

GERMÁN NEWALL, MD, FACS, FICS

FOUNDING PARTNER

THE AESTHETIC CENTER FOR PLASTIC SURGERY, LLP

BOARD CERTIFICATION

- The American Board of Plastic Surgery

UNIQUE CREDENTIALS

- Received Medical Degree and completed additional training from Georgetown Medical School
- Former Clinical Assistant Professor, Department of Plastic Surgery, St. Joseph Hospital in Houston

AWARDS & HONORS

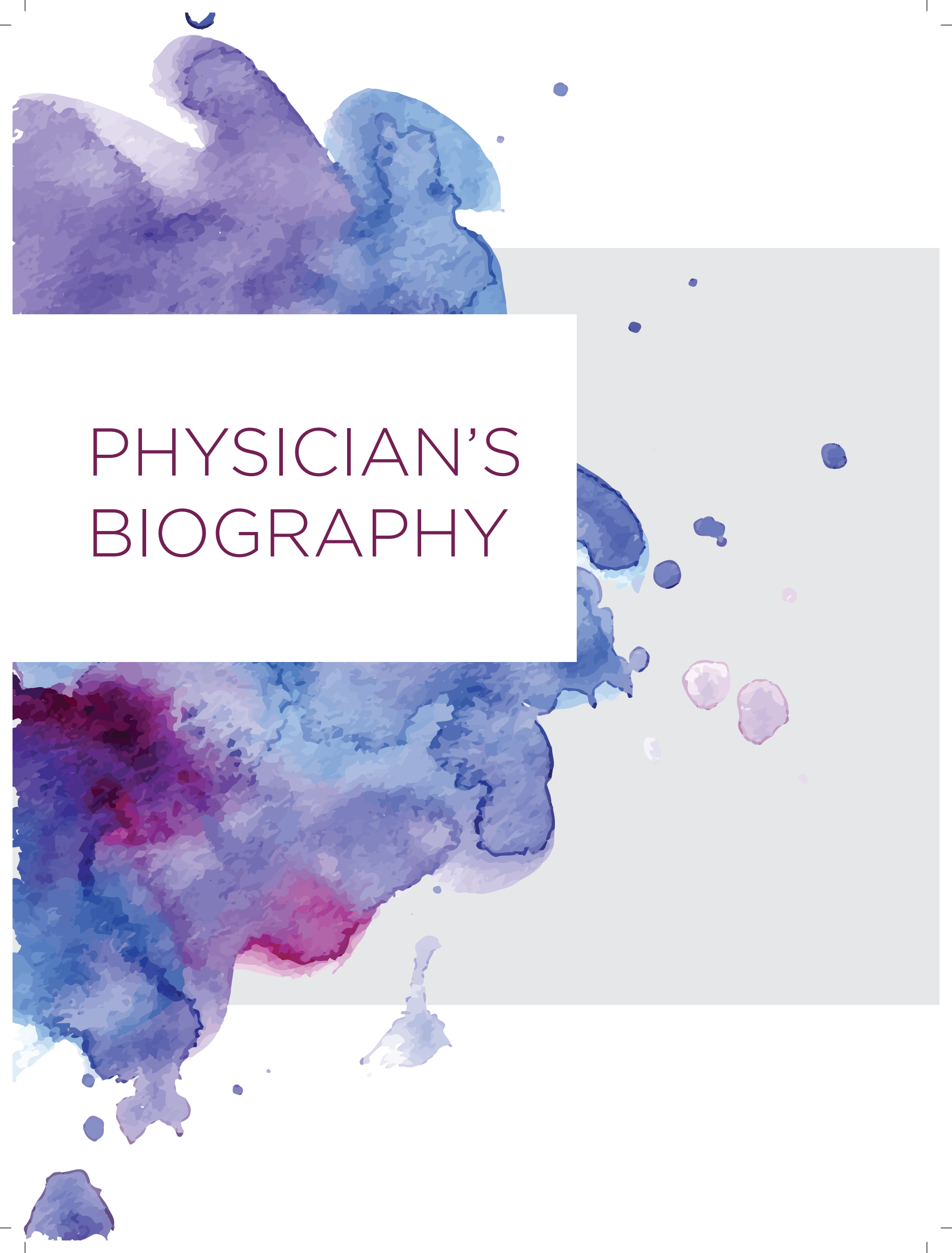
- **Peru To The World Expo Award of Excellence 2019**
 - presented by Peru to the World Expo, 2019
- **America's Most Honored Professionals**
 - The American Registry, 2019
- **Top Doctors in Texas** - Texas Monthly, 2018
- **Top Plastic Surgeon** - Top Plastic Surgeon Reviews, 2018
- **Houston's Top Doctors The Best in Medicine**
 - Houstonia, 2017
- **"Best Surgical Body Contouring Case"**
 - 4th Anti-Aging & Beauty Trophy, 2016-2017
- **Best Aesthetic Practice**
 - South Central - MyFace MyBody Awards, 2016
- **RealSelf 500**, 2016
- **Plastic Surgery Practice of the Year**
 - Medical LiveWire Global Awards, 2016
- **RealSelf 500**, 2015
- **Top Doctor for Brazilian Butt Lift** - RealSelf, 2014-Present
- **Selected as "Best Doctor in America" for Plastic Surgery**
 - by Goldline Research, 2003 and 2004
- **Listed as a "Super Doctor" in Plastic Surgery**
 - by Texas Monthly® Magazine, 2003
- **Voted as a "Top Doctor" in Plastic Surgery**
 - by H-Texas® Magazine every year since 2003
- **Voted a "Top Doctor" in Plastic Surgery**
 - by Houstonia® Magazine, 2013 and 2014
- **Distinguished as a Top Doctor for Brazilian Butt Lifts**
 - by RealSelf®, 2013 and 2014
- **Listed on "Who is Who in Medicine and Healthcare"**
- **Founding Partner of Texas' largest aesthetic plastic surgery practice**
- **Recognized as the preferred surgeon**
 - for experience with the McGhan® Medical anatomical breast implant
- **Recognized as a pioneer in the development**
 - of the lateral brow lift procedure
- **Selected as one of Houston's Best Physicians**
 - by Health and Fitness® Magazine, 2012
- **Listed as one of "America's Top Plastic Surgeons"**
 - by the Consumers' Research Council every year since 2008
- **Featured in Beyond Black**, an international luxury publisher that promotes leaders in their field to individuals of ultra-high net worth
- **Awarded Best Journal Article**
 - by the American Society of Aesthetic Plastic Surgery in May 2009 for his journal article: "Thromboembolism in High-Risk Aesthetic Surgery: Experience with 17 Patients in a Review of 3,871 Consecutive Cases," published in 2008

- **Awarded status as Guest Faculty and received an honorary award**
 - from the Association of Plastic Reconstructive and Aesthetic Surgery of Guatemala, 2006
- **Top-Viewed Award**
 - the ACPS Research website is a Google-award winning website with more than 100,000 website visitors
- **Trained with both inventors of the breast implant**
- **Trained with the first plastic surgeon to perform liposuction in America**

MEDICAL CONTRIBUTIONS

- Authored and presented the first study on the use of anticoagulants for prevention of blood clots in surgical procedures, 2006
- Developed a new technique for body contouring and buttock enhancement using power-assisted fat grafting, 2009
- Presented research on Facial Rejuvenation at the Plastic Surgery Medical Symposium
- Provided reconstructive surgery to underprivileged children in Caracas, Venezuela through Operation San Jose
- Authored and presented on new procedures for Brow Lifting, 1999
- Active on three breast implant research teams
- Presented at the nation's largest Liposuction and Safety Seminar



The background features abstract watercolor washes in shades of purple, blue, and magenta. A white rectangular box is positioned in the center-left, containing the title text. The overall aesthetic is artistic and professional.

PHYSICIAN'S BIOGRAPHY

I was born and raised in Lima, Perú, and at an early age I discovered my passion for the practice of medicine. I traveled to the United States as a young man to pursue my dream of becoming a physician. After graduating from Georgetown Medical School. I received my general surgery training in Cleveland, Ohio, then completed my plastic surgery training in Houston, Texas. It was then that I decided to make Houston my permanent home.

I have been happily married since 1988 and a father of three wonderful children. When not performing surgery or visiting my patients, I enjoy precious time with my family, especially my two grandchildren. I also love spending time swimming, playing tennis and riding my fabulous Paso Peruvian horses.

The art of plastic surgery has been my profession and my livelihood, but more importantly it continues to be my passion. I love what I do, and it gives me great satisfaction to know that I can help others achieve their appearance goals.

Life is a beautiful journey, and I travel it with these basic tenets:



“WORK HARD AND BE HONEST
CHERISH YOUR LOVED ONES
HAVE LOTS OF INNOCENT FUN!”

