

CHRISTOPHER PATRONELLA, MD, FACS, FICS

- Certified by The American Board of Plastic Surgery, 1992
- Founder and Director: The Aesthetic Center for Plastic Surgery, 1997
- Founder and Director: ACPS The Surgicentre, 1997
- Founder: ACPS The Added Touch MediSpa, 1999
- Clinical Professor, Department of Surgery Plastic Surgery, University of Texas Medical Branch, Galveston, Texas, 2013 - present
- President, Houston Society of Plastic Surgeons, 2012 2013

ACADEMIC BACKGROUND & MEDICAL EDUCATION

- Doctor of Medicine, 1982 University of Texas Medical School, Galveston, Texas
- Board Certification American Board of Plastic Surgery, 1992
- Graduate Surgical Residency, The Ochsner Clinic 1988
- Graduate Plastic Surgery Fellowship, Houston St Joseph Hospital 1990

BOARD CERTIFICATION

- American Board of Surgery -1989 1999
- The American Board of Plastic Surgery -1992

PROFESSIONAL ORGANIZATIONS

- American Society for Aesthetic Plastic Surgery (ASAPS)
- American Society of Plastic Surgeons (ASPS)
- International Society of Aesthetic Plastic Surgery (ISAPS)
- Fellow, American College of Surgeons (FACS)
- Fellow, International College of Surgeons (FICS)
- Harris County Medical Society, Houston
- Texas Society of Plastic Surgeons
- Houston Society of Plastic Surgeons
- Texas Medical Association (TMA)
- American Society of Laser Medicine and Surgery

RESIDENCY/FELLOWSHIPS

- 1988-1990 Plastic & Reconstructive Surgery Fellowship : St. Joseph Hospital, Houston, TX;
- The Cronin, Brauer, Biggs Clinic
- 1982-1983 Internship: The Ochsner Clinic and Medical Foundation, New Orleans, Louisiana
- 1983-1988 General Surgery Residency: The Ochsner Clinic and Medical Foundation,
- New Orleans, Louisiana
- 1984-1985 Surgical Research: The Ochsner Medical Foundation

SPECIALIZED TRAINING

- Microvascular surgery
- Endoscopic Facial Surgery
- Aesthetic Surgery of the Face
- Aesthetic Body Contouring Surgery
- Aesthetic and Reconstructive Breast Surgery
- Power Assisted Liposuction (PAL)
- Ultrasonic Assisted Liposuction (UAL)
- Ultrapulse CO2 Laser / Sciton Erbium Laser
- Fraxel® Laser / Pulsed Dye Vascular Laser
- Candela® Vascular Laser / YAG Laser

UNIQUE CREDENTIALS & PROFESSIONAL ACKNOWLEDGMENTS

- Best Published Aesthetic Surgery Article 2008 Aesthetic Surgery Journal, Official Publication of the The American Society for Aesthetic Plastic Surgery
- Forbes Magazine "The Ten Most Dependable Plastic Surgeons of the Western United States" 2008
- Charter Member: NOVO (National Council of Leaders in Breast Aesthetics) Allergan Medical, Board of Advisors - 2007
- Shaping Futures National Body Contouring Board of Advisors (Sponsored by ETHICON) 2006
- Top Doctor in Plastic Surgery in Houston H Texas Magazine 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013
- Best Paper Award Texas Society of Plastic Surgeons, 2006
- Ochsner Medical Foundation Chief Resident, Surgery 1987 1988
- Trustees Award for Excellence in Medical Writing, Ochsner Medical Foundation 1985
- University of Texas at Galveston, Doctor of Medicine, 1982
- Mu Delta Medical Service Honor Society 1982
- Texas A & M University summa cum laude, B.A. Biology 1978
- Phi Kappa Phi Academic Honor Society Distinguished Student Award 1975, 1976, 1977, 1978
- Beta Beta Biological Honor Society 1975, 1976, 1977, 1978
- Phi Eta Sigma Honor Society 1975, 1976, 1977, 1978

PROFESSIONAL APPOINTMENTS

- President, Houston Society of Plastic Surgeons, 2012 2013
- Clinical Professor, Department of Plastic Surgery, University of Texas Medical Branch, Galveston, Texas
 2013 present
- Charter Member: NOVO (National Council of Leaders in Breast Aesthetics) Allergan Medical, Board of Advisors - 2007
- Shaping Futures Sponsored by ETHICON 2006 National Body Contouring Board of Advisors



Dr. Christopher Patronella Honors & Awards • Media • Presentations

Houston Top Doc Award Winner

2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013 - Present





Publication: H Texas Magazine

Best Plastic Surgeon Readers' Choice Winner



Publication: *Living* Magazine Katy, Texas

The Ten Most Dependable Plastic Surgeons of the Western United States

"Leading Providers—Plastic Surgeons of the United States"







Publication: Forbes Magazine

Dr. Patronella was selected as one of the "Ten Most Dependable Plastic Surgeons of the United States" in 2008 based upon a Goldline Research study published in *Forbes* Magazine. In 2009, the group further honored Dr. Patronella by naming him to its "Leading Providers—Plastic Surgeons of the United States" list. Goldline Research identifies leading providers through an in-depth and multi-month research process.

Top Doctor Award Winner



Publication: Houstonia Magazine

Houstonia magazine named
Dr. Patronella a Top Doctor award
winner in 2013. The magazine solicited
peer nominations from nearly 16,000
medical professionals thoughout the
Houston area and surrounding counties
to obtain its Top Doctor nominees.

Doctors' Choice Award Winner "Top physicians in Houston as voted by their peers"

2008, 2009, 2010, 2011, 2012





Publication: *Health and Fitness Sports* Magazine

CBS Extreme Makeover featuring Dr. Christopher Patronella



KOTV - CBS Station Channel 6 News

Tulsa, Oklahoma

Topic: Body Contouring after weight loss

CBS news story featuring Dr. Christopher Patronella



KHOU - CBS Station Channel 11 News

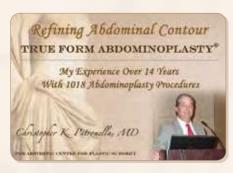
Houston, Texas

Topic: Cosmetic plastic surgery safety

"Best Presentation" Award Texas Society of Plastic Surgeons Annual Meeting, 2006



Presentation: "Seeking a Common Denominator in 15 Patients that Developed DVT or PE After Major Body Contouring Procedures"



Dr. Patronella was invited to present his innovative True Form Tummy Tuck® method to his colleagues at the 2013 Texas Society of Plastic Surgeons meeting.

"Best Aesthetic Surgery Journal Article of 2008"



Publication: Aesthetic Surgery Journal



President, 2012 - 2013 Houston Society of Plastic Surgeons



Clinical Professor
Department of Plastic Surgery
University of Texas
Medical Branch Galveston, Texas,
2012 - present



Personal and Career Profiles

"Dr. Patronella remains most proud of his finest achievement: an incomparable and accommodating staff with an average length of employment of better than 10 years."



PERSONAL AND CAREER PROFILES

Christopher K. Patronella, M.D., FACS, FICS, a native Houstonian, graduated from St. Thomas High School, Houston, Texas in 1975, received his Bachelor of Arts from Texas A&M University graduating summa cum laude in 1978, and received his Medical Doctor degree from the University of Texas Medical School, Galveston, Texas in 1982.

His outstanding academic performance in college and medical school resulted in his selection to the prestigious Phi Eta Sigma Honor Society, the Beta Beta Biological Society, the Phi Kappa Phi Academic Honor Society, and the Mu Delta Medical Service Honor Society. Dr. Patronella attended the renowned Ochsner Clinic and Medical Foundation in New Orleans for his internship and surgical residency programs. He completed his plastic surgery fellowship at St. Joseph Hospital in Houston, Texas. Soon after his plastic surgery fellowship, he was recruited to join the Aesthetic Plastic Surgeons in the Texas Medical Center. Seven years later, he became a co-founder and managing partner of The Aesthetic Center for Plastic Surgery, the largest private medical partnership specializing in cosmetic surgery in the state of Texas. Dr. Patronella also established and founded ACPS-The SurgiCentre, a private AAAASF certified operating room licensed by the Texas Department of Health, and ACPS - The Added Touch Medical Spa, a complete beauty and skin care treatment spa offering a wide range of spa and beauty services including therapeutic massage.

Dr. Patronella implemented new procedural protocol and mandated rigid safety guidelines for ACPS-The SurgiCentre in 1999. In addition, he was responsible for the formulation and implementation of the Surgicentre's patient care philosophy. These guidelines are a reflection of his commitment to specialized service, excellence in surgical techniques, and comprehensive care provided to his patients. The Aesthetic Center for Plastic Surgery is committed to continuing its ongoing development by setting the highest standards for quality of care in the field of plastic surgery, while keeping in mind the safety and privacy of the patients that seek this high level of specialized care.

Dr. Patronella is board certified by The American Board of Plastic Surgery, the only plastic surgery board recognized by the American Board of Medical Specialties. He also holds the prestigious honor of being a Fellow of the American College of Surgeons (FACS), selected in 1994 by a committee of his peers and colleagues for his outstanding clinical care and commitment to ethical standards in surgical practice. Soon after, he was invited to become a Fellow of the International College of Surgeons in 1997. He maintains active membership in the American Society for Plastic Surgeons, which provides him the opportunity to stay current on the latest developments and technical advances in plastic surgery. In 1995 Dr. Patronella earned membership into the prestigious, American Society of Aesthetic Plastic Surgery, afforded to a select few board certified plastic surgeons who specialize in aesthetic

and restorative cosmetic surgery, and requiring strict peer review of clinical and ethical practice guidelines. Dr. Patronella maintains active involvement, offering his expertise and experience to the society, for the advancement of aesthetic plastic surgery. In recognition of his international contributions in teaching and publication, he was then elected to the International Society of Aesthetic Plastic Surgery in 2005.

During the past 23 years of plastic surgery practice, Dr. Patronella has been consistently involved in promoting high clinical standards for patient safety and satisfaction. Clinical research has become a large part of this effort. In recognition of his contribution, Dr. Patronella received the Best Plastic Surgery Presentation Award at the annual meeting of the Texas Society of Plastic Surgeons in 2006 for his work on preventing deep vein thrombosis in surgery patients. In 2006, in recognition of his expertise in safety issues in major body contouring, he was asked to speak to the Houston Society of Plastic Surgeons on "Personal Considerations for One Stage Body Lift Surgery: Safety and Treatment."

In further recognition of his expertise in aesthetic body contouring, Dr. Patronella was invited by Ethicon, Inc to join Shaping Futures, a national board of advisors charged with developing safety and procedural recommendations in the specialty of body contouring surgery for weight loss patients. In 2007, he was asked to present his years of research on "Optimizing Patient Care and Satisfaction" to the Texas Society of Plastic Surgeons. In 2007, he was then invited by Allergan Medical, as the only plastic surgeon in the greater Houston area, to become a charter member of the Board of Advisors for NOVO, The National Council of Leaders in Breast Aesthetics. NOVO is a leading advisory board sponsored by Allergan Medical, a worldwide leader in medical product development and education. This council provides important clinical input and recommendations aimed at improving product and device development in aesthetic and reconstructive breast surgery. In 2008 Dr. Patronella was recognized by Forbes Magazine, through Goldline Research, as one of "The Ten Most Dependable Plastic Surgeons of the Western United States." Also in 2008, his research paper "Thromboembolism in High Risk Aesthetic Surgery" was given the 'Best Published Article In Aesthetic Surgery for 2008' in the Aesthetic Surgery Journal (official publication of the American Society of Aesthetic Plastic Surgery). This research was focused on the important safety recommendations gleaned from his extensive experience in major body contouring surgery.

Through the ACPS Center for Clinical Research, ongoing clinical investigation has made a significant contribution to innovation and safety in aesthetic surgery. The original efforts of Dr. Amado Ruiz-Razura to develop a respected research center was an invaluable component of this success. Despite Dr. Ruiz's death in 2008, his diligent pursuit of learning, surpassed only by his passion for sharing innovative ideas in the advancement

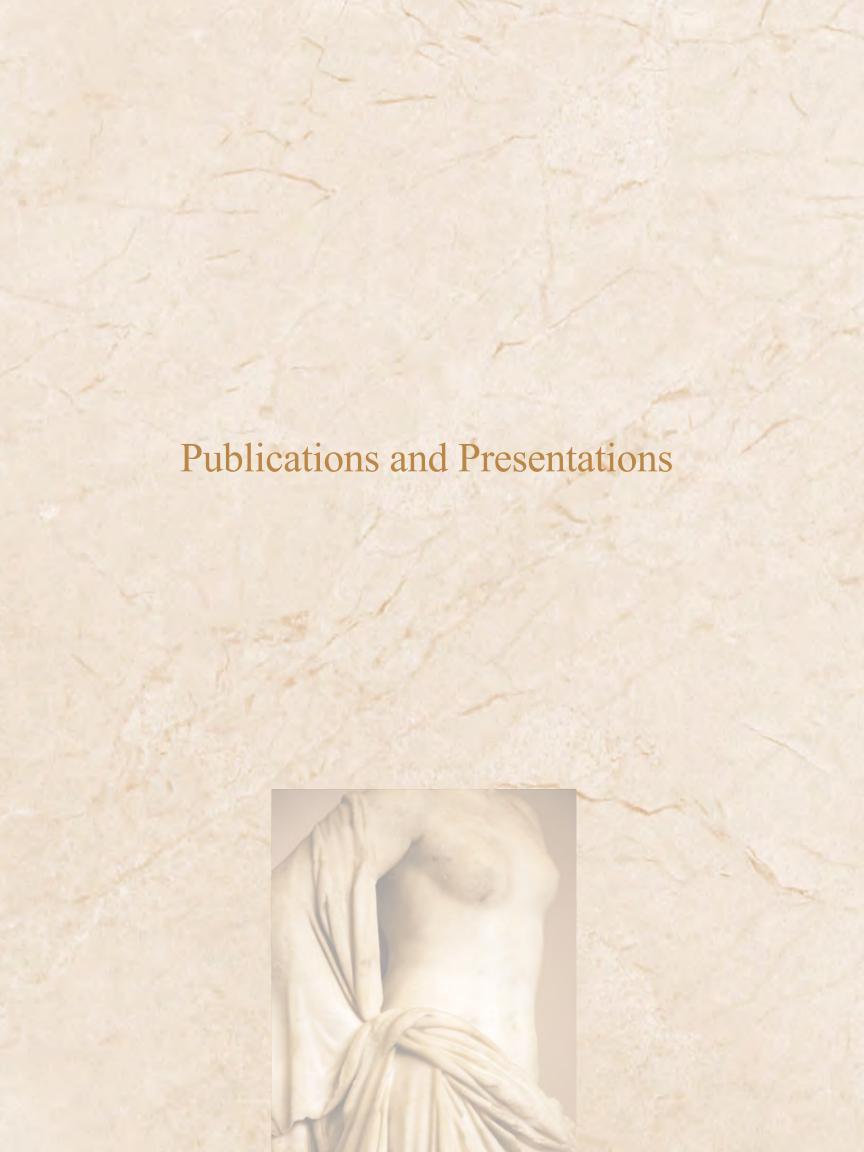
of aesthetic surgery, endures as the mission for the ACPS Center for Clinical Research. Ongoing clinical study is actively conducted in numerous areas of aesthetic surgery for the purpose of improving safety and outcomes for patients. Another example of this is the "Delay Implant Fill Technique in Combination Breast Lift/ Augmentation," devised by Dr. Patronella as a way of safely combining these two procedures and enhancing results for women who have suffered both breast sagging and volume loss after childbearing, breast feeding, weight loss or age.

