS, patients are provided with a price quote at the consultation. This quote is comprehensive and includes all of the costs associated with surgery such as the surgeon's and anesthesiologist's fees and the surgical facility fee.





# a personal GLIMPSE

*What is your  
favorite vacation  
destination / getaway?*



## Dr. Chris Patronella Canyon Lake, Texas

There's nothing better than spending time with my family in the Texas Hill Country, sitting on the deck overlooking Canyon Lake and enjoying a cold beer or margarita on a warm sunny day. A warm breeze comes off the water, and, best of all, it's mosquito-free and relatively less humid and hot than Houston. It's particularly gratifying to invite friends to join us on these trips to share in the joy I feel when I'm there.

Whether we are enjoying a dip in the cool, freshwater lake, taking a boat ride, or simply talking and having a beer together, it's a slower pace of life and a time that recharges me both personally and professionally. While there are many business responsibilities to fulfill as a plastic surgeon, the time I spend at Canyon Lake enhances my creativity and gives me a fresh perspective that allows me to perform at my best in doing the work I love.



## Dr. Germán Newall El Chalan Ranch - Texas

I got this ranch for the whole purpose of uniting and keeping the family together, as a place where my children can bring their own families someday. And as often as they want, our friends join us. Over the years, we've had paintball competitions, archery tournaments, 4-wheeler races, and bocce ball games on the property. When nights are cool, we frequently light up the fireplace in the outdoor cabana and roast meat and vegetables on the Argentine grill.

Life goes so fast that any given time I have with my family and friends, I cherish. As you grow older, you start to realize the mortality of human beings and appreciate the little things with the people you love, like sitting together at the table, eating, telling stories, and laughing together.



## Dr. Henry Mentz Patagonia – South America

One Christmas holiday, my family and I went on an expedition in Chile to Patagonia. We had just ridden up into the mountains on Patagonian horses, which have the ability to climb like goats, up to a beautiful hanging lake where we celebrated an afternoon lunch before the ride down. We also did hiking, fishing, white water rafting, kayaking, and went on a sea safari to view penguins, dolphins and seals. It was a great adventure.





## Dr. Paul Fortes Florida Coast

Though I've enjoyed visiting many interesting cities around the world, my most memorable vacation is not a trip to an exotic land that may take a full day of international travel or one which requires cutting through a dense forest before arriving at a remote oasis on the other side of the globe. Rather, my favorite vacation memories are of an ordinary trip to the Florida Panhandle coast with my family and closest friends.

This is where the open sky and sugar-white sand dunes meet the clear, blue-green waters of the gulf. It was a simple vacation in a naturally beautiful place. More than any other vacation trip, the focus was on spending time rather than managing it. And that's a luxury that most people take for granted. Best of all, I spent the time connecting with the people in my life I care most about, and they too were relaxing and enjoying a break from the usually hurried and sometimes disconnecting pace of life.

You know a vacation trip is great when, at the end of it, you are ready to plan it again! The first family trip to the Florida Panhandle coast was in 2009, and it quickly became an annual vacation tradition.



## Dr. Rolando Morales Lake Travis – Austin, Texas

My wife Corrie and I are starting an annual summer vacation to Lake Travis with our girls during the 4th of July. We rent a lake house with my best friend and his family and hang out on the lake all day, every day on the boat. Life is great!





# Mommy Makeover

## TESTIMONIALS



**Andrea Gomez / 2 children**  
**Surgeon: Dr. Germán Newall**



**Background:** I was a balloon, pregnant with twins. It was difficult for me to walk because I gained 80 pounds. I was very depressed after delivering—the common depression many women feel due to hormonal changes after childbirth. But I was also depressed because I was feeling, “I’m still big.”

I never thought I was going to look normal again. When the babies were four months old, I started exercising again. For a year, I pursued exercise and dieting. Every diet you’ve heard of, I tried it. I lost all the weight, but some things you cannot get rid of. I had lots of loose skin, especially in the tummy area, and my breasts disappeared. They shrunk from a 34C prior to having children to a 34A after pregnancy.