CREDENTIALS

BOARD CERTIFICATION

- The American Board of Plastic Surgery

EDUCATION

- 1982 - 1986 Georgetown Medical School, Washington, D.C., Medical Degree
- 1987 - 1991 Fairview General Hospital, Cleveland, Ohio, General Surgery Residency
- 1990 - 1991 Chief Resident, General Surgery
- 1991 - 1992 St. Joseph Hospital, Houston, Texas, Plastic and Reconstructive Surgery Residency
- 1992 - 1993 Chief Resident, Plastic Surgery

SPECIALIZED TRAINING

- Aesthetic Surgery, St. Joseph Microsurgical Training Center
- Trained under the first plastic surgeon to perform liposuction in America
- Trained under the inventors of the breast implant

HOSPITAL PRIVILEGES

- ACPS SurgiCentre (current)
- Memorial Hermann Memorial City Medical Center (current)

PROFESSIONAL MEMBERSHIPS

- American Society of Plastic Surgeons (ASPS)
- American Society for Aesthetic Plastic Surgery (ASAPS)
- American College of Surgeons (FACS), Fellow
- International College of Surgeons (FICS), Fellow
- American Medical Surgical Association
- The American Medical Association
- Ohio State Medical Association
- Texas Society of Plastic Surgeons
- Texas Medical Association
- Houston Society of Plastic Surgeons
- Harris County Medical Society
- The Peruvian American Medical Society (PAMS)
- Society of Latin American Plastic Surgeons (SLAPS)
- Lipoplasty Society of North America

IDEAS AND INNOVATIONS

- Pioneered the development of the lateral brow lift procedure, 1999.
- Developed a safer, more efficient method of fat transfer using power-assisted fat grafting.
- Pioneered the use of anticoagulants (blood thinners) for the prevention of thromboembolism in plastic surgery procedures, 2003.
- Developed the "Weekend Facelift," expectations and realistic results, 2002.
- Introduced new techniques for facelifts, "A New Approach," 2002.
- Developed the Minimal Incision Facelift, "The Cutting Edge," 2002.



ABMS Maintenance of Certification™
American Board of Plastic Surgery
Certification Matters



PUBLICATIONS AND PRESENTATIONS

- The Addition of Antibiotics Improves Cell Viability and Adipose Derived Stem Cell (ADSC) Count in Fat Grafts. May 2019. American Society of Aesthetic Plastic Surgeons Meeting. New Orleans, LA.
- Enhancing the Process of Fat Grafting: Comparing Fat Delivery Systems for Gluteal Augmentation on Cell Viability and Adipose Derived Stem Cell (ADSC) Content. May 2019. American Society of Aesthetic Plastic Surgeons Meeting. New Orleans, LA.
- Enhancing the Process of Fat Grafting: A Novel “Superstem” Technique for Enriching the Adipose Derived Stem Cell (ADSC) Concentration in Fat Grafts. May 2019. American Society of Aesthetic Plastic Surgeons Meeting. New Orleans, LA.
- The Addition of Kenalog to Fat Grafts Leads to an Increased Concentration of Adipose Derived Stem Cells (ADSCs). May 2019. American Society of Aesthetic Plastic Surgeons Meeting. New Orleans, LA.
- Presented “Evaluation of Compression Garments after Liposuction. Is there a Difference?” at the Annual Meeting of the Texas Society of Plastic Surgeons. Bastrop, Texas. September 2007.
- Invited to speak at the XV Congress of the Ibero-Latin American Federation of Plastic Surgery, 2007.
- Presented “Evaluation of Compression Garments after Liposuction. Is there a Difference?” at the Annual Meeting of the Texas Society of Plastic Surgeons. Bastrop, Texas. September 2007.
- Invited to speak at the XV Congress of the Ibero-Latin American Federation of Plastic Surgery, 2007.
- Author of “Postoperative Regimen for the Prevention of Thromboembolism after 410 Consecutive Cases.” Presented at The American Society of Plastic Surgeons (ASPS) annual meeting, 2006.
- Invited to present “A Clinical Protocol to Prevent Thromboembolism in Large Volume Liposuction and Body Contouring Procedures” at the Texas Society of Plastic Surgeons Annual Meeting, 2006.
- Featured in the main article of Cosmetic Surgery Times regarding work on Thromboembolism and Body Sculpting. Presented at the ASAPS annual meeting in Orlando, 2006.
- Guest speaker at The Aesthetic Meeting with his study, “Prevention of Thromboembolism in Large Volume Liposuction and Body Contouring Surgery: Experience with 300 Consecutive Cases in 3 Years,” 2006.
- Author of the scientific poster entitled, “High Risk Abdominoplasty and Liposuction: Preoperative Considerations and Management,” displayed at The Aesthetic Meeting, 2006.
- Guest Faculty of the Association of Plastic, Reconstructive, and Aesthetic Surgery of Guatemala, 2006.
- Authored the article, “Retrospective Study on the Use of a Low Molecular Weight Heparin for Thromboembolism Prophylaxis in Large Volume Liposuction and Body Contouring Procedures.” Published in the Aesthetic Plastic Surgery Journal, Vol. 30, No. 1, 2006.
- Guest speaker in the scientific program of the Texas Society of Plastic Surgeons annual meeting, 2005. “Rhytidectomy: Early Recovery with Limited Skin and Extended SMAS Dissection.” San Antonio, TX, 2005.
- International Faculty Session: “Breakfast with the Experts.” The 17th Congress of the International Society of Aesthetic Plastic Surgery (ISAPS) Houston, TX, 2004.
- Key note speaker of the Society of Latin American Plastic Surgeons of the United States and Canada. “The Abdominal Etching Technique” Philadelphia, 2004.
- Guest speaker in the scientific program of the 17th Congress of The International Society of Aesthetic Plastic Surgery (ISAPS) Houston, TX, 2004.
- Invited to speak at the XXXIX International Congress of the Spanish Society of Plastic Aesthetic and Reconstructive Surgery, 2004.
- Wrote and published on “Endoscopic Browlift Techniques,” and “Endoscopic Facelift Techniques,” 1999.
- The Latest Browlift: “A More Aesthetic Surgical Approach to Browlifting,” 1999
- Presented “Safety Guidelines,” research on Safety in Large Volume Liposuction at the plastic surgery meeting of the American College of Surgeons in Cancun, 1999.
- Published “Achieving the Ultimate Physique,” an article on Full Body Lipo-Sculpture, 1999.
- Published “Three Dimensional Structure Rhinoplasty,” an article on new rhinoplasty techniques, 1999.



MEDIA
RESEARCH
PUBLICATIONS
PRESENTATIONS
& AWARDS



MEDIA APPEARANCES



OTHER MEDIA APPEARANCES INCLUDE:

- Deborah Duncan Show - Medical Monday - Great Day Houston
- Adriana En Complicidad Show
- Despierta Houston
- Viva la Noche Segment on Popular Cosmetic Procedures, May 2015
- Telemundo Segment on New Product to Eliminate the Double-Chin, April 2015
- Mega-TV News Segment on Choosing the Right Plastic Surgeon, February 2015
- Telemundo Houston interview on the Mommy Makeover procedure, January 2015
- ABC 13 Houston News Segment on Brazilian Buttock Lift, April 2014
- Univision Vive la Manana live demonstration of BOTOX® Cosmetic, February 2014
- Telemundo 47 "Entre Tacones," interview on the Mommy Makeover procedure, January 2014
- Telemundo 47 evening broadcast, interview on BOTOX® Cosmetic, July 2013
- Univision Vive la Manana interview on the Brazilian Buttock Lift, February 2013
- Univision Vive la Manana interview on Body Contouring, January 2013
- Univision Vive la Manana interview on Ultherapy and Latisse, August 2012
- Univision Vive la Manana interview on the Benefits of Laser Hair Reduction, March 2012
- Univision 45 Houston interview on PIP Silicone Breast Implants, February 2012
- Univision Vive la Manana interview on Coolsculpting nonsurgical fat reduction, November 2011
- Univision Vive la Manana live demonstration of BOTOX® Cosmetic, October 2011
- Primera Edicion interview, May 2011
- Telemundo "Glamour Extremo" weekly expert cosmetic surgeon, 2011
- KHOU Channel 11 News Report, "Safety and the Use of BOTOX®," 2002
- KPRC Channel 2 News Report on stem cells and their many uses, 1995

Reoccurring guest appearances and interviews: Houston Chronicle, Univision Channel 45, Radio 102.9, Channel 45, the local Fox® affiliate Channel 20, Texas Woman® magazine, Health and Fitness® magazine, Inside Houston® magazine, The Houston Chronicle®, and The Houston Post®.

His international publications and appearances in Latin media include Caretas®, Cosas Expreso®, El Venezuelo and Nove Da Des®.

AWARDS & PUBLICATIONS



He was named Guest Faculty member and received an Honorary award from the Association of Plastic, Reconstructive and Aesthetic Surgery of Guatemala, 2006.