This innovative technique has been presented at the annual meeting of the Texas Society of Plastic Surgeons in 2008 and again to the Breast Panel at the annual meeting of the American Society of Aesthetic Plastic Surgery In 2009. Other techniques innovated at The Aesthetic Center of Plastic Surgery include the original "Abdominal Etching" method for improving muscular definition of the abdomen and the "Pectoral Etching" technique for improving muscular definition of the male chest.

As a result of his continuing efforts to develop new procedures and refine traditional techniques for body contouring, facial rejuvenation, and aesthetic breast surgery, as well as safety protocol in plastic surgery, Dr. Patronella continues to be invited to speak for many local, state, national and international organizations related to the research and development of the latest innovations in the field of plastic surgery.

Most importantly, Dr. Patronella is dedicated to his overriding goal of patient satisfaction through day to day practice of a profession we so thoroughly enjoy. To that end "The ACPS Comprehensive Approach" was developed over 10 years ago to enhance the level of service provided for our patients. Careful attention to all details involved in the process, from the initial call to the final visit, has been given, so that each patient benefits from this 'comprehensive' concept. The key to the success of this program has been consistency, continuity and constancy: consistently applied for every patient, continuity over the years with the same caring staff, and constant feedback from our patients. Through unfiltered patient satisfaction surveys and internal reanalysis, this program has been modified and reformulated over the years to address the new ideas and changing needs and interests of our patients. The enduring goal continues to be to provide a high quality service that is responsive to the evolving needs of our patients and thereby develop long term relationships with satisfied patients.

Dr. Patronella remains most proud of his finest achievement: an incomparable and accommodating staff with an average length of employment of better than 10 years. Being able to develop the consistency of philosophy unique to ACPS can only be done when there is a strong continuity among those that have so much responsibility for our patients. The rewarding opportunity to serve our patients is a commitment shared by all of us that every patient encounters at ACPS.



PUBLICATIONS

- Minkowitz, H./Onel, E./Patronella, C./Smoot, J. D., "A Two-Year, Observational Study Assessing the Safety of DepoFoam Bupivacaine after Augmentation Mammoplasty." Aesthetic Surgery Journal. Volume 32, Number 2, February 2012.
- Patronella, C.K./ Ruiz-Razura, A./ Newall, G./ Mentz, H.A./ Arango, M.L./ Assavapokee T./ Siarski J., "Thromboembolism In High Risk Aesthetic Surgery: Experience With 17 Patients In A Review of 3871 Consecutive Cases." Aesthetic Surgery Journal. Vol 28, Issue 6, November/December 2008
- Patronella, C.K./ Ruiz-Razura, A., Book Chapter: Body Contouring Surgery. In "Be Your Best: A Comprehensive Guide to Aesthetic Plastic Surgery, written by the Experts." By Dr. Peter Bela Fodor, Medical Editor. International Press 2007.
- Patronella, C.K./ Ruiz-Razura, A./ Mentz, H.A./ Newall, G., "Precautions To Ensure Safe One Stage Abdominoplasty in Combination With Body Contouring Procedures." Plastic Surgery Products. Ascend Media Pub. April 2006.
- Mentz, H.A./ Ruiz-Razura, A./ Newall, G./ Patronella, C.K., Pectoral Etching: A Method for Augmentation, Delineation and Contouring the Thoracic Musculature in Men Ideas & Innovations. Plastic & Reconstructive Surgery Journal. Vol 120 Num 7, 2051-1055. December 2007.
- Mentz, H.A./ Ruiz-Razura, A./ Newall, G./ Patronella, C.K., Correction of the Bra Strap Shoulder Groove Deformity in Women. View Points. Plastic & Reconstructive Surgery Journal. Vol 120 Num 7, 2122-2123. Dcember 2007.
- Ruiz-Razura, A./ Patronella, C.K., Book Chapter: The Surgical Facility. In "Be Your Best: A Comprehensive Guide to Aesthetic Plastic Surgery, written by the Experts." By Dr Peter Bela Fodor, Medical Editor. International Press. 2007.
- Mentz, H.A./ Ruiz-Razura, A./ Newall, G./ Patronella, C.K., "For men only: Body Contouring For The Athlete." Plastic Surgery Products. Ascend Media Pub. Pp 26-32, December 2004.
- Mentz, H.A./ Ruiz-Razura, A./ Newall, G./ and Patronella, C.K., "Facelift: Measurements of Superficial Muscular Aponeurotic System Advancement with and without Zigomaticus Major Muscle Release." Aesth. Plast. Surg. 29: 353-362, 2005.
- Mentz, H.A./ Ruiz-Razura, A./ Newall, G./ and Patronella, C.K., "The Use of a Regional Infusion Pump for the Control of Postoperative Pain After an Abdominoplasty." Aesth. Plast. Surg. 29: 415-421, 2005.
- Newall, G./ Ruiz-Razura, A./ Patronella, C.K./ Mentz, H.A./ Ibarra, F.C./ and Zarak, A., "A Retrospective Study with the Use of a Low Molecular Weight Heparin for Thromboembolism Prophylaxis in Large Volume Liposuction and Body Contouring Procedures." Aesth. Plast. Surg. 30: 86-95, 2006.

INTERNATIONAL PRESENTATIONS

- "Thromboembolism in Body Contouring Surgery and Combined Procedures." Patronella, C.K./ Ruiz-Razura, A., Real San Jose Hospital. University of Guadalajara and the Mexican Association of Plastic, Aesthetic and Reconstructive Surgery. Guadalajara, Jalisco. Mexico. 2007.
- "A Group Practice Recommendations for the Prevention of Thromboembolism in the Aesthetic Surgery Patient." Patronella, C.K./ Ruiz-Razura, A., XVI International Congress of Body Contour and Post Bariatric Surgery. Mexican Association of Plastic, Aesthetic and Reconstructive Surgery. Tijuana, Mexico. 2007.
- "Thromboembolism in the Aesthetic High Risk Patient: Experience with 17 Complications in a review of 3,900 cases." Patronella, C.K./Ruiz-Razura, A., 14th Congress of the International Confederation of Plastic, Reconstructive and Aesthetic Surgery (IPRAS) Berlin, Germany. 2007.

- "In Search of a Common Denominator in 17 patients that developed DVT and PE in a Revision of 3,867 Consecutive Cases." Patronella, C.K./ Ruiz-Razura, A./ Mentz, H.A./ Newall, G. XXXVIII National Congress of the Mexican Association of Plastic, Reconstructive and Aesthetic Surgery. Cancun, Mexico. 2007.
- "Seeking Common Grounds in Thromboembolism Prophylaxis: Recommendations From A Large Group Practice" Patronella, C.K./ Ruiz-Razura, A., University Autonomous of Nuevo Leon and the Mexican Northwest Society of Aesthetic Plastic Surgery. Monterey, Mexico. 2007.
- "Thromboembolism Prevention in Abdominoplasty with Added Combination Procedures: A Group Practice Recommendations For Safe And Consistent Results." Patronella, C.K./ Ruiz-Razura, A./ Newall G./ Mentz H.A., Plastic Surgery at the Red Sea International Symposium. Eilat, Israel. 2007.
- "The Group Practice of Aesthetic Plastic Surgery in the New Millennium: Our Experience." Patronella, C.K./ Ruiz-Razura, A./ Mentz, H.A./ Newall, G., Mexican Association of Plastic, Aesthetic and Reconstructive Surgery. XVII National Review Course in Plastic, Reconstructive and Aesthetic Surgery. Instituto Nacional de Ciencias Medicas y Nutricion "Salvador Zubiran." Mexico City. Mexico. 2007.
- "Salvage Strategy for a Compromised Nipple Areola Complex after Augmentation Mastopexy." Mentz, H.A./ Ruiz-Razura, A./ Patronella, C.K., Annual Meeting of the Texas Society of Plastic Surgeons. Bastrop, Texas. 2007.
- "Evaluation of Compression Garments after Liposuction. Is there a Difference?" Ruiz-Razura, A./ Newall, G./ Patronella, C.K./ Mentz, H.A., Annual Meeting of the Texas Society of Plastic Surgeons. Bastrop, Texas. 2007.
- "Differential Liposuction in Body Contouring Surgery: the Pec Etching Technique." Mentz, H.A./ Ruiz-Razura, A., Real San Jose Hospital. University of Guadalajara and the Mexican Association of Plastic, Aesthetic and Reconstructive Surgery. Guadalajara, Jalisco. Mexico. 2007.
- "Use of Enoxaparin in Abdominoplasty and Large Volume Liposuction." Newall, G./ Ruiz-Razura, A./ Patronella, C.K., XVI International Congress of Body Contour and Post Bariatric Surgery. Mexican Association of Plastic, Aesthetic and Reconstructive Surgery. Tijuana, Mexico. 2007.
- "Patient Safety in Aesthetic Surgery." Panel Coordinator: Amado Ruiz-Razura, M.D. 14th Congress of the International Confederation of Plastic, Reconstructive and Aesthetic Surgery (IPRAS) Berlin, Germany. 2007.
- "A New Delivery System of Topical Polydimethylsilicone For The Treatment of Prominent Scars." Ruiz-Razura, A./ Patronella, C.K., Scientific Poster. The Annual Meeting of the American Society of Aesthetic Plastic Surgery. New York City, N.Y. 2007.
- A Progress Report With a Clinical Study With The Use of Compression Garments in Liposuction: Powernet versus Comfortweave Fabrics. Ruiz-Razura, A./ Newall, G./ Patronella, C.K./ Mentz, H.A., The Annual Meeting of the American Society of Aesthetic Plastic Surgery. New York City, N.Y., 2007.
- "Postoperative Management with a Low Molecular Weight Heparin in the High Risk Aesthetic Surgery Patient." Newall, G./ Ruiz-Razura, A./ Patronella, C.K., University Autonomous of Nuevo Leon and the Mexican Northwest Society of Aesthetic Plastic Surgery. Monterey, Mexico. 2007.
- "Fundamentals for Creating a Clinical Research Unit within a Center of Excellence in Aesthetic Surgery." Ruiz-Razura, A./ Patronella, C.K./ Mentz, H.A./ Newall, G., Mexican Association of Plastic, Aesthetic and Reconstructive Surgery. XVII National Review Course in Plastic, Reconstructive and Aesthetic Surgery. Instituto Nacional de Ciencias Medicas y Nutricion "Salvador Zubiran". Mexico City. Mexico. 2007.

Dr. Patronella as Educator: Speaker Presentations

"As new procedures, techniques and products are introduced, with the promise of quicker and less painful recovery, the need for continuing education and critical analysis is essential. I am committed to continually evaluating all of my techniques and procedures and making refinements and changes when better methods are clearly demonstrated."



SEPTEMBER 2013: BASTROP, TEXAS

"Improving the Aesthetic Outcome in Abdominoplasty." The Annual Meeting of the Texas Society of Plastic Surgeons

SEPTEMBER 2012: SAN ANTONIO, TEXAS

"Reducing Complications in Combined Breast Augmentation/Breast Lift Procedures: An Analysis of 304 Consecutive Cases." The Annual Meeting of the Texas Society of Plastic Surgeons

OCTOBER 2009: HOUSTON, TEXAS

"The Delay Implant Fill Technique For Single Stage Breast Lift and Augmentation: A Safer Approach." The Houston Society of Plastic Surgeons

SEPTEMBER 2009: GRAPEVINE, TEXAS

Moderator: Panel on Advances in Major Body Contouring at the Annual Meeting of The Texas Society of Plastic Surgeons

MAY 2009: LAS VEGAS, NEVADA

"The Delay Fill Technique For Combination Augmentation/Mastopexy: A Safer Approach." The Breast Surgery Panel at the Annual Meeting of the American Society of Aesthetic Plastic Surgery

NOVEMBER 2008: CHICAGO, ILLINOIS

"Recommendations for Patient Safety in Body Contouring Surgery After a Review of 4000 Consecutive Cases." Aesthetic Body Contouring Panel at the Annual Meeting of the American Society of Plastic Surgeons

NOVEMBER 2008: SAN ANTONIO, TEXAS

"The Delay Implant Fill Technique A Safer Approach to Combination Augmentation/Mastopexy." The Annual Meeting of the Texas Society of Plastic Surgeons

FEBRUARY 2008: HOUSTON, TEXAS

Expert Panelist for The Symposium on "Advances in Body Contouring After Major Weight Loss." Baylor College of Medicine, Houston, TX

SEPTEMBER 2007: BASTROP, TEXAS

"Optimizing Patient Care and Satisfaction." The Annual Meeting of the Texas Society of Plastic Surgeons

APRIL 2007: NEW YORK, NEW YORK

"Incidence of Thromboembolism in Major Body Contouring Procedures: A Review after 3600 consecutive cases." The Annual Meeting of the American Society of Aesthetic Plastic Surgery.

SEPTEMBER 2006: FRISCO, TEXAS

"Seeking A Common Denominator in 15 Patients That Developed DVT or PE After Abdominoplasty With Large Volume Liposuction or Other Major Body Contouring Procedures." The Annual Meeting of the Texas Society of Plastic Surgeons (Best Presentation Award)

MAY 2006: HOUSTON, TEXAS

"Personal Considerations for One Stage Body Lift Surgery - Safety and Treatment." The Houston Society of Plastic Surgeons

SEPTEMBER 2005: SAN ANTONIO, TEXAS

"Improving Results with Body Lift and Abdominoplasty." The Annual Meeting of the Texas Society of Plastic Surgeons

AUGUST 2004: HOUSTON, TEXAS

"Body Lift and Body Contouring - Technical Refinements." Bi-Annual Meeting of The International Society of Aesthetic Plastic Surgery

How to Select a Plastic Surgeon

"The enthusiastic endorsement of a plastic surgeon by a completely satisfied prior patient... is the most powerful and direct information source to consider when selecting a plastic surgeon."



HOW TO SELECT A PLASTIC SURGEON

Selecting a plastic surgeon can be a very difficult process, especially for those who do not have the benefit of a direct referral from a trusted physician, friend, or family member who has had direct experience with a plastic surgeon. As a result of over-marketing, patients are often more confused than informed, thus making the decision on how to choose a plastic surgeon even more challenging. Fortunately, there are some simple steps you can take to ensure that you are making an informed decision regarding who you will select to be your plastic surgeon.