It impacted a lot of different areas in my life: I didn’t feel comfortable in a swimsuit, and intimacy with my husband was not the same. It was “Turn the lights down.” Even though he was not complaining...it was how I felt about my body.

The turning point for me came four years later, when I did a presentation on the red carpet for the 2008 Latin Grammy Awards. For the event, I had to wear two push-up bras in order to look good in my dress. That experience compelled me to make a change.

Prior to having children, I had never considered having plastic surgery because I was comfortable with my body. But after having kids, I felt differently. I told my husband this was something I wanted to do. The next year for Mother’s Day, he purchased the Mommy Makeover procedure as a gift for me.

**Dr. Newall & Staff:** After 3 to 4 years of trying everything, I realized that I needed help. As one of the most famous plastic surgeons in Houston, Dr. Newall was a frequent guest on Univision where I previously worked as a news anchor. For me, it was “Who’s better than Dr. Newall? Nobody!” I thought, “I need to go to Dr. Newall.” I felt comfortable with him and confident in his skill as plastic surgeon. Everyone at his office was so nice. You are not just another number there.

**Results:** I had the surgery in 2009, and now, at the age of 40, I feel and look better than I did when I was 20. The surgery achieved the physical improvements I desired, but I think the impact it has upon one psychologically is equally important. Dr. Newall told me that my husband’s reaction was one that is shared by almost every spouse of his patients who have mommy makeovers. Before I had the surgery, my husband always told me that I looked great just the way I was. But now he says, “That was the best money I ever spent!”

**Profession:** television news reporter / anchor

View Andrea’s mommy makeover video interview with Dr. Newall: <http://www.dnewall.com/en/art/647/>



**Jennifer / 4 children**  
**Surgeon: Dr. Henry Mentz**



**Background:** I’ve always been somewhat athletic, have exercised and gone to the gym. I was 33 when I had my last child and 34 when I had surgery. I’d done all I could do to improve my body. I’d had 4 C-sections, which meant the same scar was opened and reopened. My skin was ugly to me. I thought, “I’m only 34. I don’t want to be embarrassed by my body.” I know I’m not a supermodel, but I wanted to feel confident that I could still put on a bathing suit. I wanted to feel good about myself. It was for me.

In addition, from 6th grade on I’d been embarrassed by my overly large breasts. I had to wear 2 sports bras. Breasts were a very insecure, big part of my body. I had breast reduction and tummy tuck at the same time. Dr. Mentz put in small implants to make my breasts firmer and more rounded.

I looked at having a mommy makeover as an experience that would enable me to enjoy more activities with my kids, who are involved in sports, in a healthy, active lifestyle. In the scheme of things, two weeks of recovery from surgery is not very long. I scheduled surgery in January because it was in between my son’s baseball season.

**Dr. Mentz & Staff:** Having these procedures was a very doable experience because Dr. Mentz made it that way. He and his staff members helped me to prepare and understand exactly what to expect. Dr. Mentz was very open and honest with me. At my consultation with him, he told me that I was going to need help during the recovery period because I had a small child.

My mom stayed with me for 2 weeks while I recovered. With her help and my husband’s, everything went very smoothly. I appreciated the follow up care that I received from Dr. Mentz and his staff, such as the postsurgical therapeutic massages from an ACPS licensed massage therapist.

**Results:** My results opened up a lot of wardrobe options for me. I started buying prettier, sexier panties that didn’t have a control top, and I felt better in my clothes: I could wear jeans and have no muffin top, and I could wear a tank top because I could wear normal bras instead of heavy-duty support bras

In workout clothes, I felt so much better at the gym. The results I received inspired me to work harder to tone up; that one little boost was a big motivating factor. And buying a sports bra is so much easier now.

To maintain my results, I work out with a personal trainer, and I try to go to a gym at least twice a week.

**Hobbies:** I do a lot of volunteer work and am involved at my kids’ school. In the summer, my family and I spend a lot of time together relishing the season—swimming and going to the lake. Liking my body’s appearance and not feeling like I have to cover up has made such a difference in my life. Every year, about 25 of my girlfriends from high school and I take a girls’ trip somewhere, and I’m not scared to put on a bathing suit!