Dr. Newall received a certificate for the Best Journal Article by the American Society for Aesthetic Plastic Surgery in May 2009 for his article entitled "Thromboembolism in High-Risk Aesthetic Surgery: Experience with 17 patients in a Review of 3871 Consecutive Cases," published in 2008.



Dr. Newall has been voted Houston's Top Doc, Super Doc, and Top Doc for Women by H-Texas Magazine every year since 2003.



One of Dr. Newall's notable accomplishments is getting an article published in the Aesthetic Plastic Surgery Journal. "A Retrospective Study on the Use of a Low-Molecular-Weight Heparin for Thromboembolism Prophylaxis in Large-Volume Liposuction and Body Contouring Procedures," Volume 30, Number 1, 2006.

Dr. Newall won first place for the “Best Surgical Body Shaping” case at the 2016 Anti-Aging & Beauty Awards in Paris, France. Submissions from around the world were entered and reviewed by an elite international panel of judges that deemed Dr. Newall’s body shaping case as the most outstanding.



“Best Surgical Body Contouring” Case

Anti-Aging & Beauty Awards

Paris, France
2016-2017

Dr. Newall won first place for the “Best Surgical Body Shaping” case at the 2016-2017 Anti-Aging & Beauty Awards at The Aesthetic & Anti-aging Medicine European Congress (AMEC) in Paris, France. Submissions from around the world were entered and reviewed by an elite international panel of judges that deemed Dr. Newall’s body shaping case was the most outstanding. This award is a tribute to his perseverance and meticulous manner when it comes to his work as a leading body contouring surgeon.



For his winning case, Dr. Newall performed an abdominoplasty and liposuction of the hips, flanks, and lower back.

His artistic ability to create balanced proportions with curves in all the right places is a testament to the Latin influence on his work as a plastic surgeon and his innate appreciation for the curvy, narrow-waisted look.


When asked how he can achieve such stunning results Dr. Newall explained, “By combining my unique personal design of a tummy tuck, curve-creating liposuction, and enhancing fat grafting I am able to sculpt the perfect female contour. This trifecta has become my signature procedure combination.”

RESEARCH

Safest Practices for Autologous Buttock Augmentation With Fat Grafting Using a Roller Pump Injection Technique, June 2017

Dr. Newall is committed to research in the field of plastic surgery. In 2000, he and his colleagues founded the Amado-Ruiz Center for Clinic Research to further safety and innovation in cosmetic surgery.

“High Risk Abdominoplasty and Liposuction: Preoperative Considerations and Management.” Presented at the Annual Meeting of the American Society of Aesthetic Plastic Surgery, 2006. Published in the Aesthetic Surgery Journal in 2008 and named “Best Journal Article” for the year.



ACPS
THE AESTHETIC CENTER
FOR PLASTIC SURGERY

HIGH RISK SUCTION ASSISTED LIPECTOMY: PRE-OPERATIVE CONSIDERATIONS AND MANAGEMENT

German Newall MD, FACS • Amado Ruiz-Razura, MD, FACS • Christopher K. Patronella MD, FACS • Henry A. Mentz, III, MD, FACS


From the Aesthetic Center for Plastic Surgery—Houston, Texas, U.S.A.

PURPOSE
Present the clinical experience of a retrospective study in which patients considered to be high risk candidates underwent an abdominal reconstruction and suction assisted lipectomy. A review of the pre operative considerations is made and a description of the management is presented.

MATERIALS AND METHODS
The 120 patients operated upon by the lead author are part of the private practice of the Aesthetic Center for Plastic Surgery in Houston, TX. The study includes the period of January 1998 to December 2003. The longest follow-up was 4 years; the shortest was 9 months. Ages ranged from 19 to 65 years. Ninety percent of the patients were female.

TECHNIQUE
Pre-operative markings were done in a standing position. General endotracheal anesthesia was administered. After the patient was safely intubated and hydration was established by monitoring vital signs, urine output was controlled by placement of a Foley catheter. Maintenance of body temperature was achieved using warm, humidified, inhaled oxygen and inhaled anesthetics. In addition, warm air by connection with either a “Bar Hugger” or “Warm Touch” system, and a heating pad on the bed were provided. After induction, patients received an intravenous bolus of Decadron. Tumescence infiltration was performed with Klein solution, which allows increased fat extraction and minimal blood loss. A “super wet” technique is preferred by the author, with a 1:1 ratio of infiltrate to aspirate. Suction lipectomy was performed with a conventional machine using 4 and 5mm blunt cannulas.

RESULTS
Our results indicate an average of 3-4 hours of operating time, with an average volume of 5 liters and a range of 1.5-14 liters.



COMPLICATIONS
The most common complication was seroma formation, followed by infection (less than 0.1%), and localized skin necrosis (patchy abdomen). We had transient pulmonary edema due to fluid overload (2 cases), which responded to intravenous administration of Furosemide and required 23 hours of close observation. We have not had a case of pulmonary embolus, which we prevent with the use of intermittent compression stockings. Blood loss has not been significant enough to require transfusions. In addition, we have not had Lidocaine toxicity, fat emboli, or intra-abdominal viscus perforations (which have been reported to cause general sepsis and death). We believe this can be prevented by performing a careful evaluation for hernia before surgery, coupled with the use of blunt suction cannulas. Deep venous thrombosis (DVT) was the most serious complication encountered (4.3%). The incidence of DVT was equal to the one reported in the literature. Patients were transferred from the outpatient facility to the hospital and received anti-coagulation treatment.

DISCUSSION
This study indicated the need to develop a new post-operative protocol and start a prospective study to assess the risk management in the future care of these patients.

Final recommendations based on results of this study:

- ▶ Adequate patient selection (ASA I or II of the anesthesia risk classification)
- ▶ Use of a hospital or fully certified outpatient facility
- ▶ Experienced O.R. team with board-certified anesthesiologists and Registered Nurses on staff
- ▶ Pre-operative internal medicine consultation is recommended if a volume of more than 6 liters is anticipated.
- ▶ Strict Fluid Management:
 - Foley catheter in all patients
 - Strict balance of input/output
 - Robert's Formula for fluid replacement
 - Warm tumescent fluid to 37° C before infusion
 - Overnight stay for aspirate greater than 5 liters
- ▶ Use of heating devices and warm, humidified, inhaled oxygen
- ▶ Use of antibiotics pre- and post-operatively
- ▶ Close and strict post-op follow-up:
 - Frequent visits
 - Experienced visiting nurses
- ▶ Strict monitoring of body temperature during and after surgery is of paramount importance to prevent significant complications.

CONCLUSION
This study covers the clinical experience of 120 patients considered to be high-risk candidates for abdominoplasty and suction-assisted lipectomy. The authors believe that with careful selection of patients and the technical considerations described herein, these procedures can be performed safely and reliably and can be undertaken by a competent, experienced plastic surgeon.

REFERENCES

1. Umetani T, Ohara H, Miyoshi, O, Ueki Masatos and Hata Y. Toxic Shock Syndrome after Suction Lipectomy. *Plast. Reconstr Surg* 100: 234, July 2000.
2. Talmouran B, and Adham, M. A National Survey of Complications Associated with Suction Lipectomy. *What We Did Then and What We Do Now. Plast. Reconstruct Surg* 100: 1881-1884 April 2000.
3. Pittman, G.H. and Talmouran, B. Suction Lipectomy: Complications and Results by Survey. *Plast. Reconstruct Surg* 79: 65, 1985.
4. Dillard, E. Suction Lipoplasty: A report on Complications, Undesired Results, and Patient Satisfaction Based on 3011 procedures. *Plast. Reconstruct Surg* 88: 239, 1991.
5. Rubrecht, R.J. and Berger, S.J. Is Liposuction Safe? *Plast. Reconstruct Surg* 104: 519, 1995.
6. Flue, C.A., Smith, R. J., and Jackson, I. T. Toxic Shock Syndrome Associated with Suction Assisted Lipectomy. *Aesthetic Plast. Surg* 18: 951, 1984.
7. Groot, E.M. and Meester, E.L. Complications of the Tumescence Formula to Liposuction. *Plast. Reconstruct Surg* 100: 1883, 1995.

OTHER RESEARCH

Developed a new technique for body contouring and buttock enhancement using power-assisted fat grafting, 2009.

Author of “Postoperative Regimen for the Prevention of Thromboembolism after 410 Consecutive Cases.” The Annual Meeting of the American Society of Plastic Surgeons, 2006. This was the first study ever written on the use of anticoagulants for the prevention of blood clots in surgical procedures. Dr. Newall’s research in this area is known around the world and has improved the care of cosmetic surgery patients everywhere. Presented research on Facial Rejuvenation and new procedures for Brow Lifting at the Plastic Surgery Medical Symposium in 1999.

PRESENTATION

Key Note Speaker at the Society of Latin American Plastic Surgeons (SLAPS) in Philadelphia, PA 2004.

Topic: "The Abdominal Etching Technique."