Step 1: Certification/American Board Of Plastic Surgery

A surgeon must be certified by the American Board of Plastic Surgery, the only board accredited by the American Board of Medical Specialties (ABMS) that recognizes expertise pertinent to the specific area of plastic surgery. Simply put, any other board certification does not validate competence in the distinct specialty of plastic surgery. By choosing a plastic surgeon who has this specific certification, a patient can be assured that the surgeon has completed an approved and rigorous residency training program that includes multiple essential disciplines of surgical practice, especially aesthetic and reconstructive plastic surgery.

Only board certified plastic surgeons are eligible for membership in the prestigious <u>American Society of Plastic Surgeons</u>. Good standing in the society is another indicator that your plastic surgeon has been accepted into a plastic surgery specialty organization that promotes high standards for patient care and continuing education.

Step 2: Active membership in the <u>American Society for Aesthetic Plastic Surgery</u>

An appropriately qualified aesthetic surgeon should be in good standing with the <u>American Society for Aesthetic Plastic Surgery</u>. Only board certified plastic surgeons (<u>American Board of Plastic Surgery</u>) who have chosen cosmetic surgery as their primary specialty interest, demonstrated expertise in aesthetic surgery, and whose clinical practice conduct and ethical standards have been carefully scrutinized through an intense peer review process, are eligible for affiliation with the <u>American Society for Aesthetic Plastic Surgery</u>.

Step 3: Direct referral from a trusted physician or satisfied patients, friends, or family members

Once a surgeon has met the first two essential qualifications, the decision as to how to select a plastic surgeon becomes more subjective. While diligent research via the internet, practice brochures, and other available resources may prove to be of tremendous value for many people, a direct referral from a friend or family member who has had first hand experience with the surgeon may also be a powerful influence on the decision making process. The overall satisfaction with the level of service, quality of care, surgical result and post-operative care is often as meaningful as a surgeon's credentials. The enthusiastic endorsement of a plastic surgeon by a completely satisfied prior patient, while demonstrating the positive physical and psychological changes they have experienced, is the most powerful and direct information source to consider when selecting a plastic surgeon.

Step 4: Your consultation with your surgeon

The consultation with your surgeon should be a revealing process, furnishing direct information about the practice environment and philosophical approach of the plastic surgeon you are considering. An engaging and informative atmosphere promotes trust and reassurance, while instilling confidence that your needs and goals are being appreciated. The level of experience of the plastic surgeon in the area of your interest should be easily apparent through the course of conversation and responses to your probing questions. Conversely, if your surgeon's remarks make you feel apprehensive, you might want to consider looking for a second opinion. Confident candor from the surgeon when answering your questions is necessary for generating trust, and demonstates willingness of the surgeon to be straight-forward with remarks and suggestions. Attentive listening to patient concerns and understanding specific patient goals and expectations is vital for an appropriate recommendation. Not all patient concerns should result in surgical recommendations. It is the responsibility of the surgeon to resist the surgical option when the anticipated outcome will not benefit the patient.

Step 5: Patient Satisfaction

Having intimate knowledge of a prior patient's satisfaction with their surgical results is unquestionably the most compelling factor for choosing a plastic surgeon. Numerous elements related to the overall experience merge to create a person's level of satisfaction. Quality of care and a surgical result that meets or even exceeds expectations, remain the two most important factors in selecting your plastic surgeon. The manner in which a patient is cared for before and after surgery will leave a lasting impression. The consultation and preparation process should be relaxed and thorough. Your surgeon should provide pertinent information regarding the procedures you are considering and address your concerns directly. The clinical staff should be experienced in patient care, easily accessible to answer your questions, and provide direct information to your surgeon regarding your concerns and recovery. This reflects attention to detail, attention to patient safety, attention to patient comfort and attention to compassionate accommodation, thereby instilling confidence that the transition to postoperative care will be equally thorough. Each and every patient has the singular primary purpose of obtaining the best possible result from surgery. A patient's level of satisfaction is the measure of how well this goal is achieved.

Step 6: Cost

While cost should not be the most decisive factor in selecting your plastic surgeon, it is still a very important consideration for most patients. In order to adequately evaluate the real cost of a given procedure, fair comparisons are necessary. Typically not all costs related to the surgical experience are separately quoted and included in the fee, thus making direct comparisons difficult. A comprehensive fee includes a variety of costs associated with surgery such as the surgeon's fee, the anesthesiologist's fee, the surgical facility fee, the cost of supplies, such as pain pumps, implants and garments, post-operative dressings, overnight stay expenses, post-operative home nurse visits, post-operative office visits, supplemental multivitamin programs and medically related spa services.

Looking at the overall value of the services you receive is another way to help you make the right decision when selecting a plastic surgeon. Factors to be included in your evaluation should include the professionalism of the staff and support personnel, the comfort and attention to detail you receive from the staff, the quality and safety of the surgeons office and surgery center, the care you receive before and after surgery and finally, your surgical result.

My Personal Philosophy

"I am dedicated to being a dependable guardian of your trust."



"Commitment to excellence is the cornerstone of my philosophy, while comprehensive care and compassion are at the heart of my professional goals for my patients. I take pride in my decision to establish a respected and valued center for plastic surgery that, over the years, has paralleled my own growth as a surgeon, husband, father and person. This pride extends to my patients as I follow them through the years and watch their lives change. I can think of no greater sense of accomplishment than to have a previous patient return, based on the services they received earlier in my practice. It validates my philosophy of commitment and respect for patients and their satisfaction with our service, that is requisite in our comprehensive approach to plastic surgical care. My mother always reminded me to "treat others as you would have them treat you," a philosophy that is especially pertinent when patients entrust their most precious possession to me, their health. I consider it a privilege and an honor to be given that responsibility, and will work diligently, and to the best of my ability, to be a dependable guardian of that trust.

Central to my objectives is to provide a safe and intimate environment that patients will find comfortable and sensitive to their needs and concerns. Ultimately, after we have provided the requested surgical and/or non-surgical procedures, we are successful if our patients look back on their experience at ACPS and affirm that they have received the best care available and will confirm that they made the right choice by selecting me as their plastic surgeon. The greatest compliment I can receive is the referral of a friend or family member to my practice."

- CHRISTOPHER PATRONELLA, MD, FACS, FICS

Chustopher Fatomella MI



"Every job is a self-portrait of the person who did it. Autograph your work with excellence."

- UnKnown



GUIDING PRACTICE PRINCIPLES PERSONAL APPROACH

1. Develop and protect patient trust.

Patients must feel uninhibited to candidly discuss every concern with their surgeon. Emotional, physical and financial considerations should be openly shared. I want my patients to know they can trust that I will look out for their best interest.

2. Offer procedures that have a proven track record of consistent success while maintaining a low level of risk.

Experience does matter. Results are more predictable when you have performed the same type of surgery over a long career. Consequently, I am better able to confidently recommend procedures that I have rountinely performed over a number of years. My goal is to provide a professional evaluation that best addresses each individual's unique concerns and expectations, so that realistic goals can be established. This provides an opportunity for me to assess the predictabilty of a good result and patient acceptance of the potential limitations for each procedure. Once goals have been reviewed and surgical options thoroughly explained, including the risk associated with surgery, patients are able to make an informed decision.

3. Never over treat.

Patients are encouraged to set long term goals that can be achieved over time rather than a "quick fix" solution that could jeopardize safety, and lead to a longer than expected recovery and suboptimal results. A youthful, natural result with minimal detectability and maximum satisfaction is my overriding goal.

4. Provide an educated, compassionate and trustworthy staff to assist in meeting patient needs and concerns.

Over the past 20 years, I have been committed to developing a team of medical and administrative professionals who have been trained to anticipate and respond to each and every need of our patients. My staff goes the extra mile to ensure that patients are treated with dignity and respect and that the privacy of patient information is protected. Members of my support team strive to accommodate the

scheduling needs of our patients, being sensitive to each person's valuable time, work, and family commitments.

5. Provide care safely.

Safety is always my top priority when considering surgical options. My surgery center is an American Association of Accredited Ambulatory Surgical Facilities (AAAASF) certified facility. In addition, we have superceded the recommended guidelines to gain licensure from the State of Texas (Texas Department of Health). For the safety of my patients I insist on board certified physician (MD) Anesthesiologists to monitor the safety of my patients before, during, and after surgery.

6. Always aspire for 100% patient satisfaction.

I want my patients to be 100% satisfied with the services they receive from my team. From the initial call to my practice to recovery from surgery, I want my patients to feel we have met and even exceeded their expectations. This high level of patient care and satisfaction is another reason my patients feel comfortable referring their family and friends to my practice. Providing patient care is a privilege and a profound responsibility, one that I regard with respect and reverence.

7. Be critical of my own results.

Seeing the results of my efforts is deeply gratifying, fulfilling a personal need that is part of my own character. It is important to me that patients know that I will scrutinize the quality of OUR outcome and be ready to offer my expertise to make it better if I am able. A good surgeon recognizes that the art and science of plastic surgery is imperfect and constantly evolving. As new procedures, techniques and products are introduced into the market, with the promise of quicker, safer and less painful recovery, the need for continuing education and critical analysis becomes essential. I am committed to continually evaluating all of my techniques and procedures and making changes and refinements when better methods are clearly demonstrated.

Your Initial Consultation

Meeting Dr. Patronella and his staff

"An engaging and informative atmosphere promotes trust and reassurance, while instilling confidence that your needs and goals are being appreciated."



Dr. Patronella's Patient Care Team



YOUR INITIAL CONSULTATION

Dr. Patronella and his dedicated patient care team find it greatly rewarding to help women and men achieve their aesthetic dreams. He and his staff share a professional commitment to giving patients attentive, compassionate care and exceptional aesthetic results to ensure that the initial consultation and every step of the surgical process is a smooth, pleasant experience for our guests.

Many of Dr. Patronella's loyal staff members have been with him for more than 10 years, providing his patients with outstanding continuity of care and the comfort and reassurance that comes from seeing friendly, familiar faces during visits to the practice.

At The Aesthetic Center for Plastic Surgery, our patient coordinators go the extra mile to ensure patients are informed, respected, and accommodated in every way possible. On your initial visit to the practice, Eva Cadena, Dr. Patronella's patient coordinator since 1995, will greet you and introduce you to his practice. Always engaging and informative, Eva will listen attentively to your concerns and specific goals while answering any questions you might have. Eva will share with you Dr. Patronella's professional credentials, extensive gallery of before and after images, offer computer imaging, and prepare you for your visit with Dr. Patronella. You may also be invited to visit his complete gallery of before and after images on his web site at www.PatronellaMD.com.

Eva will then help you review the appropriate combination of services and options which Dr. Patronella has recommended that will best achieve your appearance goals. Eva will be your constant contact at the practice, and will not only help you in scheduling your visits, she will also assist you in answering further questions, relating any concerns you might have to Dr. Patronella, and ensure that you are being cared for by Dr. Patronella's professional medical staff. For your convenience and peace of mind, Eva and the entire professional and administrative staff of Dr. Patronella have been thoroughly trained to meet your needs while respecting your privacy and concerns.

The goal of our patient coordinator is to ensure that your experience at The Aesthetic Center for Plastic Surgery will be professional, courteous, and rewarding. We strive for excellence in patient satisfaction, so relax and let Dr. Patronella's professional staff take care of your every need.



Patient Coordinator - Eva Cadena

"It is rare to find a professional who is able to manage a busy surgeon's schedule, while also taking the time to offer the compassion and understanding that aesthetic surgery patients need. I am truly fortunate to have had Eva Cadena, my Patient Coordinator, as a dedicated advocate for my patients since 1994. Eva is truly special. She is warm, caring, and down-to-earth, making it easy for my patients to discuss any and all concerns with her. Her attentiveness is genuine and consistent, providing every effort to accommodate your needs, as she maintains an unwavering commitment to each patient. Her personal and professional dedication is a constant reminder to our entire team of medical professionals of our firm commitment to exceed our patients' expectations in everything we do."



Patient Coordinator Eva Cadena



PATIENT COORDINATOR

Eva Cadena, Dr. Patronella's personal patient coordinator, has been a dedicated member of his team for almost 20 years. Under his guidance, she has developed a keen sense for the physical and emotional needs of patients seeking aesthetic surgery. She will listen carefully to your goals and provide you with the comprehensive educational materials necessary to help you understand your options for both surgical and non-surgical approaches.

Eva will patiently guide you through each step in the process, answering your questions and assisting in developing a detailed plan to help you achieve your goals. Being a busy mother of four children, she is acutely sensitive to the demands of both family and work commitments and will work with you to schedule a convenient time for your procedure and recovery. After your surgery, Eva will be available to ensure that any concerns or questions you may have will be addressed promptly.

"It is a pleasure to work with Dr. Patronella. His broad experience, artistic talent, and surgical skill are essential in achieving his excellent surgical results; yet, our patients most often comment about Dr. Patronella's warm bedside manner and his ability to answer questions in a language that patients can understand. Together, we find it immensely rewarding to share in the joy experienced by our patient when recovery is complete and the full effect of the surgical change can be appreciated."

– Eva Cadena

Aesthetic Nurse Specialist - Abby Loner, RN

"Having capable and dependable health professionals to support my patients is a key element in the surgical and nonsurgical aesthetic program that we offer. Ideally, someone who is skillful and compassionate and who demonstrates both a personal and professional commitment, is what I seek for those who work with me in my aesthetic practice. Abby Loner is just such a person.

"She has a reassuring demeanor and a gentle touch that immediately puts patients at ease. I trust her with the nonsurgical aesthetic needs of all my patients, family members, and friends."



Aesthetic Nurse Specialist Abby Loner, RN



Dr. Patronella's aesthetic nurse specialist, Abby Loner, specializes in a variety of nonsurgical procedures to restore a younger appearance to the face, neck, and hands. Many of these treatments provide visible results quickly and require no downtime, while others work gradually to stimulate skin's collagen for a softer, more youthful, lifted facial appearance.

ULTHERA®

Ulthera® is the only nonsurgical treatment that's FDA-approved to lift and tighten the skin of the face and neck. It uses ultrasound energy to precisely target and deliver low levels of heat into the deep foundational layers that support the skin—some of the same areas addressed in surgery—all without cutting or disrupting the skin's surface.

Your body responds by producing new collagen and repairing existing collagen to give the skin a firmer, lifted appearance.

Ulthera® Before & After Photos



SCULPTRA® AESTHETIC

As we grow older, signs of aging appear on the face due to a breakdown in its collagen and underlying bone and fat. This leads to the appearance of sagging skin, fine lines, and wrinkles. In addition, the cheeks, temples, and lower lids typically develop a flattened, more gaunt look. Sculptra® Aesthetic is the only

cosmetic injectable that works gradually to stimulate lost collagen, restoring fullness to the face to provide you with a younger, refreshed appearance that can last up to two years.