**Brandy / 3 children**  
**Surgeon: Dr. Paul Fortes**



**Background:** I was trying to find a body type like mine. My body experienced a lot of changes after I had twins. I'm only 5'3, so my tummy was totally stretched out. My skin was very saggy. The more weight I lost, the saggier it became, and I lost additional breast volume. I did boot camp for 6 weeks, but exercise can't get rid of extra skin.

I was studying to become a Pilate's instructor, and I wanted my body to better reflect my lifestyle and career.

When I began researching cosmetic plastic surgery, I looked through RealSelf.com before and after surgery photos. My first goal was to find a body type like mine. I wanted to have an idea of what I would look like afterwards.

**Dr. Fortes & Staff:** Dr. Fortes is the absolute best. He not only is a talented surgeon but one who truly listens to his patients' concerns throughout the entire process. When I came back for a revision, he was willing to fix anything. He was 100% on top of that. I was concerned about stretch marks, and he diminished these as much as possible.

I had the best experience at ACPS, and I know that was because of Dr. Fortes and his wonderful staff.

**Results:** The changes I received took my confidence to a whole new level. I feel better, and I look better. My body now looks the way I feel on the inside. It gave me the inspiration and dedication to pursue becoming a Pilate's instructor. I run everyday. My weight is 156 pounds, and I am pretty muscular, whereas, when I was at 150 and thinner, I looked awful—like a skinny person with a fat suit.

**Hobbies:** I am currently practice teaching to become a Stott certified Pilates instructor and love what I do. I also take Krav Maga classes.

**Gemma / 4 children**  
**Surgeon: Dr. Rolando Morales**

**Background:** I did a lot of research before having surgery. I knew I needed to be finished with having babies, and when I felt like I had reached that point, I started looking for a doctor. I was extremely nervous about the recovery, but the medication and aftercare that Dr. Morales and his staff offered were far better than I could have asked for.

**Dr. Morales & Staff:** I chose Dr. Morales for a couple of reasons: One, his practice is the best in Houston, and two, his past experience and training has given him an eye for detail. I am very picky, and he met every goal of mine, right down to the even scar line and cute, natural-looking belly button.

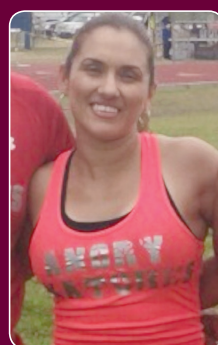


My experience with the surgery was better than I had hoped. His staff helped calm my nerves before surgery, and the postoperative care was very good, as well. The nurses made sure I wasn't in any pain. A nurse came to the house to make sure I was healing correctly and showed my husband and mom how to care for my stitches. The doctors and nurses are very caring and sweet; they really have your health, recovery, and best interests in mind.

**Results:** The results are B.E.A.U.T.I.F.U.L! I am in love with everything Dr. Morales did for me. It is life changing! My mommy makeover has made swimsuit shopping, lingerie shopping, even shopping for clothes in general so much more fun. I'm not trying to "cover and dress" my body to hide the "extra." It's the me I have desired to see for the last decade. It is wonderful!

I absolutely love the fact that when I work out I am achieving results, but I can see them now. That is so awesome! Who doesn't enjoy seeing the results of what they work hard for? I maintain my results by working out 4-5 times a week. It's a great stress reliever as well.

**Hobbies:** I work full time as a domestic engineer and enjoy reading, gardening, swimming and hanging out with my children.



**Kimberley / 4 children**  
**Surgeon: Dr. Chris Patronella**

**Background:** Although I ate healthy and exercised regularly through strength and cardio training, I still wasn't able to see the results that I wanted and worked so hard for.

**Dr. Patronella:** I loved how Dr. Patronella sculpted a woman's body like a piece of art, giving her back her womanly curves. That's exactly how I feel a woman should look and how I wanted to see myself. Dr. Patronella takes pride in doing an excellent job for his patients; he not only does a superior job with surgery but also takes great care of his patients to make sure they have the quickest and safest healing possible.