ASAPS Presentations "Keeping your body contouring patients safe: twenty tips to better contouring strategies and safer surgeries"



OTHER NOTABLE SPEAKING ENGAGEMENTS INCLUDE:


Guest Speaker: 18th Congress of the International Society of Aesthetic Plastic Surgery (ISAPS) 2006 meeting,

"A Faster Recovery in Rhytidectomy with a Limited Skin and Extended SMAS Dissection."

Guest Speaker: American Society of Plastic Surgery's 2006 annual meeting on his research regarding "Prevention of Thromboembolism in Large Volume Liposuction and Body Contouring Surgery: Experience with 300 Consecutive Cases in 3 Years."

International Faculty Session: "Breakfast with the Experts." The 17th Congress of the International Society of Aesthetic Plastic Surgery (ISAPS), Houston, TX 2004.

HOW TO SELECT A PLASTIC SURGEON



The anticipation of your new look is very exciting, however, the decision to have plastic surgery is a significant one. Choosing the right plastic surgeon is your first and most important step. Being an informed patient is your best defense. Here are a few steps to help you make a good decision.

STEP 1: CHOOSE A BOARD CERTIFIED PLASTIC SURGEON

There are many different boards out there but the only plastic surgery board recognized by the American Board of Medical Specialties (ABMS) is the American Board of Plastic Surgery (ABPS). Certification by the ABPS is a rigorous process consisting of mandatory 3 years of training in plastic surgery, oral and written examinations, & peer-reviews for safety and ethical standards. Dr. Newall was board certified by the ABPS in 1995.

Membership in the prestigious American Society of Plastic Surgeons (ASPS), and the American Society of Aesthetic Plastic Surgery (ASAPS) are 2 more indicators that a surgeon is in good standings and upholds the high standards for patient care and continuing educations demanded by these societies. Dr. Newall has been a long standing member of both societies.

STEP 2: GATHER INFORMATION & NARROW YOUR SEARCH

The digital age has made it easy to find information about anyone and anything but likewise much of the information out there is inaccurate or misleading. The websites for the ABPS, ASPS and the ASAPS are great places to start. Not only can you find great information on procedures but they all have tools to determine if a surgeon is certified. Another great place to find information is to ask around to trusted friends and physicians. 70% of Dr. Newall's patients are referred to him by other happy patients or fellow physicians.

STEP 3: CONSULTATION EXPERIENCE

Your consultation with your surgeon will tell you a lot. You must feel comfortable with him or her as well as his or her staff. The consultation is the opportunity for your surgeon to discuss with you your goals and options. Don't be afraid to ask him or her for more information about their credentials and level of experience. Dr. Newall has been in practice since 1993 and has performed over 10,000 cases. He will show you numerous before and after photos to help you feel comfortable with his capabilities.

STEP 4: COST

While costs should not be the final factor you base your decision, it is an important consideration. You should first realize that even though you are considering elective surgery it is still surgery. Safety must be your surgeon's highest priority followed by patient satisfaction. You also must be informed of the true cost. Many surgeons will quote you a low fee for their services and fail to inform you of the other expenses associated with surgery. Don't be afraid to ask your surgeon what his quoted fee includes. Are there additional costs for all your follow-up visits? Do you pay the anesthesiologist and the surgery facility separately? Dr. Newall strives to make things simple for his patients by including these costs in his quotes.



INITIAL CONSULTATION



Patricia Moya

Patient Coordinator to Dr. Newall

Patricia has been working alongside Dr. Newall for the last 20 years.

It is my pleasure to introduce you to our practice and guide you through your surgery experience. If you have any questions, please contact me at 713-354-5162 or email me at patty@mybeautifulbody.com



At The Aesthetic Center for Plastic Surgery, our patient coordinators go the extra mile to ensure patients are given the royal treatment. On your initial visit to the practice, Dr. Newall's patient coordinators, Patricia and Maggie, will greet you and introduce you to the practice.

They will begin your consultation by sharing with you Dr. Newall's extensive gallery of before & after images. They will also help answer many of your questions regarding the plastic surgery process and the services Dr. Newall provides. After this initial introduction, Dr. Newall will complete the consultation. He will have a detailed dialogue with you regarding your concerns and goals. He will discuss and explain your options before making a recommendation tailored to your specific case.

It comes as no surprise why our patients are excited about referring their family and friends to Dr. Newall as well.



Maggie Brieva

Assistant Patient Coordinator

With such a high volume of patients coming in to see Dr. Newall, the team welcomed an additional patient coordinator. Maggie has been working alongside Dr. Newall and Patricia guiding patients along their journey.

Please feel free to reach out to me if you have any questions. My direct phone number is 713-354-5191 and my email is maggie@mybeautifulbody.com



THE SURGERY CENTER

The SurgiCentre | 12727 Kimberley Lane, Suite 100, Houston, Texas 77024
Clinic Office | 4400 Post Oak Parkway, Suite 300, Houston, Texas 77027



The Aesthetic Center for Plastic Surgery (ACPS) was founded in 1996 by Dr. Germán Newall, Dr. Henry A. Mentz III, and Dr. Christopher K. Patronella.

ACPS is currently ranked as the largest private plastic surgery center in Texas. The practice surgical facility, the ACPS, is an AAAASF-certified surgical facility. The ACPS exceeds accepted standards for private surgical facilities and is licensed by the Texas Department of Health. The ACPS offers four surgical suites, pre-operative consultation suites, and seven comfortable post-operative recovery suites, all staffed with medical professionals handpicked by our surgeons. We are proud to offer you premier care within the sleek and spacious setting of our private surgery center. Our surgeons adhere to the most stringent safety protocols. From the state-of-the-art equipment in our four operating rooms to our highly trained staff and tranquil recovery rooms, every detail of our surgery center is designed to maximize your comfort and safety.

The ACPS Surgery Center is located at 12727 Kimberley Lane, Suite 100, Houston, TX 77024.

** For our out of town patients, a full list of the hotels is listed in the back of this brochure.*



The offices of The Aesthetic Center for Plastic Surgery are located in the Galleria area of Houston at 4400 Post Oak Parkway, Suite 300 and in the Memorial/Town and Country area of West Houston at 12727 Kimberley Lane, Suite 300.

- Our facility is certified by the Texas Department of Health & the American Association for Accreditation of Ambulatory Surgery Facilities—considered the gold standard in accreditation of free-standing ambulatory surgery centers.
- Board-certified physician anesthesiologists administer anesthesia and monitor patients throughout the entire surgical procedure. They remain available for support throughout your stay. Patients receive 2:1 care from registered nurses and our skilled medical assistants for added support.
- Home Care Visits (within zip code range): A trained medical assistant will provide home care the day after a patient is discharged from our surgery center. This medical professional monitors your condition and provides you and your caretaker with additional support and education for your postoperative care.



POST OPERATIVE EXPERIENCE



Most cosmetic procedures performed by Dr. Newall are outpatient procedures or same-day surgery which means the patient does not require an overnight stay. For patients undergoing more extensive surgery, Dr. Newall may recommend an overnight stay in one of the SurgiCentre's four overnight recovery suites. The SurgiCentre takes no shortcuts when it comes to staffing its overnight facility. We maintain a minimum of one registered nurse every two patients, in addition to other medical professionals on-site as needed.

For our out of town guests and those in-town guests who would rather not recover at home. We have provided a list in the back of the brochure of the hotels near the surgery center and clinic office.

HOME HEALTH CARE

(Eligibility within zip code range)

As a part of our signature "added touch" services we also offer patients a private visit to their home by a certified medical professional the day after surgery. The home health nurse will change your surgical garments and give instructions to your caregiver. This service is provided when recommended by Dr. Newall.

Should you desire long term home care, ACPS can connect patients with options for local home care services.