Sculptra® Aesthetic Before & After Photos





INJECTABLE TREATMENTS

Cosmetic injectable treatments provide a quick and easy method to give you a younger, refreshed facial appearance and fuller lips almost immediately. They can effectively diminish the following characteristics that can cause you to look tired and aged:

- Fine lines around the eyes and mouth
- Forehead lines & creases that form between the brows, sometimes called "11s"
- The parentheses-shaped nasolabial folds that stretch from the bottom of the nose to the corners of the mouth
- Marionette lines—the lines that stretch downwards from the corners of the mouth

Abby is proficient in the use of all types of cosmetic injectables, including BOTOX® Cosmetic, Dysport $^{\text{\tiny{TM}}}$, Restylane®, Perlane®, Juvederm $^{\text{\tiny{TM}}}$, Radiesse®, and Sculptra® Aesthetic.

The Surgery Center

"Central to my objectives is to provide a safe and intimate environment that patients will find comfortable and sensitive to their needs and concerns. Ultimately, our hope is that patients will look back on their experience at ACPS and affirm that they have received the best care available."





THE SURGERY CENTER

The Aesthetic Center for Plastic Surgery (ACPS) was founded in 1996 by Dr. Christopher K. Patronella, Dr. Henry A. Mentz, III, and Dr. Germán Newall. ACPS is currently ranked as one of the largest private plastic surgery practices in Texas. The practice surgical facility, the ACPS Surgicentre, is certified by the (AAAASF) American Association of Accredited Ambulatory Surgical Facilities. In addition, the ACPS SurgiCentre exceeds this accepted standard by maintaining state licensure (Texas Department of Health) and federal licensure (Department of Health and Human Services). To maximize your safety and to ensure that the high practice standards are maintained, Dr. Patronella utilizes only well qualified, board certified physician anesthesiologists in the surgical facility.

The SurgiCentre offers two surgical suites, preoperative consultation suites, and four private, post-operative recovery suites, all staffed with medical professionals hand-selected by our surgeons. Our outpatient facility has been certified to accommodate post-operative patients who benefit

from the safety and convenience of an overnight stay. This allows us to enhance your comfort and educate your family in the care you will need at home. All overnight patients are carefully monitored by our caring, well trained staff of registered nurses (RN) so that our patients receive personalized service during their stay. While a patient in the Surgicentre, your safe recovery and postoperative care remain our highest priority. We are dedicated to reaching 100% patient satisfaction. If we can do anything to help make your stay more comfortable, please do not hesitate to let our director of surgical care or any of our highly skilled medical professionals know your concerns. The ACPS Surgicentre is located at 12727 Kimberley Lane, Suite 303, Houston, TX 77024.

For our out of town guest, we offer a number of corporate arrangements with local hotels conveniently located in our area. For information regarding these arrangements please contact our office at (713) 799-9999 and ask for Dr. Patronella's patient coordinator.







Post-Operative Care

"As part of our signature "Added TouchTM" service, we offer a home health visit by one of our personal health care professionals on the day following your surgery."





As part of a comprehensive approach to providing his patients with attentive care throughout the entire surgical process, Dr. Patronella developed an "Added Touch" program of services which supports and speeds patients' healing following surgery. Our patients appreciate the attention to detail and assistance Dr. Patronella and his caring staff provide to optimize their recovery.

HOME HEALTH VISIT

A day or two following your surgery, we offer a private visit to your home by a certified medical professional through our home health care program. This exclusive service is provided to Dr. Patronella's patients who are recovering in the Houston area. Your visiting healthcare professional will monitor your recovery, help change dressings, assist you with your medication, and provide updates regarding your recovery to Dr. Patronella.

This highly-skilled member of Dr. Patronella's team has been specifically trained to address your recovery needs and educate your caregiver in the appropriate techniques for providing your care.

The postoperative Home Health Visit is just one of many personal services that make the ACPS experience unique and which reflect The Aesthetic Center for Plastic Surgery's leadership in providing premium patient care.

VITAMIN RECOVERY SUPPORT PROGRAM

These vitamins—taken two weeks before and after surgery—are formulated with nutrients that speed wound healing, support the immune system, prevent infection, minimize inflammation, and

reduce bruising. Known for their beneficial role in the healing process, these nutrients include vitamin A, vitamin C, copper, selenium, bromelain, quercetin, and homeopathic Arnica Montana.

POSTSURGICAL THERAPEUTIC MASSAGE

Depending on the procedure, most of our surgical patients receive a complimentary Postsurgical Therapeutic Massage.

This gentle massage, which blends lymphatic and Swedish massage techniques, is recommended to expedite the healing process and shorten recovery time by providing the following benefits:

- Stimulates the lymphatic system to reduce bruising and swelling
- Helps you to regain your flexibility and range-of-motion
- Stimulates nerve endings to diminish numbness and discomfort

Your safe and carefully monitored recovery remains our top priority at all times. While our pre-operative preparation is thorough, not every question or circumstance can always be anticipated beforehand.

It is not uncommon that patients or their concerned family will have questions in the recovery period. We remain available at all times (24/7/365) to provide assistance and reassurance whenever needed by calling the main number at 713-799-9999.

Research Center Innovations and Research in Aesthetic Plastic Surgery



RESEARCH CENTER

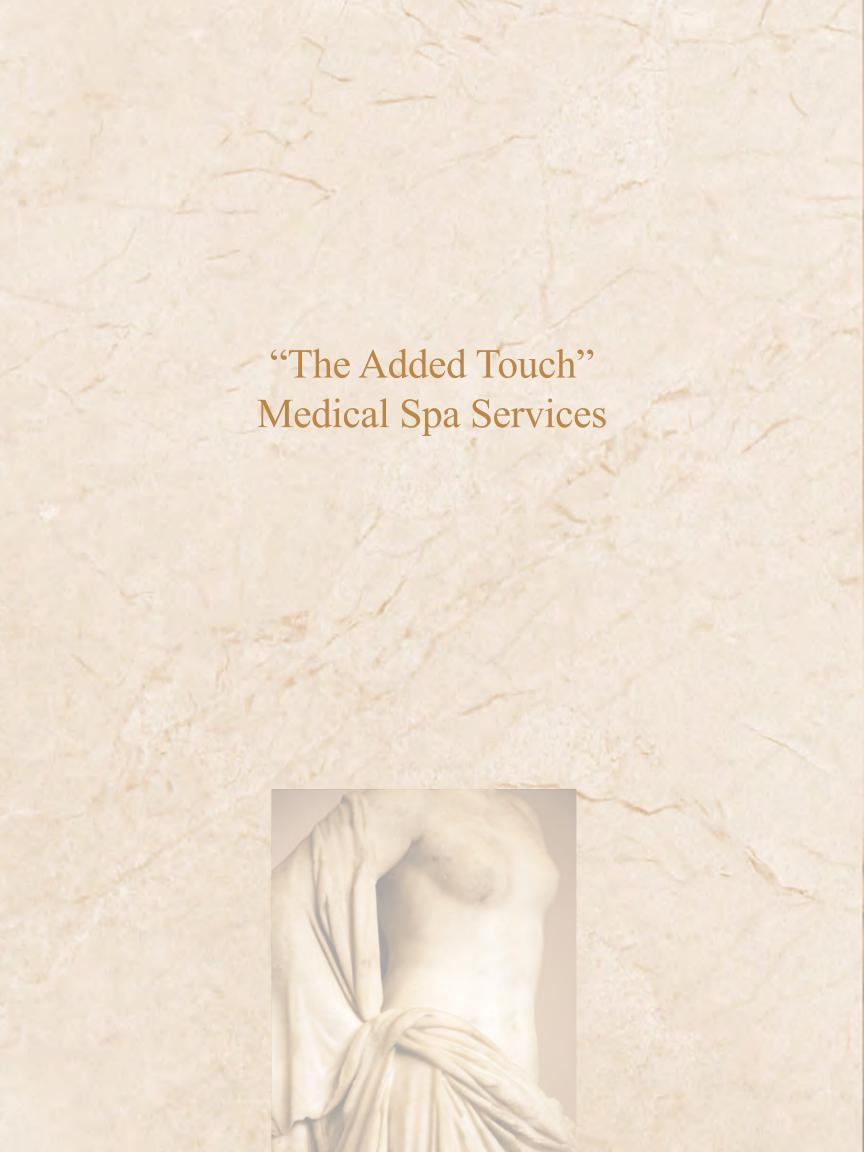
The ACPS Center for Clinical Research and Education is located within The Aesthetic Center for Plastic Surgery Memorial/Town and Country facility. The ACPS Center for Clinical Research is designed to educate the novice plastic surgeon and update the experienced plastic surgeon on the latest procedures in aesthetic surgery. Two certified and fully accredited operating suites, a state of the art conference room, a complete video library, and the latest computer technology are available for educational and research purposes.

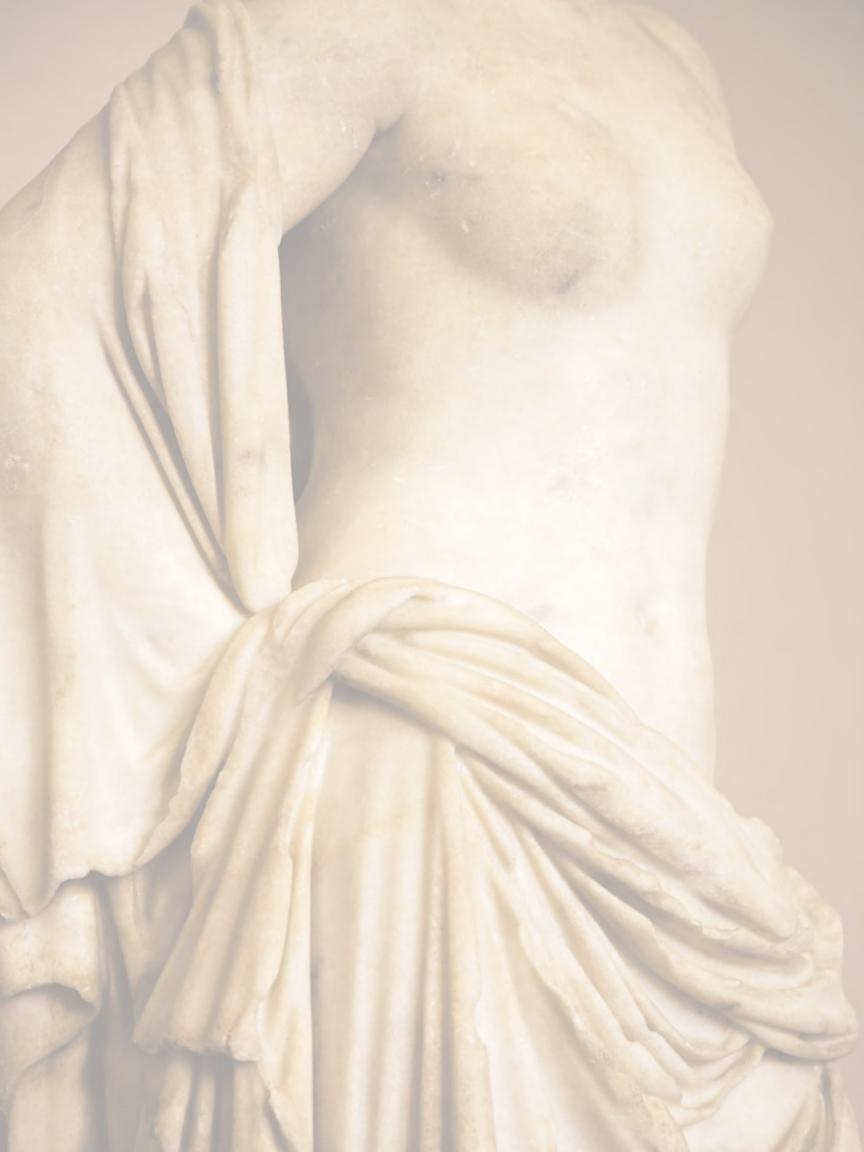
The ACPS Center for Clinical Research and Education is open to local and international plastic surgeons that would like to observe the most up-to-date techniques being performed by the ACPS surgeons. We take pride in the many procedure protocols, publications and innovations that have resulted from continuing research and development at ACPS. The extensive work by our research center on deep vein thrombosis involved clinical review of over 3800 patients and resulted in the "Best Published Aesthetic Surgery Journal Article for 2008" received by Dr. Patronella at the Aesthetic

Society Meeting in May 2009 in Las Vegas. In addition numerous presentations for local, state, national and international meetings are generated by the work done in our research center. The ACPS Center for Clinical Research and Education is dedicated to the memory of research director, colleague and friend, Dr. Amado Ruiz-Razura.

MISSION

The ACPS Center for Clinical Research and Education was created to coordinate efforts to develop, educate, evaluate, and offer the latest and safest techniques in aesthetic plastic surgery. Our goal is to continue the tradition of excellence initiated by the surgeons and professional staff of The Aesthetic Center for Plastic Surgery. The Center for Clinical Research and Education strives to promote the highest standards in patient care and maintain our leadership by developing innovative techniques, instruments, and procedures specific to aesthetic plastic surgery while maintaining our commitment to the safety and well being of our patients.





The Added Touch Medical Spa Staff



Smooth, radiant skin is the foundation of a youthful, healthy appearance. Our knowledgeable skin care experts specialize in helping you to achieve and maintain fresh, radiant, youthfullooking skin at every age. We offer a variety of laser services, chemical peels, microdermabrasion treatments and pharmaceutical-grade skin care products to improve the tone and texture of your skin.

In addition to specializing in skin rejuvenation, Dr. Patronella's medical spa staff provides Postsurgical Therapeutic Massage and CoolSculpting® nonsurgical fat reduction.

CLEAR + BRILLIANT® LASER SKIN TREATMENT

Clear + Brilliant® is a gentle laser treatment that works to rejuvenate your skin from the inside out through laser energy that creates millions of microscopic treatment zones in the skin. This action stimulates the body to produce healthy, younger-looking skin to replace the older, damaged tissue, which ultimately produces the following benefits:

- A visibly more radiant, glowing skin tone
- A smoother, ultra-soft skin texture
- A noticeable reduction in the appearance of pores

COOLSCULPTING® • FDA-APPROVED TO PERMANENTLY REDUCE FAT

- Reduces stubborn fat by approximately 50% after 2 treatment sessions
- Patented technology uses cooling temperatures to eliminate fat cells—no surgery, downtime, or needles required so you can immediately return to your normal activities after treatment
- Diminishes fatty bulges in common trouble zones such as the abdomen, waist, thighs, lower buttocks (banana rolls), bra flab region, knees, and arms

HAIR REDUCTION LASER

Say "good-bye" to painful waxing, razor bumps, and depilatory lotions. Smooth, stubble-free skin can be yours all year long through a treatment series with our hair removal lasers: the Gentle YAG and Palomar Pulsed Light systems.

These lasers can eliminate or greatly reduce hair from almost any area of the body, including the bikini area, underarms, upper lip, chest, back and legs. The advanced technology of our lasers allows for hair removal on all skin tones.