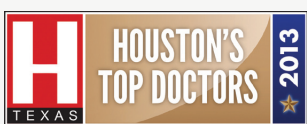
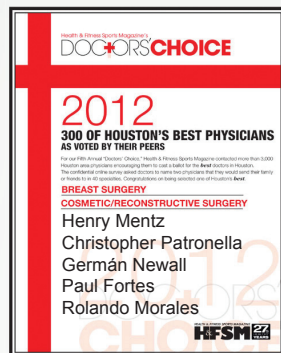
**Results:** The changes I received completely transformed not only my physical appearance, but also my mental and emotional health. I enjoy being able to wear a 2-piece swimsuit comfortably; being able to sit in a chair or to stretch, sitting on the ground without having to tuck my stomach into my pants; and being able to wear tops and dress without a bra. Now wearing a bra is optional, not mandatory.

I maintain my results by eating a healthy diet about 80-90% of the time since, unfortunately, I have the worst sweet tooth that I wish I could have pulled! In addition to doing strength and cardio training, this year I began doing crossfit training. My job also is physically demanding, so I get mini workouts with my patients.

**Hobbies:** In my free time, I like to educate myself as much as possible about nutrition and fitness, spend time with my family and friends, and exercise.

# KUDOS!

## HONORS & AWARDS



All five surgeons of ACPS were honored to be named top doctors in their surgical specialty in three separate surveys conducted by Houstonia, H Texas, and Health

and Fitness Sports magazines.

Houstonia magazine solicited peer nominations from nearly 16,000 medical professionals in Harris, Montgomery, Waller, Fort Bend, Brazoria, Galveston, Chambers, and Liberty counties to obtain the Top Doctor nominees. In Health and Fitness Sports Magazine's confidential online survey, doctors were asked to name two physicians to whom they would send their family or friends in 40 specialties, while H Texas magazine Top Doc award winners were selected based upon an online survey that was open to the public.



European leaders of the Antiaging Medicine European Congress invited Dr. Henry Mentz to be a guest speaker at the group's 2013 conference in Paris, France, where physicians around the world gathered to learn about the latest advances in cosmetic plastic surgery, aesthetic dermatology, and anti-aging medicine. At the meeting, Dr. Mentz shared his expertise on Abdominal Etching, Brazilian Butt Lift surgery (buttocks fat grafting), and safety in liposuction.

Earlier this year, Dr. Mentz taught a course on these same topics at the 2013 American Society for Aesthetic Plastic Surgery (ASAPS) meeting in New York City. For

several years in a row, Dr. Mentz has received the prestigious invitation to present his specialized knowledge in body contouring at the annual ASAPS conference.



Dr. Germán Newall shared his liposuction and body contouring expertise with television reporter Andrea Gomez in a special feature spotlighting Mommy Makeover surgery. In the interview, Gomez discussed her own mommy makeover experience with Dr. Newall and the surgery's physical and psychological benefits.

View Dr Newall's interview with Andrea here:  
<http://www.dmewall.com/en/art/647/>

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*Christopher K. Patronella, MD*

THE AESTHETIC CENTER FOR PLASTIC SURGERY



Dr. Chris Patronella was invited to present his innovative True Form Tummy Tuck® method to his colleagues at the 2013 Texas Society of Plastic Surgeons meeting. Some of the most respected leaders in plastic surgery were at the meeting, which was a tremendous success!

Dr. Patronella developed his tummy tuck method over a 14-year period with the objective to more authentically duplicate the natural features that characterize a youthful, attractive abdomen



Dr. Rolando Morales presented ACPS surgeons' findings on Exparel®—a long-acting medication that's been a big success in helping our patients recover more comfortably from surgery—to surgeons at the 2013 Aesthetic Surgery for Plastic Surgery conference in New York. The group's Exparel® study was featured as a "Practice Changer," a section of the meeting which showcases some of the exciting advances in plastic surgery,