** Hotel information provided in the back of the brochure.*

PERSPECTIVES
ON BODY
CONTOURING
& BODY
SHAPING
SURGERY



“*Body Contouring for me is not only an anatomical approach but an artistic creation. My Latin background aided me in making curves my utmost ambition. A body without curves is a boring sculpture. Both Liposculpture, Tummy Tuck or the combination of both allows me to redefine anatomical perspectives to create a balanced and proportional body.*”

- Germán Newall, MD

Dr. Newall's experience and advanced techniques in liposuction, and liposculpting make him a very sought after speaker in the area of body contouring. *Some of his publications and presentations on this topic include:*

- “Large Volume Liposuction Safety Guidelines,” Cancun, 1999
- “The Skinny on Liposuction,” Houston, TV Local News, 2000
- “Total Body Contouring,” Houston, TV Univision, 2003
- “Abdominal Etching, The Athletic Abdomen,”
International Society of Aesthetic Plastic Surgeons meeting “Breakfast with the Experts,”
Houston, 2004
- “High Risk Large Volume Liposuction,”
International Society of Aesthetic Plastic Surgeons meeting, Research Poster, Houston, 2004
- “Abdominal Etching, The Ultimate Athletic Look,” Society of Latin American Plastic Surgeons
meeting, Philadelphia, 2004
- “Large Volume Liposuction & Abdominoplasty, Liposuction as an Alternative to Body Lifting,”
visiting professor, Guatemala, 2008
- “Large Volume Liposuction and Thromboembolism,”
American Society of Aesthetic Plastic Surgeons, Orlando, 2006
- “Prevention of Thromboembolism,” speaker, Houston, 2008

BODY CONTOURING

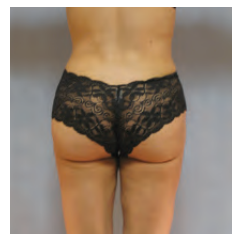
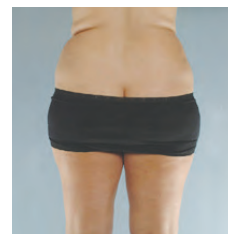
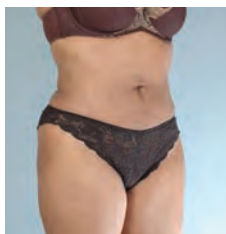
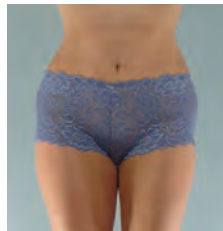
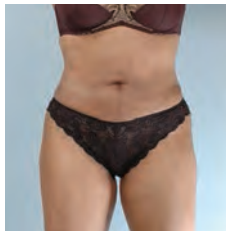
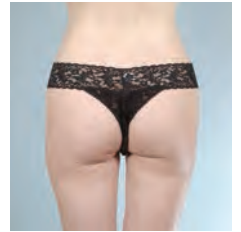
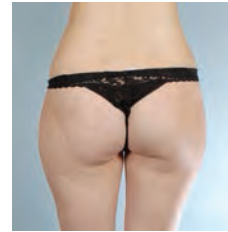
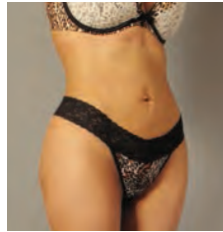
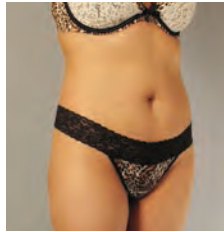
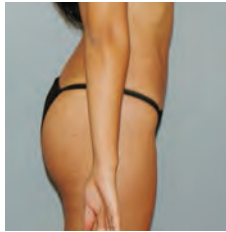
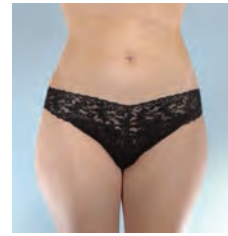
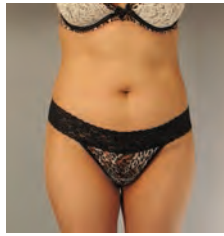
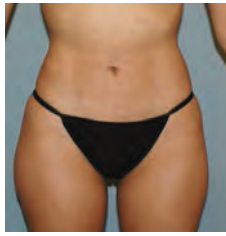
Combination Procedure: Tummy Tuck and Liposuction



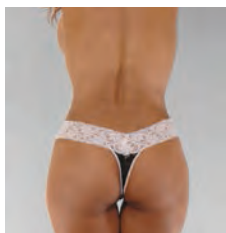
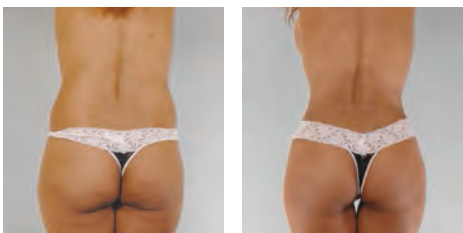
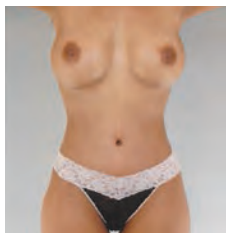
Brazilian Buttock Enhancement



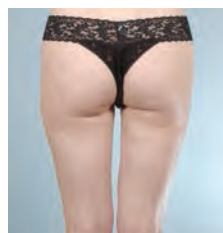
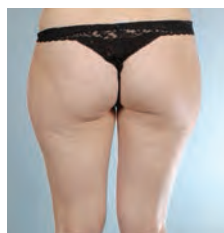
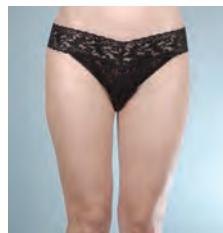
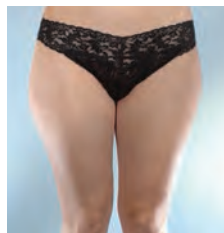
Moderate Volume Liposuction



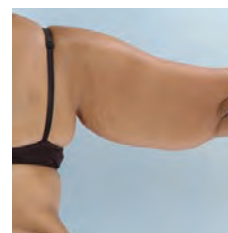
Mommy Makeover



Thigh Liposuction



Arm Lift (Brachioplasty)



Tummy Tuck, Liposuction and Breast Augmentation

PERSPECTIVES
ON BREAST
PROCEDURES



Breast enhancement poses a more challenging dilemma since size is such a subjective issue. Therefore learning and understanding the needs of my patients becomes my highest priority. All other breast procedures including breast lifting, breast reduction and corrective breast surgery, are an extension of the above principle.

- Germán Newall, MD



Having trained with the inventors of breast implants, Dr. Newall is highly specialized in this field. He serves as an advisor and investigator for three breast implant teams including The Ideal Implant clinical research team. He is presently involved in multiple studies regarding issues in implant safety and as well as male gynecomastia.

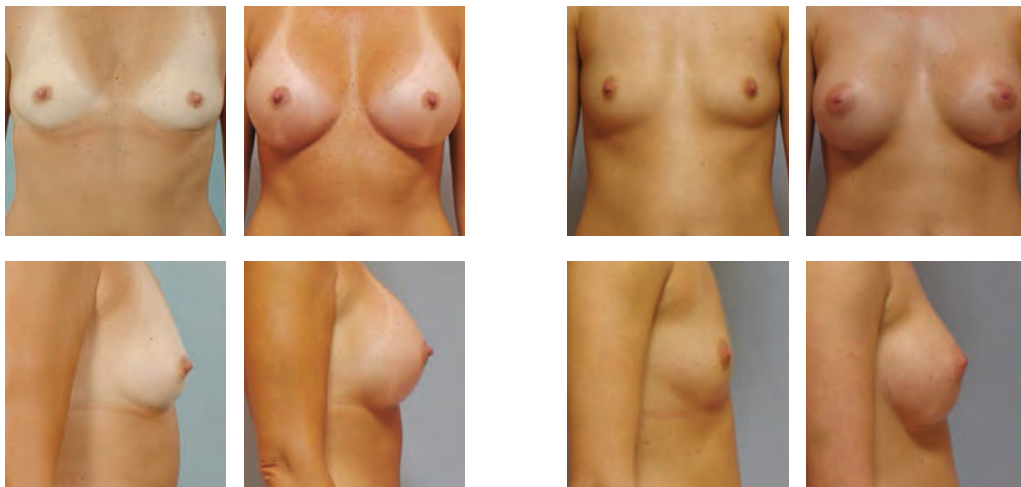
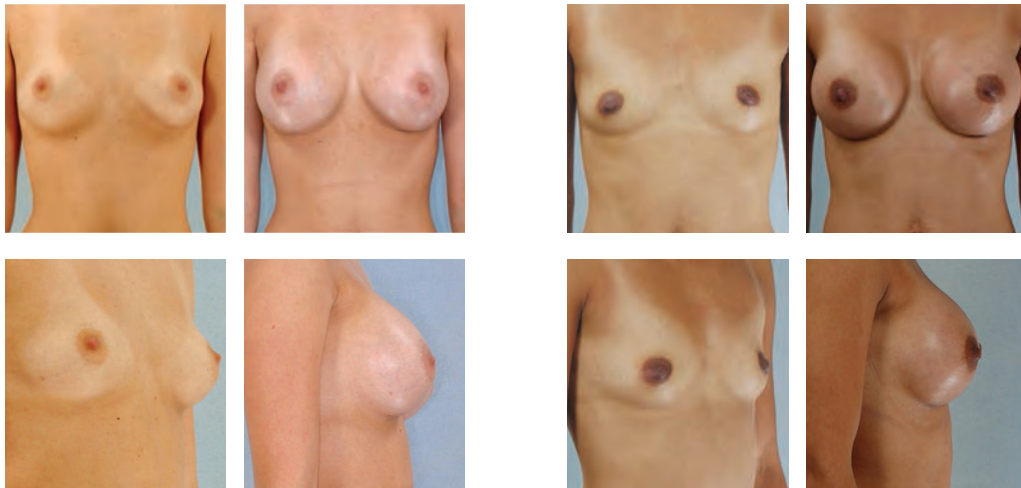
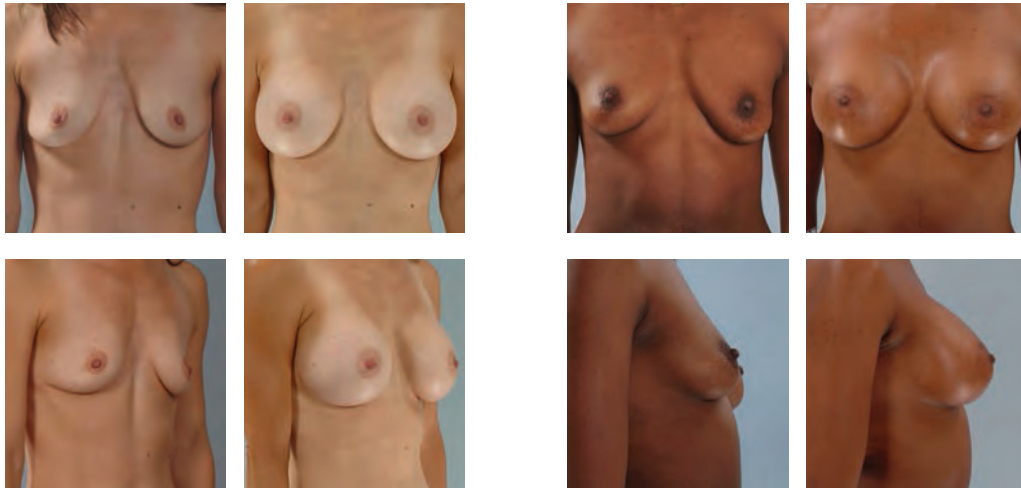
Throughout his career, Dr. Newall has performed more than 4,100 breast augmentations and over 900