FRAXEL® LASER SKIN REJUVENATION

The Fraxel DUAL 1550/1927 has two wavelengths that work together to effectively diminish the signs of aging, sun damage, and pigmentation concerns. Fraxel's light energy penetrates the skin's top layers to stimulate both the skin's natural collagen and the growth of healthy new skin cells from the inside out to provide the following benefits:

- Smoother, younger-looking skin
- Improved skin tone and texture
- Diminishment of brown spots such as melasma, sun damage and age spots
- Reduction of fine lines and wrinkles around the eyes
- Improvement in the appearance of acne scars and surgical scars

IPL (INTENSE PULSED LIGHT)

Also referred to as a photofacial, IPL is a flash lamp device that treats skin disorders such as sun damaged skin, acne, rosacea, small blood vessels, poikiloderma of civatte, & vascular/pigmented birth marks.

LASER ACNE TREATMENT

The Palomar StarLux® 500 laser & light system delivers filtered light in the optimal bands of the spectrum to target the bacteria that causes acne.

LASER SKIN TIGHTENING

The Palomar LuxDeepIRTM fractional laser is specifically designed to improve skin laxity through soft tissue coagulation. This laser delivers deep heating infrared light into the dermis, extending as far as 6 mm deep. This induces the body's natural healing response, causing new tissue to generate thus reducing the appearance of skin laxity on the face, neck and abdomen.

MICRODERMABRASION

Microdermabrasion uses microcrystals to gently massage away the dead skin cells that lie on the skin's surface to give your complexion a vibrant, healthy glow and smoother texture.

MICROPEEL

The MicroPeel® is a three-step process that removes a micro-thin top layer of skin. The top layer is a significant obstruction to having better skin because it is a main contributor to clogged pores. The procedure is safe, effective and is accomplished in 15-20 minutes.



POSTSURGICAL THERAPEUTIC MASSAGE

This massage is recommended approximately 10-14 days post-op to speed healing of the surgical areas, reduce swelling and bruising, improve range of motion, and stimulate the nerve endings to alleviate numbness.

PHARMACEUTICAL-GRADE SKIN CARE

The Added Touch Medical Spa carries a full line of products from skin care innovators SkinMedica and Obagi. These pharmaceutical-grade products contain active ingredients to penetrate and transform your skin at a cellular level to help it look younger and healthier.

We carry comprehensive skin care systems designed to improve skin conditions including:

- Fine lines and wrinkles
- Hyperpigmentation (brown spots)
- Acne
- Rosacea
- Dry, oily, and sensitive skin

Dr. Patronella's skin care specialists will work with you to customize a daily skin care regimen that will help to brighten, firm, and hydrate your skin, and improve your specific concerns.

COSMETICS

Our ColoreScience® cosmetic line is formulated with high quality minerals and proven ingredients to help you achieve a clear, even complexion and protect your skin from the effects of sun and environmental damage. These dermatologist-recommended formulations contain skin-beneficial ingredients such as peptides, hyaluronic and salicylic acid.

PERMANENT MAKEUP

Permanent makeup is an option for those who desire a soft, natural enhancement to their features without the time commitment of a daily makeup routine.

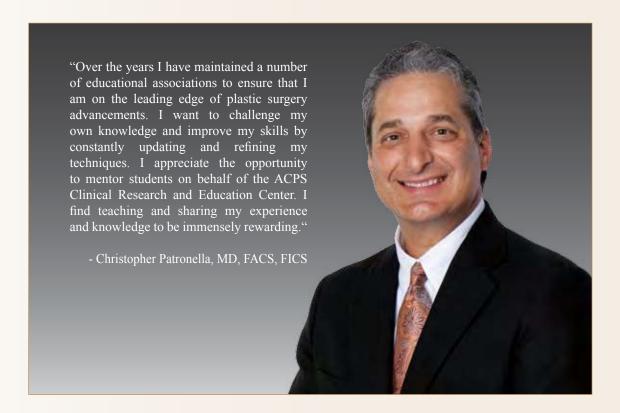
Whether you desire a soft, natural look or one that is more defined and dramatic, our certified permanent cosmetic professional will work with you to help you achieve the look you desire.



Maintaining Expertise in Aesthetic Plastic Surgery

"Because aesthetic surgery outcomes, and more specifically, beauty, is subjective, the most accurate measure of success is patient satisfaction."





CONTINUING EDUCATION

To maintain excellence in the art and science of plastic surgery a surgeon should adhere to the following standards:

1. Maintain a busy practice.

A busy practice allows a plastic surgeon to continually evaluate current techniques and refine surgical skills to better serve the everchanging needs of patients.

2. Strive for perfection.

A surgeon should be obsessive about results and strive to improve results in future cases. Because aesthetic surgery outcomes and more specifically, beauty, is subjective (i.e. eye of the beholder), the most accurate measure of success is patient satisfaction.

3. Commit to continuing education.

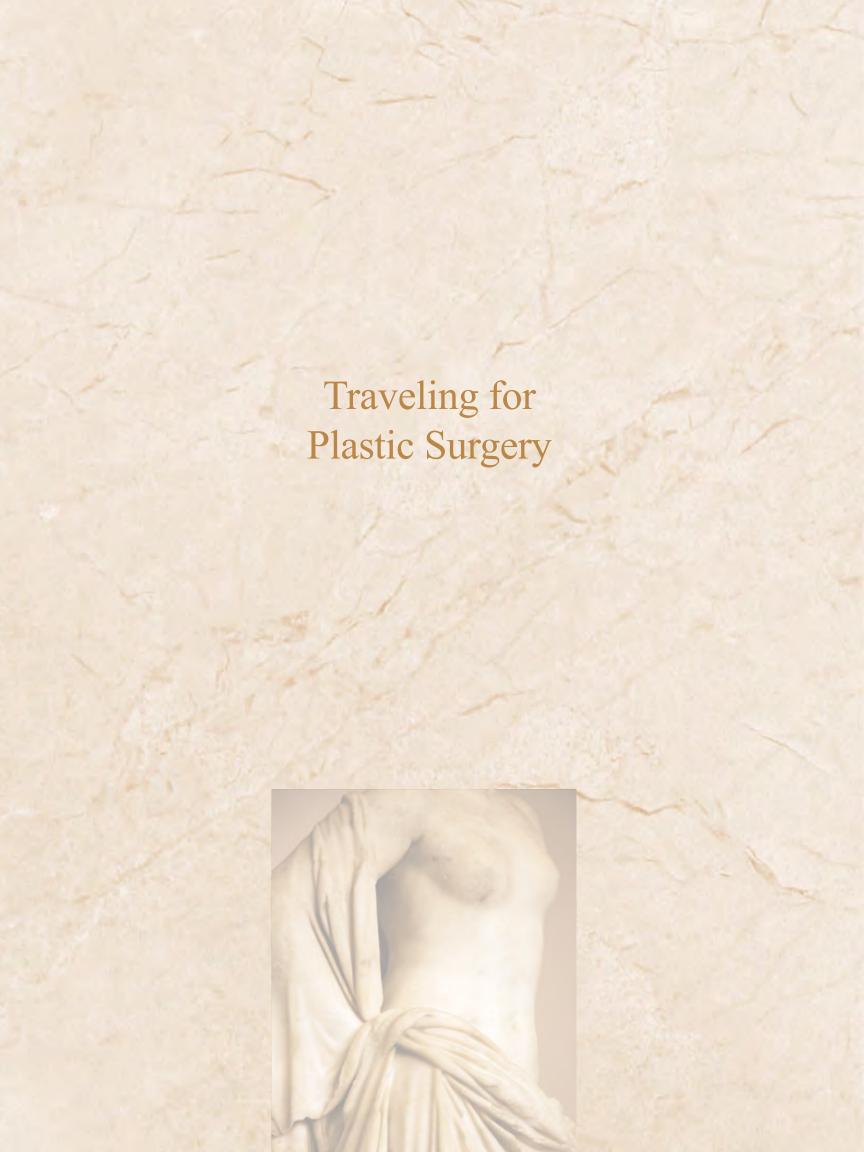
A surgeon should be willing to expand his knowledge of current procedures and be open to the possibility of learning improved techniques and methods for optimizing results and safety. A required requisite for each surgeon is the experience, confidence and skill to differentiate improved techniques from simply "new" ones that do not necessarily offer definite advantages. Professional discernment is imperative.

4. Resist marketing trends or quick fix solutions.

A surgeon must be able to professionally evaluate and make recommendations on new products and services that offer non-traditional methods of treatment. Factors such as safety, implied results, government approval, and the necessity of new product introductions must be carefully weighed. Most importantly, a surgeon must be independent, and uninfluenced by marketing campaigns and economic pressures, so that he/she may determine whether this new product or service will indeed improve patient satisfaction.

5. Maintain active involvement in education, clinical review and publication.

In 2003, with the devoted assistance and expertise of Dr. Amado Ruiz-Razura, The Aesthetic Center for Plastic Surgery created the ACPS Center for Clinical Research and Education. The designated mission of this project is to advance the science of plastic surgery, provide clinical trials for the implementation of new products and techniques, and provide educational opportunities for residents and medical professionals around the world. Through our center, clinical data is continually collected, analyzed, and published in an effort to share our vast experience with the plastic surgery community.





Many of Dr. Patronella's patients travel to his practice from other states and countries. If you are interested in having a consultation and surgery with Dr. Patronella, but you live far outside of Houston, we have designed a plan to makes this process smooth and stress-free.

ONLINE CONSULTATION

To have an online consultation with Dr. Patronella, you may submit your photos to Dr. Patronella's patient coordinator, Eva Cadena, via e-mail at eva@mybeautifulbody.com. After Dr. Patronella has reviewed your photos, Eva will contact you to provide you with his recommendations and a price quote.

As Dr. Patronella's patient coordinator for nearly 20 years, Eva will be able to answer many of the questions you may have about surgery and recovery. If you have questions that you would like to ask Dr. Patronella, Eva can make arrangements for you to have a phone consultation with him.

SCHEDULING SURGERY AND YOUR STAY IN HOUSTON

If you decide that you would like to proceed with surgery, Eva will work with you to determine a surgery date that is convenient for your schedule. To secure this date, you will be required to pay 10 percent down, with the remaining cost due five days prior to surgery. Eva will e-mail or send you a packet which includes helpful information and instructions to help you prepare for your procedure along with consent forms for you to review. For your convenience, she also will provide you with information regarding local hotels which offer special rates to Dr. Patronella's

surgery patients. Patients who travel for breast surgery procedures typically need to plan a stay of approximately one week in Houston. Facial surgery, tummy tuck and more extensive body contouring procedures typically require a 10-to-14 day stay in order to allow adequate time for surgery, recovery, and follow up appointments.

A pre-surgical consultation with Dr. Patronella will be arranged one or two days prior to your surgery. At this time, Dr. Patronella will examine you, and you will have the opportunity to discuss any questions you may have. During this visit, you will review preoperative instructions and sign consent forms.

It will be necessary for you to bring someone with you who will transport and care for you during your stay. If you prefer, we can provide you with information on local businesses which offer professional recovery care services for a fee. This caregiver will transport you to our private surgical facility and to your hotel, monitor and stay with you while you recover, prepare meals, and help you with your medications, laundry, and other daily care.

While traveling for plastic surgery may require some extra planning, Dr. Patronella and his staff strive to make this process comfortable and pleasant for our out-of-town guests. He and his staff have a solid track record of providing both stellar aesthetic results and customer care. This reputation has made Dr. Patronella the cosmetic plastic surgeon of choice for thousands of satisfied patients who visit from other cities, states, and countries in order to receive the highest level of aesthetic surgical expertise and service.

Aesthetic Facial Surgery

"Most women and men desire a refreshed, natural appearance without obvious signs of surgical treatment. Overtreatment can leave an artificial look that is neither natural nor attractive, while the optimal result preserves the unique characteristics of the face."



Perspectives on Facial Rejuvenation

Natural, natural, natural. This is the theme for everything I believe about rejuvenation of the aging face. The True Form Approach to Facial Rejuvenation reflects my philosophy that rejuvenation procedures should create a refreshed appearance while preserving unique characteristics of an individual's face. This requires an attentive eye to a myriad of details to avoid producing the obvious signs of surgical treatment: an artificial or overdone look that is neither natural nor attractive.

I have found that most women and men accept age but not the tired and worn out physical signs that often accompany it such as droopy eyelids, a crease-lined forehead, and a sagging face, neck and jawline. Using techniques I've refined for more than two decades, I am able to restore a more naturally youthful appearance which better reflects the inner vitality so many of my patients express through active lifestyles and a commitment to healthy fitness and eating habits.

THE AGING PROCESS

Aging changes of the face occur gradually over time, being accelerated by overexposure to the sun's harmful ultraviolet light, environmental damage from wind and pollutants, cigarette smoking, unfavorable genetics and lack of preventative skincare. The visible effects of aging are most evident on the face since it is the most exposed part of the body. Typical aging usually involves most facial features, as skin loses its elasticity and environmental sun exposure creates discolorations, epidermal (skin surface) thickening and dermal (deep skin) thinning. As the epidermis thickens, dryness and "age spots" appear, creating an irregular and blotchy surface that no longer has that youthful smoothness of color and texture. As the dermis loses collagen, thinning of this deep layer occurs, resulting in fine wrinkles of the lips and deep smile lines around the mouth. As the process continues, wrinkle lines occur around the eyes, and furrows develop between the brows and on the forehead. A tired appearance results when the eyelids become heavy and the brows drop. As we age there is a gradual loss of bone mass in the face, which intensifies the sagging in the cheeks and neck. Loss of elasticity of deeper tissue cause weakness of the underlying deep ligaments, allowing the skin and fatty tissue to fall.

THE EVALUATION PROCESS

An evaluation of the aged face requires a thorough analysis of all features that contribute to the overall change of appearance. A comprehensive

treatment plan which addresses the health of the skin as well as the integrity of the deeper tissue is more likely to create the most natural and long lasting effect. This plan should include a skin care program aimed at restoring the dermis and epidermis to pre-aging quality, thereby improving skin texture, tone, discolorations and fine lines and wrinkles. A consistent treatment regimen with glycolic acids, Retin A and microdermabrasion will complement the overall effect of rejuvenation surgery. While an individual patient may focus on one or two aged features such as the jowls or loose neck, most will have other aged features that, if unaddressed, will lead to an unbalanced look: partially rejuvenated and partially aged. This will often result in a more "surgical appearance" than careful treatment of all these features. For instance, a naturally restored face through a dual plane SMAS facelift and necklift without attention to the fine lines and wrinkles around the mouth, will be more obvious to the average person because of the partially rejuvenated, partially aged appearance of the face. It is imperative that I, as the aesthetic surgeon, critically evaluate each aging facial feature, educate my patient, and candidly advise on the most suitable approach in achieving the most balanced and natural rejuvenation.