breast lifts/reductions. Overall, he is averaging 370 breast procedures every year.

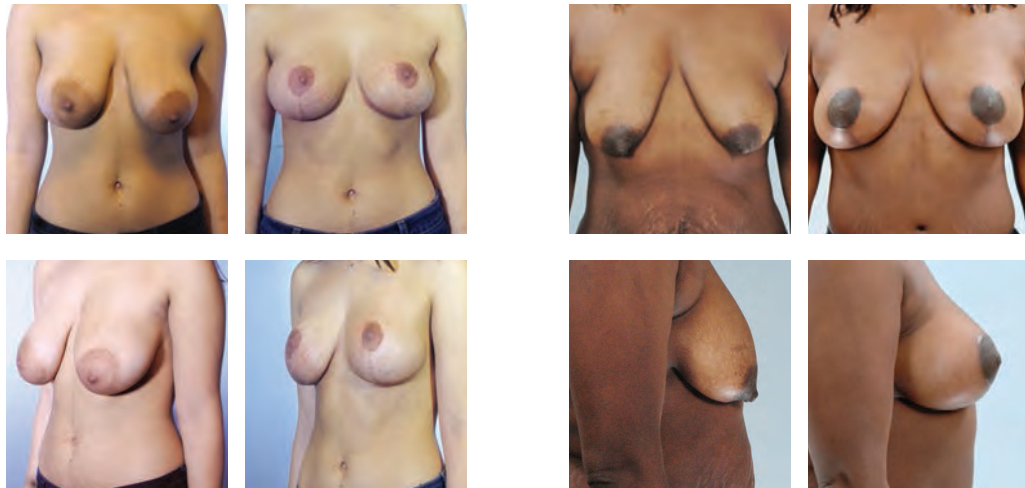
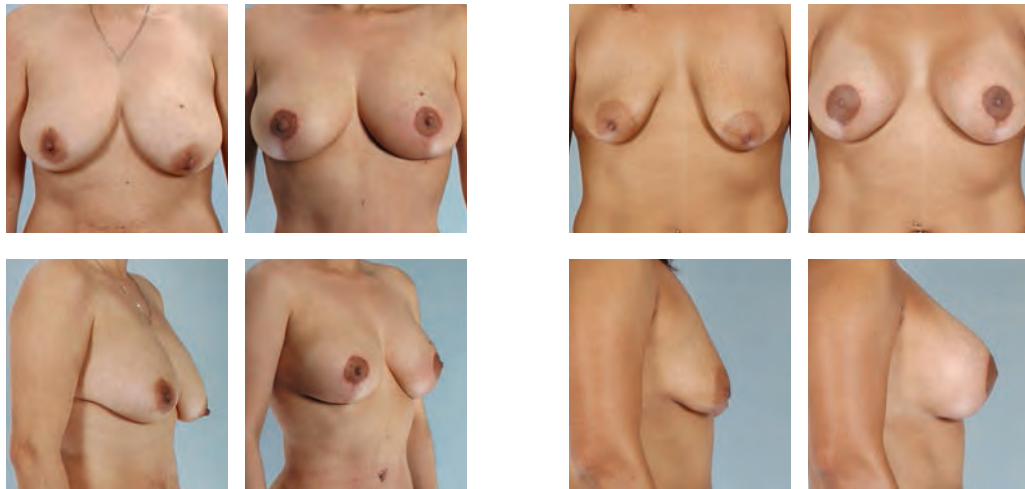
Breast augmentation or enlargement, creates fuller breasts through the use of saline or silicone-filled implants. A breast lift, or mastopexy, can rejuvenate your body's contour by restoring youthful lift and projection to the breasts. Breast reduction allows breasts to be reduced to a size that is more proportionate to the body.

BREAST PROCEDURES

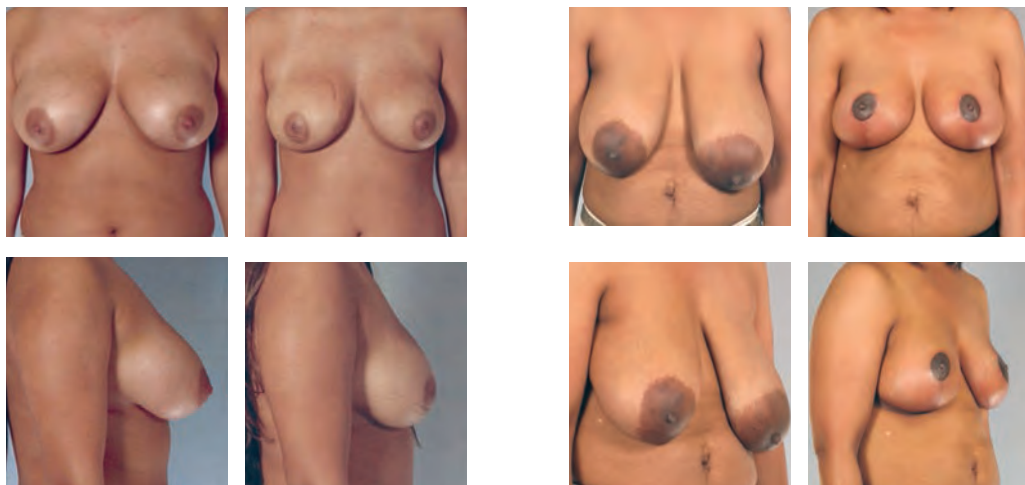
Breast Augmentation



Breast Lifts with Implants



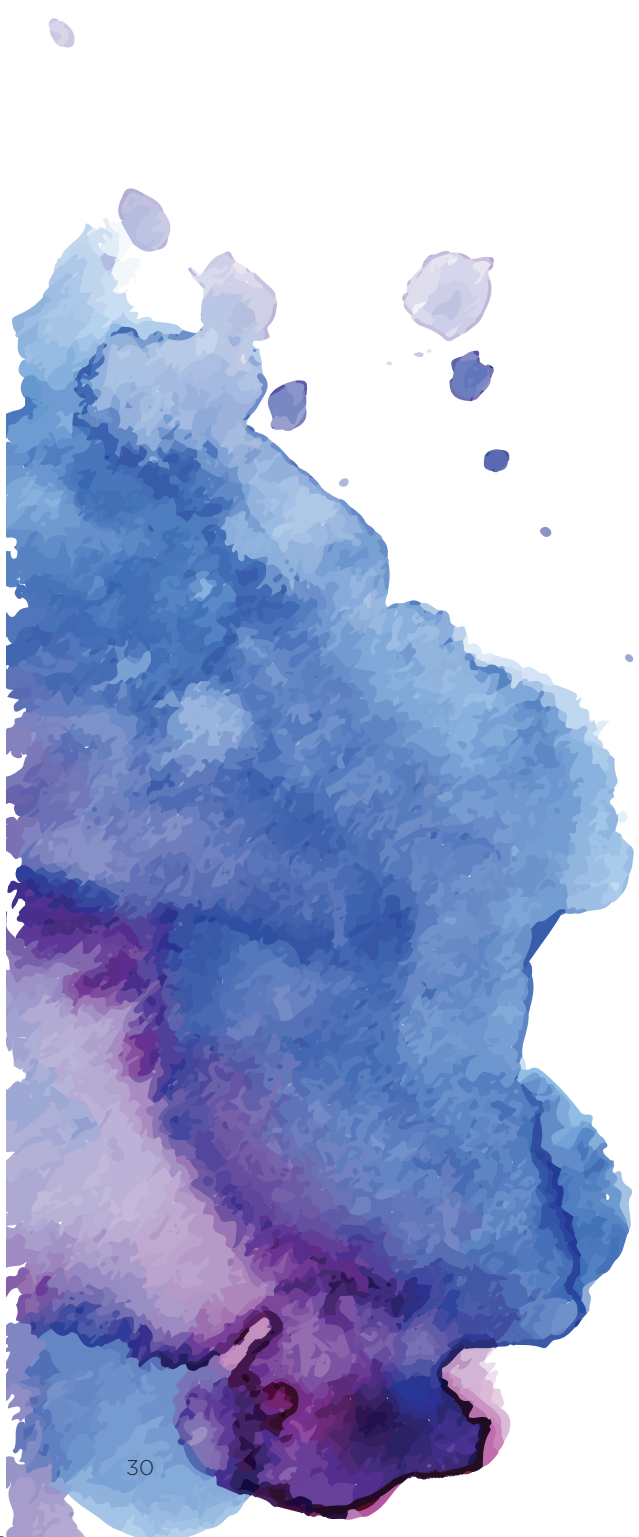
Breast Reduction



No Scar Breast Reduction
Liposuction only

Breast Reduction, Areola Reduction and
Correction of Asymmetry

PERSPECTIVES ON SURGICAL OPTIONS FOR MEN



“My approach to male patients is no different than with women; I listen to their concerns, develop a plan, discuss realistic expectations, then execute the plan to achieve the desired result. In the last 10 years, I have seen a dramatic increase in the number of male patients. Still, some men see plastic surgery as taboo. So I work diligently to achieve the best results, while minimizing the tell-tale signs of surgery.”

- Germán Newall, MD

NEWALL

LIPOSUCTION, TUMMY TUCK, GYNECOMASTIA SURGERY, FACELIFT & BLEPHAROPLASTY

Men seek out plastic surgery for many reasons. Some men believe a more youthful face will help them remain competitive in the workplace. Others long for the physique they once had, while others wish to correct an often debilitating condition known as gynecomastia (male breast overdevelopment). Regardless of the reason, Dr. Newall understands the critical role that physical appearance takes in a man's overall health.

ABDOMINAL ETCHING

This unique procedure is the process of using liposuction to sculpt the abdominal region to give the appearance of the "washboard abs." This highly specialized procedure is not performed by the average plastic surgeon. It takes a superior knowledge of anatomy and an artistic approach to liposculpting to achieve the best results. Dr. Newall's expertise in this very specialized area prompted the International Society of Aesthetic Plastic Surgeons to invite him to speak on the issue of Liposculpture of the Athletic Abdomen during their meetings in Houston and Philadelphia, 2004.



OPTIONS FOR MEN

Advance Abdominal Etching



Moderate Abdominal Etching



Gynecomastia: Correction of Male Enlarged Breast



Gynecomastia and Torso Liposuction

Male Liposuction



Tummy Tuck



Male Facial Procedure



Blepharoplasty with Fat Grafting
Upper and Lower Eyelid Repair

Facelift Necklift

Blepharoplasty
Upper and Lower Eyelid Repair



PERSPECTIVES ON FACIAL REJUVENATION

“My goal in facial rejuvenation is to give a patient a refreshed appearance without changing expression. The so-called Natural Look!”

– Germán Newall, MD



FACELIFT

Dr. Newall's personal approach on facelifting can be described as: maximum rejuvenation with minimal down time. The procedure Dr. Newall has developed is a compilation of several known procedures bundled in a unique systematic approach that can maintain the "natural look" that most people desire.

This unique technique allows for a very early recuperation and minimize unwanted downtime. Dr. Newall's technique is so well received that he was asked to present his technique at the Texas Society of Plastic Surgeons in 2005.

BROWLIFT

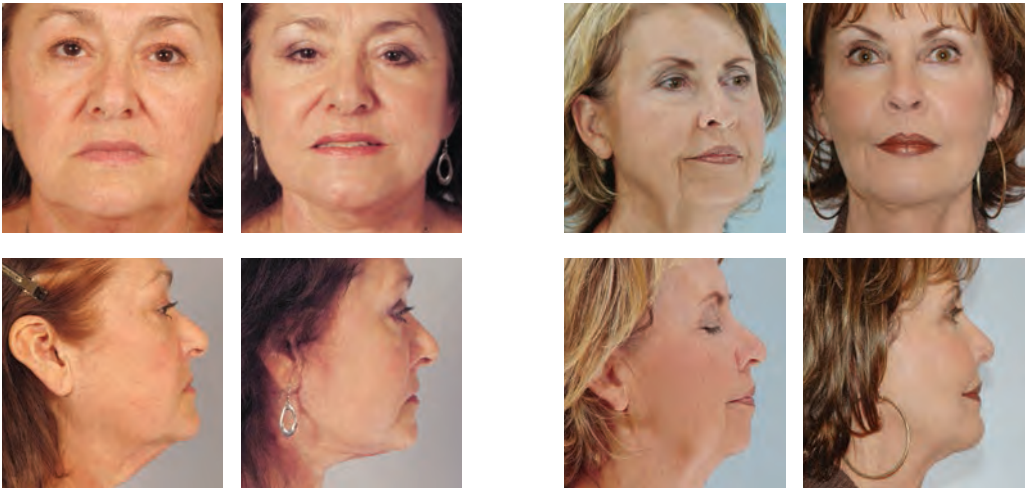
The technique for the Lateral Browlift was pioneered by Dr. Newall in the late '90's to avoid the unwanted "startled look" and maximize lateral brow rejuvenation. Dr. Newall presented the Lateral Browlift procedure at a surgical meeting in Cancun, 1999.

BLEPHAROPLASTY (EYELID SURGERY)

Dr. Newall's approach to eyelid rejuvenation emphasizes minimal scarring with natural results which blend with each individual's needs. His strict attention to detail puts him on the front lines of the 21st Century.

FACIAL REJUVENATION

Facelift



Browlift and Blepharoplasty



Neck Liposuction



Buccal Fat Removal and Neck Liposuction

Rhinoplasty



NON-SURGICAL OPTIONS

Injectables

As we age, the structural layers (skin, fat, muscle and bone) of our face shift, soften and lose fullness, leading to lines, wrinkles, sagging skin and hollowness. Dermal fillers, commonly called injectables are injectable gels, typically made up of hyaluronic acid, that can restore volume and fill in wrinkles. Hyaluronic acid is a natural occurring substance found in your body that provides your skin with elasticity, volume and hydration. We offer a variety of HA fillers that vary in consistency, from thin to thick, that can treat many aging issues.

Allergan

BOTOX® Cosmetic, Juvederm® Collection of Fillers: Ultra, Ultra Plus, Voluma, Vollure, Volbella and Kybella®

Galderma

Dysport®, Restylane® Collection of Fillers: Restylane, Silk, Refyne, Defyne, Lyft and Sculptra

Merz

Belotero®, Radiesse®

Get more from your injectable treatment! Our Brilliant Distinctions® (BD) Program and the ASPIRE® Program help you receive points on some of your favorite treatments and earn rewards for instant savings.

SkinPen®

SkinPen® is a microneedling skin treatment designed to stimulate your skin's natural ability to repair itself and was the first to be cleared by the FDA. This non-invasive treatment can treat fine lines, wrinkles, acne scars, hyperpigmentation (freckles), stretch marks, and other skin texture conditions. Best results are achieved in a Package of 3 treatments.

SkinPen with PRP (Platelet Rich Plasma)

PRP uses your blood's own platelets to stimulate new collagen production and rejuvenate your skin. This plasma contains 30 active proteins and 7 different growth factors which can enhance your SkinPen treatment. This treatment can be used for skin rejuvenation on the face and it can also be placed on the head to help regenerate hair growth. Best results are achieved in a Package of 3 treatments.