SURGICAL REJUVENATION

Options for surgical rejuvenation of the face include varying degrees of face and neck lifting as well as brow lifting and eyelid tucks. In general, for the most natural and long lasting effect, I prefer a dual plane (2-layer) facelift and necklift, with muscle tightening to suspend the neck. In addition to restoring the cheeks, reducing the jowls, and lifting the neck to a youthful position, a comprehensive approach should also address the eyes and brows for heaviness and a tired appearance. An endoscopic browlift is an excellent way of restoring the eyebrows to a youthful, refreshed appearance without obvious surgical scars. Blepharoplasty (eyelid tuck) is advised when excess skin and fat of the eyelids droop, creating a tired, worn expression of the central focal point of the face, the eyes. A youthful look requires a balanced removal of excess tissue, yet preservation of a healthy fullness of the eyes. Overtreatment causes an unattractive hollow look that worsens with age and usually cannot be repaired. Incision location for facelift and necklift procedures is critical for predictable inconspicuous scars. When properly placed neatly in natural creases in front of and behind the ear, there should be concealed fine line scars allowing most hair styles without noticeability.

NON-SURGICAL REJUVENATION

Because treating fine lines and wrinkles is safe and relatively simple via injectable fillers, an open discussion of aging around the mouth should always be part of the consultation. Hyaluronic acid, the base organic ingredient in the highly effective and popular subdermal fillers like Restylane[®], Perlane[®] and Juvederm[®], is safe and easy to provide as an office treatment for fine lines and wrinkles around the mouth. Typical treatments will last for up to a year, but a secondary layered treatment at six months will provide a longer lasting effect. Hyaluronic acid can also been used for a plumping effect on the lips. If properly injected, a soft natural effect on the lips, that restores a youthful fullness and an enhanced lip border, can be obtained.

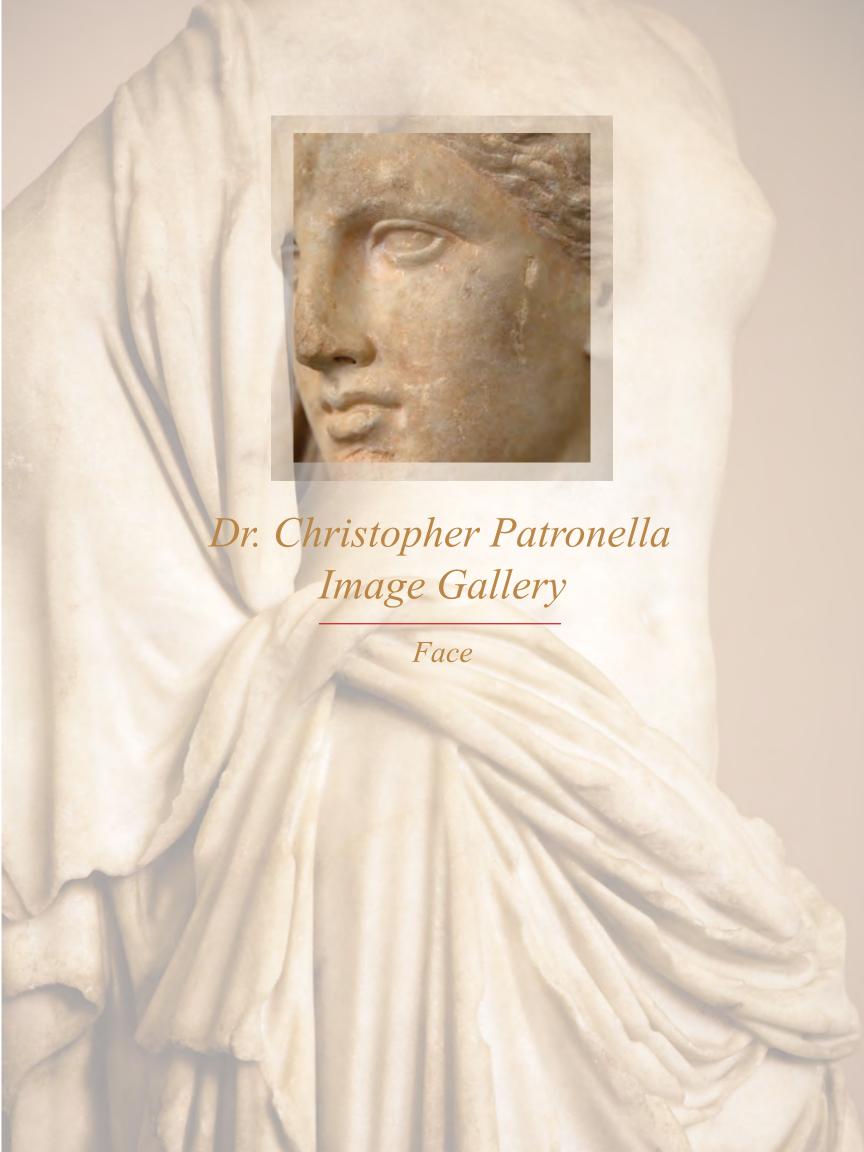
Botox® is also a safe and simple office treatment, being ideally suited for the deeper lines of the forehead and the furrows between the brows. It is also effective for the "crows feet" lines along the outer area of the eyes. When properly planned and implemented, Botox® treatment should also be natural and inconspicuous. A consistent skin care program with a combination of topical Retin A, glycolic acid, and other prescribed medical grade cosmetic products, along with light exfoliation utilizing microdermabrasion is a well accepted, easily integrated regimen for every patient through our Added Touch Medical Spa. This will improve overall skin health by assisting in reversing aging and environmental damage and thus complement the other surgical and non-surgical procedures for rejuvenating the face.

PSYCHOLOGY AND FACIAL REJUVENATION

The aging process creates changes that precipitate loss in self image and a level of self consciousness that can adversely affect personality and intensify negative emotions. There is often a psychological conflict, pitting an overwhelming impulse to feel better about oneself against an intense anxiety related to the fear of dramatically altering one's distinctive appearance, and the inability to visualize the expected outcome from cosmetic surgery on the face. In addition, in the competitive marketplace, a

person with aging facial features often finds herself or himself at a distinct but unspoken, disadvantage creating a secondary motivation that may also place additional demands upon this emotional decision. Most, if not all, patients who are considering facial rejuvenation surgery are, to some degree, apprehensive about proceeding. Non-surgical measures are often an excellent, non-invasive way of cautiously stepping into the rejuvenation process. The barrier of fear can be breached, while building trust and confidence that each person's unique goals and concerns are understood. Preparing a patient before surgery, by addressing concerns and answering questions, while providing accurate information on the healing process and what to expect at each phase, is an invaluable comfort to an anxious patient. An accurate assessment of the expected time off before a person can confidently resume social encounters, such as work related responsibilities, is needed to allow patients to plan for their surgical recovery. Suggesting an unrealistically short recovery may prompt a patient to plan accordingly, and subsequently when this expectation is not met, additional anxiety and frustration occurs. It is preferable to give a realistic estimate of the length of time that most patients, after similar surgery, will need before feeling comfortable in social or work settings so that there is no additional pressure in meeting this time frame.

In my practice, understanding your needs and concerns remains our primary focus so that we may minimize the anxiety that accompanies this process. As part of a comprehensive long term plan, each patient should have a firm commitment to healthy lifestyle changes that will maintain and enhance what has been accomplished by the surgical and non-surgical options selected. Commitment to excellence is the prevailing purpose in my efforts involving aesthetic rejuvenation of the face. I remain humbled and gratified that I am able to participate in a profession that I enjoy, and one that offers the rewarding privilege of serving the genuine concerns and sometimes challenging needs of my patients.



FACELIFT / NECKLIFT

FACELIFT / NECKLIFT





FACELIFT / NECKLIFT

BROWLIFT / BLEPHAROPLASTY





Aesthetic & Corrective Breast Surgery

"My primary responsibility to patients is to critically evaluate all factors and to draw from my experience as a plastic surgeon, so that I may provide meaningful recommendations and a candid assessment of the anticipated outcome for each woman's unique circumstances."

- Christopher Patronella, MD, Facs, Fics



Perspectives on Aesthetic and Corrective Breast Surgery

THE TRUE FORM APPROACH TO BREAST SURGERY

The breast, an enduring symbol of femininity and beauty, has been the focus of plastic surgery progress for both cosmetic and reconstructive purposes for over 75 years. My ultimate goal for breast surgery procedures is to make the breasts appear as close to perfect as possible by using techniques to achieve the features of an ideal breast appearance: a defined breast fold, a soft outer breast curve, an equal distance between the nipple and fold on both breasts, nipples that line up equally, and breasts that are equal in size, width, and projection.

There are many things we can do to balance any perceptual differences in symmetry in order to attain the most ideal outcome possible. That's the art of breast surgery, and it's the difference between results that appear artificially bolted-on versus those that possess a natural, soft and shapely appearance that complements a woman's unique frame.

BREAST ENLARGEMENT

One of the most popular cosmetic plastic surgery procedures women request, breast augmentation, is a seemingly simple procedure. However, in actuality, there are many individual characteristics of each patient that require attention in order to create attractive and natural-looking results. Oftentimes, the failure to identify and address any one of these individual characteristics can lead to dissatisfying surgical results.

A thorough understanding of appearance goals and lifestyle choices, along with a careful evaluation of body proportion, height, weight, and skin elasticity, allows me to help each woman make the best informed choices regarding implant type, shape and size as well as the most appropriate surgical approach.

Most women seek a natural breast shape that is proportioned, well-balanced, youthful and perky, with minimal detectability in both feel and appearance. The quality of each breast enlargement procedure is influenced by a number of factors, including a person's unique anatomy, the type and size of implant selected, the pre-operative decisions made, and the surgical technique utilized. The patient and the surgeon are equal partners in the decision making process. Only through an open and thorough discussion of all of the factors that may affect the ultimate outcome, including the limitations imposed by individual breast anatomy, skin quality, skin

elasticity, and bone (rib cage) structure can the appropriate choices be made. As a surgeon, it is imperative to recognize the subtle anatomical features and asymmetries of the breasts so that an individualized plan is created for each patient.

My primary responsibility to patients is to critically evaluate these factors and to draw from my broad experience as a surgeon so that I may provide meaningful recommendations and a candid assessment of the anticipated outcome for each woman's unique circumstances.

Following surgery, the patient is charged with the responsibility of completing the post-operative program specific to the particular procedure performed. Specifically, the implant displacement exercise (IDE), performed by the patient six times a day for the first 6 weeks, is vital for maintaining a long term, soft and natural breast augmentation. In addition, supportive bras, foam inserts and implant compression straps may be needed in individual circumstances to optimize results.

While the physical changes associated with breast augmentation are easily apparent, the psychological changes are often equally impressive with a noticeable boost in self-esteem and self-confidence. A newfound appreciation for the more flattering appearance of clothing and swimsuits that accentuate feminine contours is soon realized.

BREAST LIFT (MASTOPEXY)

A breast lift is a very common procedure for altering the shape and size of the breast and is sought by women for both aesthetic and functional purposes. Women who have lost weight or who have experienced pregnancy and nursed their children, often suffer major changes in breast appearance and shape with loss of volume and skin tone requiring restorative breast surgery to reestablish volume and a more desirable breast shape. Combining lifting techniques to improve breast position and shape, and implants to restore volume, I am often able to transform the breasts in a single procedure.

The combination breast lift/augmentation procedure has been an intense focus of my practice for years. As a result of my experience, I have been given the unique opportunity to be an innovator and leader in addressing the most demanding breast lift/augmentation cases. Many surgeons separate breast lifting and breast augmentation into two distinct operations, reflecting the difficulty associated with

this procedure, especially regarding potential wound healing issues. Over the past several years, I have developed a safer more predictable technique that allows the procedure to be done in a single stage by delaying the inflation of the implant for 2 weeks to allow stable incision healing before expanding breast volume. This original technique, "Delay Implant Fill Technique: A Safer Approach to Combination Augmentation / Mastopexy," was presented at the Texas Society of Plastic Surgeons annual meeting in November 2008 and for the Special Breast Surgery Panel at the American Society of Aesthetic Plastic Surgery annual meeting in May 2009.

BREAST REDUCTION

Breast reduction is most commonly requested when the breasts have become so large that the weight pulls across the shoulders and neck, causing significant discomfort. Unwanted attention and difficulty with fitting bras and clothing often make women feel self-conscious about their appearance. Deep bra strap grooves across the shoulders, chronic irritation beneath the breasts from heat and moisture, and impaired ability to exercise effectively, are common complaints of women with overdeveloped breasts. The surgical procedure involves removal of breast tissue and excess skin while repositioning the nipple to achieve smaller, more proportionate and lifted breasts. Careful attention to detail and precise technique are necessary for ideal aesthetics.

CORRECTIVE BREAST SURGERY

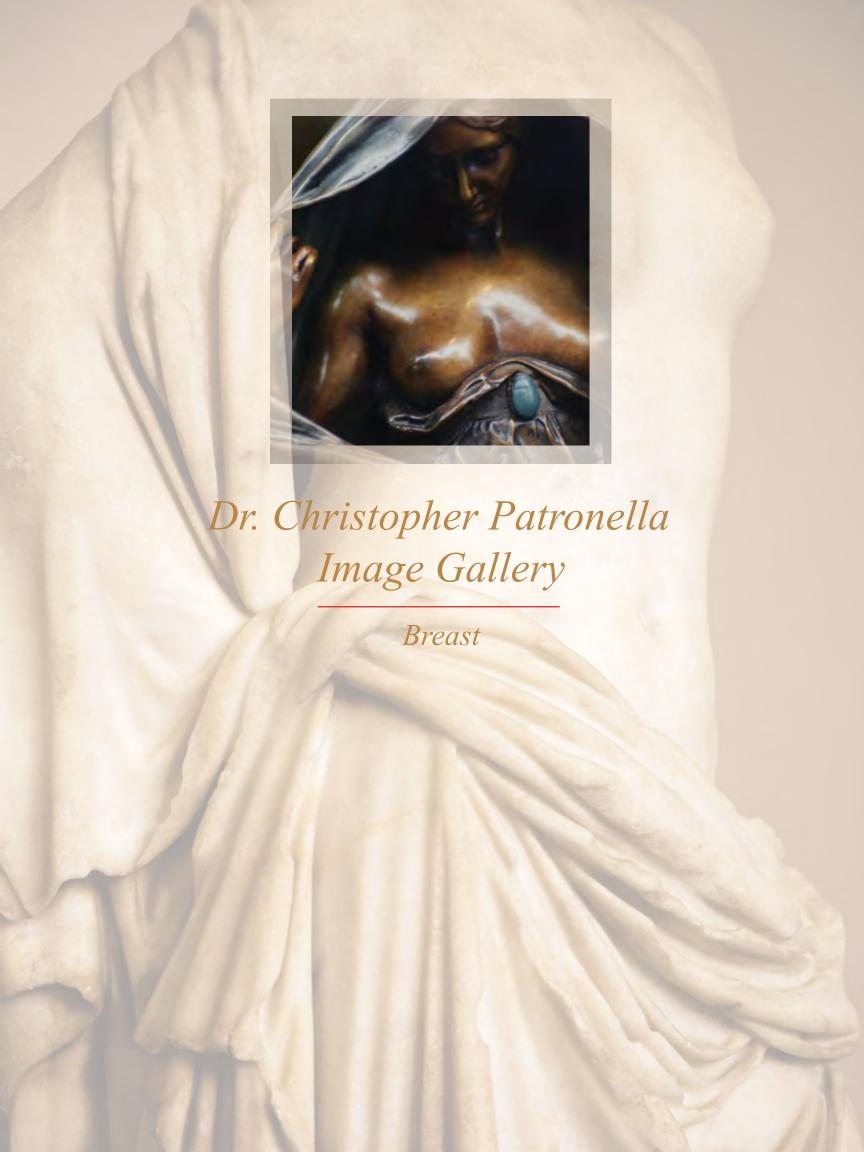
As the popularity of breast augmentation surgery has increased over the past 30 years, so too has the number of poorly qualified surgeons performing this procedure. Unfortunately for the patient, not all surgeons have the experience and ability to adequately correct the secondary issues that sometimes occur with breast augmentation surgery. Corrective breast surgery has become an expanding sub-specialty in my practice. While repairing post-surgical breast deformities is often technically demanding, I have found it to be especially rewarding, being a privileged witness to the restoration of a woman's self-image and self-confidence when the

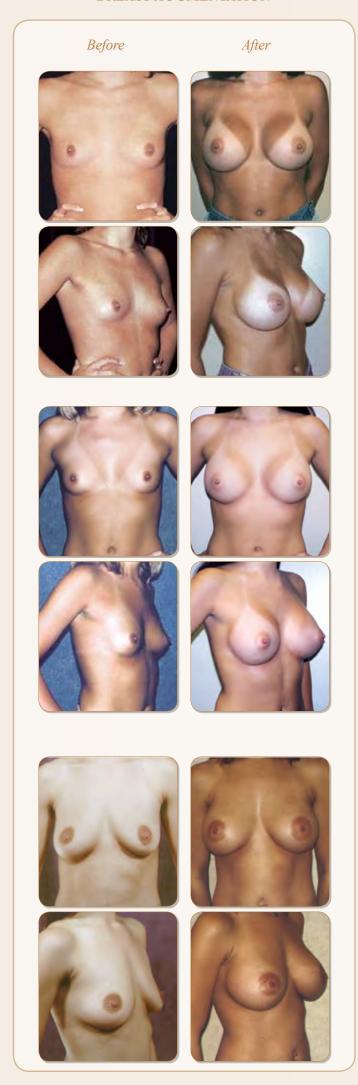
results are fully appreciated. Creative innovation, experience, and attention to detail are indispensable requirements when planning and executing the unique and challenging surgical techniques inherent in corrective breast surgery.

The most common reasons for a corrective breast procedure are to reposition a displaced implant, to improve unattractive deformities, to correct obvious asymmetries, and to repair scar contractures and other complications from prior surgery. A frequent problem occurs when patients have oversized implants that overwhelm the natural balance and proportion while stretching the skin, thereby creating new concerns. The weight of an implant can cause the breast fold to drop creating noticeable asymmetry and even discomfort. Capsular contracture occurs when scar tissue around an implant tightens, causing the implant to shift and harden. Above the muscle, implants frequently develop contracture, in addition to waviness or rippling, which can be easily apparent. These, as well as numerous other problems, require specific corrective techniques to restore the aesthetic beauty of the breast.

My ongoing interest and broad experience in aesthetic and corrective breast surgery resulted in my appointment to NOVO – The National Council of Leaders in Breast Aesthetics, an advisory board sponsored by Allergan Medical. With other expert surgeons around the country, I have had an opportunity to share my ideas and surgical innovations, and listen to the opinions and perspectives of my colleagues as well. This unique collaboration of surgeons from around the country has helped me to continue to be an innovator and provide leadership in this specialty.

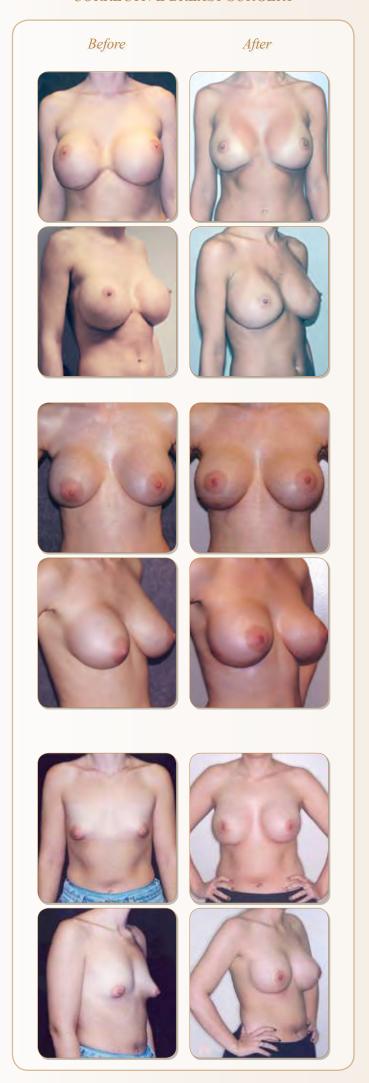
Commitment to excellence is the prevailing purpose in my efforts involving aesthetic and corrective breast surgery. I remain humbled and gratified that I am able to participate in a profession that I enjoy, and one that offers the rewarding privilege of serving the genuine concerns and sometimes challenging needs of my patients.

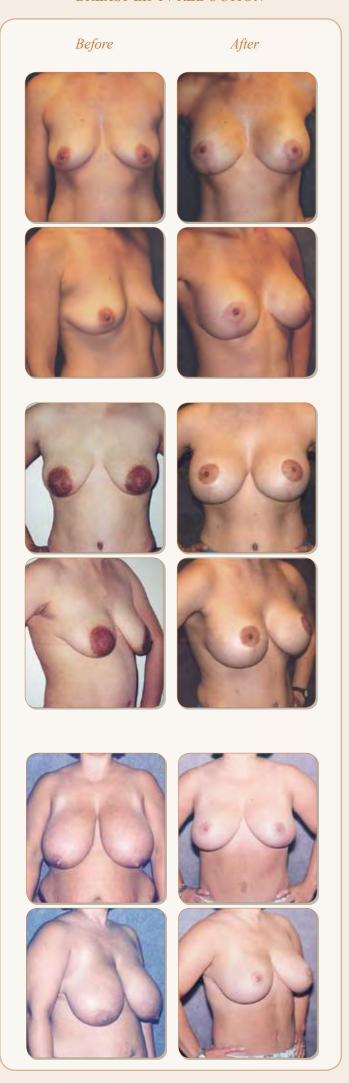












Body Contour Enhancement Surgery

"It is vastly more important to consider the qualifications, skill and experience of the surgeon performing the liposuction procedure than to focus on any particular technology being utilized."

- Christopher Patronella, MD, Facs, Fics



Perspectives on Body Contouring

As we age, the effects of gravity, genetics, weight changes, pregnancy, and poor nutritional choices, become increasingly apparent in how we look in and out of clothes. Fortunately, we live in a time where options exist for restoring and improving the shape and overall proportion of the body. The ultimate goal of any body contouring procedure is to restore natural and aesthetically appealing contour lines for women and men.

THE TRUE FORM APPROACH TO BODY CONTOURING

The True Form Approach to Body Contouring encompasses the methods and techniques I've refined through 20+ years as a body contouring specialist in order to attain optimal aesthetic results. Lipocotouring, fat grafting, and skin/tissue excision and lifting are all tools that I use to achieve the ideal body form.

The creation of ideal proportions and balance between the upper and lower body is a fundamental element of my approach. I look at the body as a whole to evaluate the steps necessary to visually harmonize its overall appearance with a patient's specific aesthetic goals. To ensure the achievement of results that appear natural rather than surgical, I incorporate transition sculpting to smoothly blend the appearance of the different regions of the body. This essential aspect of my approach avoids artificial appearing results such as a firm, flat newly rejuvenated abdomen next to a bulky waistline.

The sculpting and reshaping of the body requires the intuitive ability to envision a physical ideal for a person's unique body and the keen artistic sense and technical expertise necessary to translate this vision to the body through the tools and techniques of plastic surgery.

In my practice I find it important to work closely with patients to carefully evaluate, inform, and review the best available options, and to set longterm goals for maintaining the ideal body proportion.

LIPOSUCTION (Lipocontouring)

Liposuction is one of the most commonly requested plastic surgery procedures performed in the United States and the world. Most plastic surgeons prefer the tumescent liposuction technique that involves the infusion of a carefully formulated local anesthetic and epinephrine mixture, which markedly reduces pain and bleeding, and facilitates uniform removal of fat, thus making the procedure safer and more effective. The expanded fat cells are then removed by careful suctioning with small hollow canulas in a uniform manner. While the technique is simple and effective, a discerning eye is necessary to achieve the optimum body contour, as over-aggressive fat removal can

lead to an unbalanced look. Over the last 30 years numerous technical advances have been advocated for liposuction, including ultrasonic assisted, smart lipo, laser assisted and power assisted liposuction, all designed to accelerate and facilitate fat cell removal. While all these methods can be effective when properly used, there is no scientific evidence that one is superior to another in terms of safety, recovery or results. I caution patients to avoid persuasive over marketed "buzz" words like ultrasonic and laser assisted liposuction that overstate results. It is vastly more important to consider the qualifications, skill and experience of the surgeon performing the liposuction treatment than to focus on any particular technology being utilized. A carefully considered treatment plan that is expertly implemented by a skilled and experienced plastic surgeon will ultimately determine the optimal surgical result for any technology used.

Many patients see liposuction as a quick way to get rid of excess weight. Liposuction is not a weight reduction procedure but rather a shape enhancing procedure. While weight loss is a welcome result from liposuction, the overriding objective is not how much fat is removed, but how the fat is removed. Careful attention to shaping ideal contours should be the primary consideration for the plastic surgeon. For both women and men, the ideal feminine and masculine body form respectively should guide the lipocontouring procedure. Indiscriminate removal of fat for the sake of size reduction alone often leads to irregular contours and non-ideal shaping. It is equally important to consider the fat that remains after liposuction, since this is what determines the overall contour lines for women and men alike. While it is true that every person has an unalterable number of fat cells in the body, and once removed, these fat cells do not regenerate, remaining fat cells can continue to store fat and enlarge as weight gain occurs if lifestyle changes are not adopted. A commitment to a healthier lifestyle through a better diet and exercise program remain the best option for maintaining your new body contour.

While women and men differ on what is of most concern regarding body shape issues, both want a natural well-proportioned look. Most women desire a feminine shape that includes a toned, smooth and flat abdomen, a narrow waist with a soft curve to the hips and a smooth transition to slim shapely thighs. Men are often interested in an athletic look characterized by a well-defined chest (ACPS pectoralis etching technique), a flat muscular abdomen (abdominal sculpting technique), a narrow waistline and straight transition to the hips. In each consultation these concepts are reviewed so that a clear understanding of the goals for ideal body

shape can be agreed upon. Providing an accurate assessment of the anticipated outcome, so that realistic expectations can be set, enhances communication between my patient and myself, and provides an invaluable comfort to an anxious patient.

BODY RESTORATION SURGERY

Body restoration after pregnancy or major weight loss from dieting or gastric bypass surgery often results in dramatic physical changes and an equally profound psychological change on women and men alike. Weight gain places unnatural strain and stretching force on skin and underlying structural tissue that becomes apparent when the weight is subsequently lost. All areas of the body can be permanently affected, resulting in loss of skin tone and elasticity, with stretch marks and folds of excessive skin that are chronically irritated from constant skin to skin contact. A variety of innovative techniques for addressing each body area individually and as part of a comprehensive plan aimed at providing a complete restoration of ideal form are available to your surgeon.

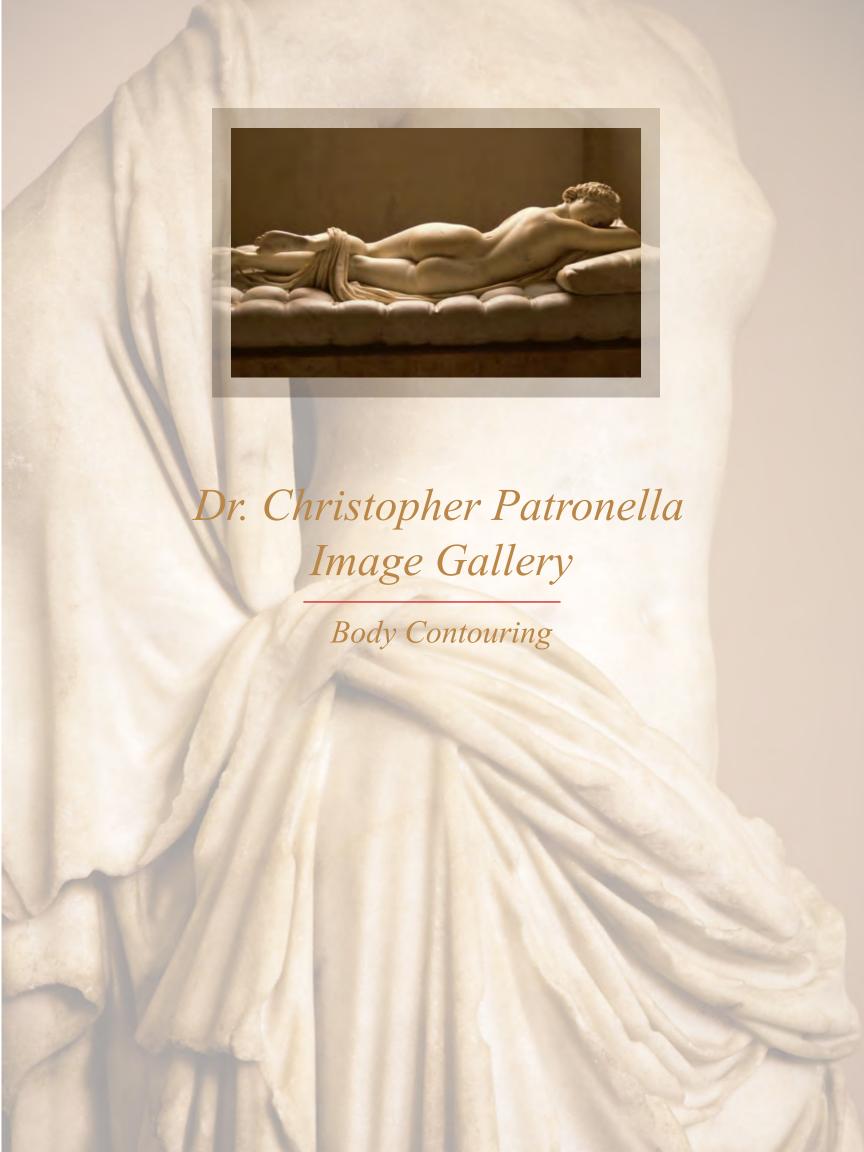
A tummy tuck typically involves muscle wall tightening with removal of loose skin and excess fat to obtain a flat and toned abdomen. I developed The True Form Tummy Tuck® method in an effort to perfect the traditional tummy tuck procedure and correct some of its most commonly seen pitfalls such as an artificial flat-as-a-board look. With the True Form approach, I incorporate a combination of techniques that I have refined for more than 20 years in order to restore a flat appearance to the abdomen while redefining the soft contours that can be seen on an attractive, youthful abdomen. Other features of The True Form Tummy Tuck® include smooth. soft transitions to maintain an even skin tone and waist contouring. Optimal incision placement on the lower abdomen allows the scar to be discreetly hidden along the bikini line in a 2 piece swimsuit.

The waist, hips, and buttocks may require skin and deep tissue tightening and lifting to restore tone and shapeliness through a lower body lift (LBL) or buttock lift procedure. This is usually done with abdominoplasty to create a balanced, smooth lower body. With moderate weight loss, it is common that there is also volume loss of the buttocks leading to unattractive flattening. To enhance the buttocks and the overall feminine body contour, fat removed during the contouring procedure is recycled by grafting into the buttocks. Inner and outer thigh lifting is another necessary component of a comprehensive body lifting plan. The outer thigh lift is incorporated into the lower body lift procedure, while the inner thigh lift is done separately. These lifting procedures require generous incisions, but optimal placement hide scars beneath a swim suit or shorts. Arm and upper torso lifting methods are an important addition to the comprehensive body lifting plan. Redundant skin of the arms is a very common complaint among patients who have undergone major weight loss. Removing hanging arm skin with carefully planned incisions allows patients to wear short sleeves again without being self conscious, thus permitting a more active lifestyle. Women and men are equal candidates for these specific body lifting procedures, particularly when they are actively involved in a healthy lifestyle of exercise and better dietary choices, and still are troubled with a disproportionate accumulation of fat or skin in unattractive places.

SAFETY IN BODY CONTOURING

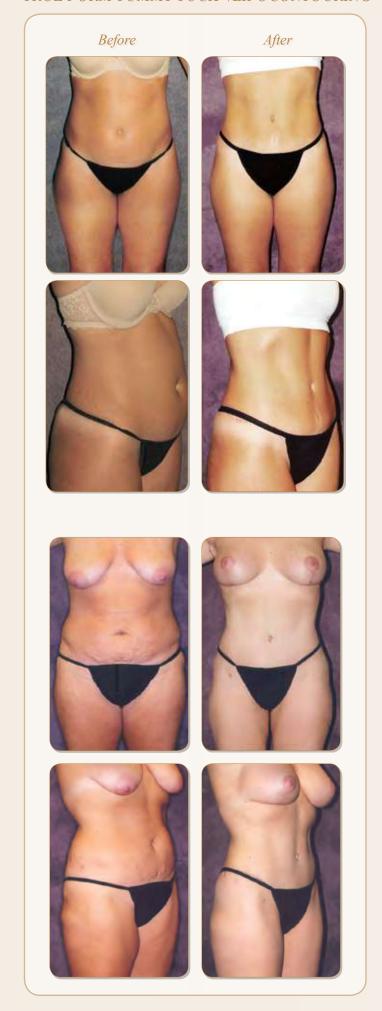
To ensure attention to patient safety, each patient should be carefully evaluated to assess suitability for proceeding with these options. This evaluation should include a complete medical and surgical history with a medication assessment and physical exam. Adequate preparation requires consideration and treatment of any health issues before surgery. The body mass index (BMI), which integrates a person's height and weight, is calculated and ideally should be below 30-35 to correlate with lower risk for surgical candidates. Adequate nutritional health and complete cessation of smoking are requirements for every patient undergoing these body contouring procedures. Recovery may range from 1-4 weeks, depending on the complexity and number of procedures performed and the physical condition of the patient. Early return to mobilization and activity is encouraged and ultimately shortens recovery. Specialized compression garments, nutritional vitamin supplements and therapeutic massage after surgery are also important components of the recovery process.

Finally, thorough research of the surgical body contouring options, including analysis of the benefits and advantages of each procedure, as well as the potential risks, is prudent and recommended. A growing area of my practice has become corrective procedures on patients who have undergone body contouring surgery which failed to meet the patient's goals, or resulted in complications that adversely affected the outcome. Corrective body enhancement surgery is particularly rewarding for me, as I am able to participate in the recovery of self-image and self-confidence for those with such challenging needs. As part of a comprehensive long term plan, each patient should have a firm commitment to healthy lifestyle changes that will maintain and enhance what has been accomplished by the surgical options selected.

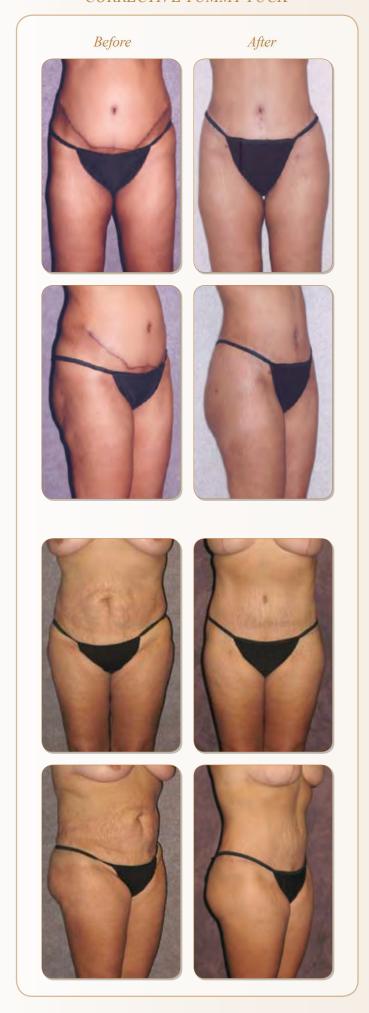


TRUE FORM TUMMY TUCK®/LIPOCONTOURING

TRUE FORM TUMMY TUCK®/LIPOCONTOURING









Plastic Surgery Options For Men

"As society has taken seriously the issue of health, so too have men discovered that an integral part of maintaining vitality is acknowledging the intimate association between looking and feeling one's best."

CHRISTOPHER PATRONELLA, MD, FACS, FICS



Plastic Surgery Options for Men

Decades of progress in plastic surgery has paralleled the changes in attitudes toward plastic surgery, now more commonly seen as an acceptable quality of life option. This is particularly true for men, as plastic surgery no longer belongs in the exclusive realm of women. As society has taken seriously the issue of health, so too, have men discovered that an integral part of maintaining vitality is acknowledging the intimate association between looking and feeling one's best. A healthy lifestyle involves careful attention to dietary options, preventative medical care, including psychological health, commitment to exercise, and balancing a solid work ethic with relaxing recreational activities. For many men, the aging process can provoke intense frustration when one's physical appearance doesn't match the healthy, youthful lifestyle that one has adopted. In addition, there is little doubt that competitive pressures in the workplace favor those who project a youthful attitude, which is often perceived, at least initially and unfairly, by appearance alone. Today's business climate has never been more competitive, motivating men in the workplace to maintain that competitive edge, by projecting a confident, more dynamic physical presence.

Fortunately, straightforward surgical and non-surgical options are now available as a result of continuous progress in plastic surgery over the past 20 years, allowing men real choices for inconspicuous yet youthful change. As a simple example of this, men may opt for an injectable filler, lasting for about a year and requiring no recovery, to soften the deep sunken area beneath the lower eyelid that makes a person look tired. Conservative eyelid skin and fat removal, combined with gentle lifting of drooping eyelids, can recreate a rested and approachable appearance, requiring only a week of recovery in most circumstances.

BODY CONTOURING FOR MEN

New minimally invasive surgical techniques can dramatically restore a man's body to that slimmer more desired athletic look. Perhaps the most commonly requested procedure is lipocontouring of the abdomen and waist (love handles). This is done in men of all ages, as long as skin tone is reasonably good, dramatically eliminating stubborn areas of fat that are resistant to a reasonable healthy lifestyle. Abdominal Etching, a procedure that was first developed and published at the Aesthetic Center For Plastic Surgery in 1993 ("Abdominal Etching: Differential Liposuction to Detail Abdominal Musculature." Aesthetic Plastic Surgery Fall 1993, Volume 17, Issue 4), is often added for men who seek muscular

definition as well. A very common, yet quietly concealed concern for many self-conscious men is enlargement of the male breast known as gynecomastia. Our advanced method of male breast reduction, through a combination of minimal incision-direct tissue removal and liposculpting of the chest to uncover muscular definition, provides a natural masculine transformation.

Progress in the area of weight reduction surgery over the past 20 years has created a growing area of cosmetic surgery. Abdominoplasty(tummy tuck) and lower body lifting is often required when weight loss results in excessive, loose skin that is resistant to exercise. By thorough removal of redundant skin along the waist line, this advanced technique can restore a natural and better proportioned lower body, while hiding the scar beneath waistband of a swimsuit or underwear. In addition, numerous other skin removal procedures have been developed to address loose skin for any area of the body that has been affected by dramatic weight loss.

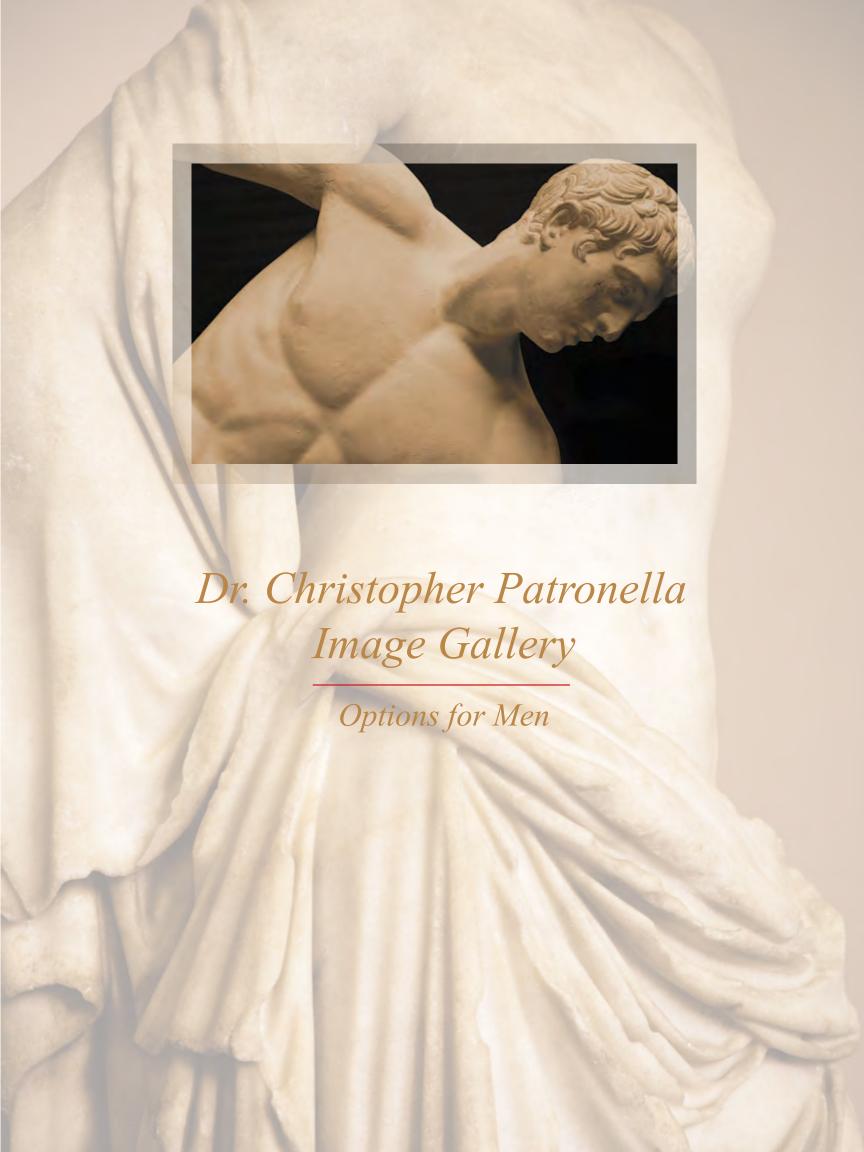
REJUVENATION OF THE MALE FACE AND NECK

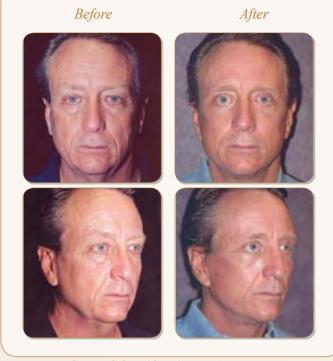
Facial rejuvenation surgery has become more popular as well. Many men find that excessive skin and fat under the chin has developed with advancing years. The so called double chin or turkey gobbler neck is very common among men and can be dramatically reduced by a combination of liposuction, muscle tightening, and neck lifting. This can be combined with facelifting, using carefully concealed incisions to further enhance a youthful yet natural restoration.

Long term skin care should be sought by all men who are interested in maintaining refreshed healthy skin. A variety of skin care products and easily implemented spa services such as microdermabrasion can be incorporated as part of a non-surgical skin care program. BOTOX® Cosmetic and hyaluronic acid fillers such as Restylane®, Perlane® and Juvederm® are safe, inconspicuous and easy to do in the safety and privacy of my professional offices.

Understanding the unique needs of male patients requires additional specialization in a plastic surgery practice. Broad experience and the attentiveness of a trained professional staff, who are aware of those needs, are necessary to successfully provide a program designed specifically for men. At The Aesthetic Center for Plastic Surgery, we have given special attention to this unique area of plastic surgery so that our male patients will always feel comfortable and accommodated during their interactions with us.











UPPER & LOWER BODY LIFT









OUR CUSTOMER SERVICE PHILOSOPHY

Our customer service policy is very simple: to exceed the expectations of every patient who visits our practice, whether they are here to receive a skin care treatment in our medical spa or to have plastic surgery with one of our renowned plastic surgeons. Great surgical results have made ACPS one of the most respected aesthetic plastic surgery practices in the country; but it is the surgeons' definition of good customer service that establishes and encourages every member of the support staff. The leaders of ACPS have created not only a clear vision of what customer service is, but a program to ensure that it is consistently delivered. Only the best managers, nurses, operating room staff, receptionists, and patient coordinators are selected to be a part of this elite team. Individual performance is highly regarded, but team effort is a priority. Each staff member is empowered with training and continuing education to help them hone their interpersonal skills.

Patients complete several questionnaires about their experiences at ACPS, from the first consultation to post-operative recovery. We value the opinions of our patients, and each and every survey is read closely. Successes are celebrated, but more importantly, we learn new ways to make our patients' experience at ACPS both positive and rewarding. Finally, one of the most impressive attributes of our staff is their longevity with ACPS, many of whom have been working with the surgeons for over 10 years. This is not only a testament to the success of the surgeons at ACPS, but this level of staff commitment provides for the continuity of care essential for the aesthetic patient. Each patient can rest assured that their needs will be met by caring, dedicated and experienced staff.

Karen Husmann, MBA Practice Administrator