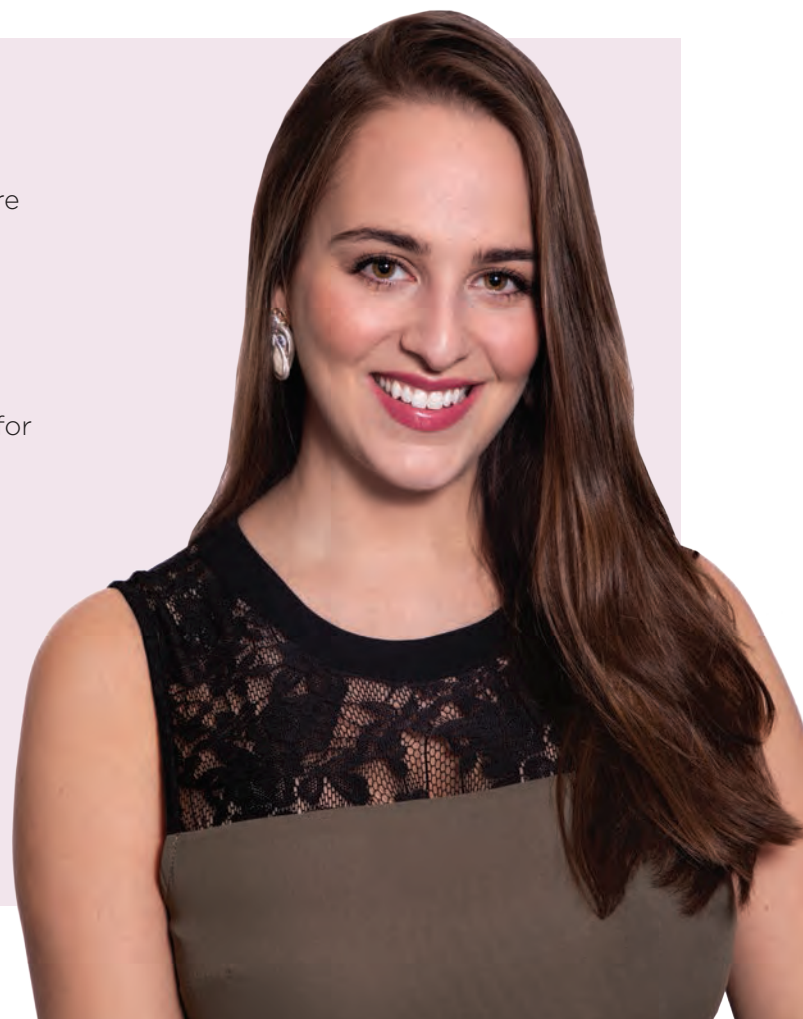
Michi Newall Schloeter, RN

Joined ACPS in 2019

Michi has been a practicing registered nurse since 2016. Before becoming an aesthetic nurse, Michi worked in the O.R. at Memorial Hermann. Michi obtained her Bachelor's degree in Biology from The University of St.Thomas in 2014 and her Bachelor's of Science in Nursing degree at The University of Miami in 2015. She has attended the National Laser Institute for advanced injectables training.

Favorite Procedure: I really enjoy doing SkinPen® with PRP. It makes a big difference in skin texture, and gives the skin a beautiful healthy glow.

Favorite Skincare Product: I love the Alastin® HydraTint Pro Mineral Broad Spectrum Sunscreen SPF 36. This product is light and gives your skin a nice glow while providing the sun protection that you need!





BEAUTY AND SPA SERVICES

ACPS® - THE SPA & REJUVENATION CENTER

Our experienced spa providers offer some of the most advanced non-invasive skin treatments that are customized to your unique needs. From chemical peels, skin tightening treatments to your favorite wrinkles reducers (like BOTOX) we have something for everyone. Let us help you achieve the anti-aging results you are looking for!



Dr. Newall and his partners at ACPS originally developed **The Spa & Rejuvenation Center at ACPS** with the purpose of improving patient care after surgery. It has since grown into an extensive medical spa and offers the following products and services:

POST SURGERY

ThermiSmooth

ThermiSmooth® uses radiofrequency to safely heat the skin. The heat created helps to improve circulation and thereby promotes the reduction of waste materials from normal cellular metabolism in the treated area. Results may vary from patient to patient, but typical results include improved skin elasticity, reduction in swelling and bruising, smoothing of the skin, and a temporary reduction in the appearance of cellulite. Dr. Newall has found the ThermiSmooth® is more effective than lymphatic massage therapy at improving healing times post-surgery and has begun to recommend this to his surgical patients to improve their overall surgical experiences.

ACPS Scar Therapy Kit

We are pleased to offer our patients our unique scar therapy system which can help diminish post surgical scars when used on a daily basis. As an added benefit, the NeoCutis BioCream and SkinMedica Retinol Complex can also be used after scar treatment to regenerate and rejuvenate facial skin, improving its tone and texture.



BODY TREATMENTS

Cellfina™

Cellfina™ is an effective solution to improve cellulite - the dimpled skin that more than 90% of women have on their buttocks and thighs. Cellfina™ is the only FDA-approved minimally-invasive procedure that is clinically proven to improve the appearance of cellulite for noticeable, long-lasting results.

CoolSculpting®

CoolSculpting® is a fat-freezing technology that is a non-surgical, scientifically proven way to reduce pockets of fat in trouble spots such as the abdomen, flanks or under the chin in as little as one session. Patients can expect up to 20-25% reduction in fat layer thickness after a single session. Results are typically seen 2-6 months or more after treatment. We recommend that our patients receive a second treatment roughly 45 days after their first, to further reduce fat in the target area. After your treatment, you may immediately return to your normal activities.

Laser Hair Removal

Laser hair reduction is becoming a popular hair removal treatment among men and women who would like an alternative to shaving and waxing. It can be used to remove unwanted hair from almost any area, including the face, underarms, arms, bikini area, legs, back, and chest. Best results are achieved in a Package of 8 treatments.

miraDry®

miraDry® is a noninvasive treatment that permanently reduces underarm sweat—no downtime required. miraDry® uses thermal energy to create heat in the area where bothersome sweat and odor glands reside and safely eliminates them. Most patients are happy with 1 treatment, but some patients require 2 treatments to achieve optimal results.

SKIN REJUVENATION SERVICES

Forever Young BBL
Fraxel
HALO
Infini RF
Silhouette Instalift
ThermiTight
ThermiVa
Ultherapy



FACIAL TREATMENTS

Dermalinfusion

Dermalinfusion is a cutting-edge, skin perfecting procedure that will improve fine lines and texture, tighten pores, remove oils and blemishes, and give the skin a rejuvenated, healthy glow! This treatment includes gentle exfoliation, suctioning away of excess oils and debris, and infusion of a powerful topical serum deep into the pores. New collagen will be created, and color cosmetics/make-up look even better for weeks afterward. We recommend 1 treatment every 4-6 weeks.

Microdermabrasion Treatment

This standard in skin rejuvenation is a non-invasive process that offers safe and controlled skin abrasion. Medical grade microcrystals are propelled at a high rate of speed across the skin's surface and are then suctioned away and discarded. A microdermabrasion session can be performed in less than an hour and results are seen immediately leaving the skin with a healthy glow. Overtime, repeat treatments can increase cell renewal and stimulate collagen. We recommend 1 treatment a month.

SkinCeuticals & SkinMedica Chemical Peels

Chemical Peels are treatments that remove the top outermost layers of the skin. The top layers depending on how deep the peel is will slough off after a couple days relieving smooth fresh skin. There is varying downtime depending on the type of peel. Best results are achieved in a Package of 3 to 5 treatments.

We proudly offer

SkinCeuticals Micropeel, SkinCeuticals Advanced Corrective Peel, SkinMedica Illuminize Peel, SkinMedica Vitalize Peel & SkinMedica Rejuvenize Peel.

Clear + Brilliant

Clear + Brilliant laser treatment can help prevent the visible signs of aging and address the overall effects time and the environment can have on your skin. Best results are achieved in a Package of 5 treatment.

SKINCARE PRODUCTS

ACPS - The Spa and Rejuvenation Center we only believe in carrying physician-dispensed skin care lines that are proven to help improve the tone and texture of your skin, while restoring and preserving its youthful radiance. Our skincare experts will customize a skincare package unique to your needs. Many women and men choose to use these in conjunction

with one of our skin tightening and facial services for the most dramatic improvement. Below are a list of the brand lines we carry.

Retail Product Lines

SkinMedica, Alastin Skincare, NeoCutis, Revision Skincare, SkinCeuticals and Colorescience.

HOTELS

ACPS - Galleria Office

Hotels Near 4400 Post Oak Parkway, Suite #300, Houston, TX 77027



Hilton Houston Post Oak

2001 Post Oak Blvd
Houston, TX 77056
Hilton.com
(713) 961 - 9300

Houston Marriott West Loop by The Galleria

1750 West Loop S
Houston, TX 77027
Marriott.com
(713) 960 - 0111

The St. Regis Houston **

1919 Briar Oaks Ln.
Houston, TX 77027
Stregishoustonhotel.com
(713) 840 - 7600

Royal Sonesta Hotel Houston

2222 West Loop S
Houston, TX 77027
Sonesta.com
(800) 766 - 3782

Hotel Derek

2525 West Loop S
Houston, TX 77027
Hotelderek.com
(713) 961 - 3000

Extended Stay America Hotel Houston - Galleria - Uptown

2300 West Loop S
Houston, TX 77027
Extendedstayamerica.com
(713) 960 - 9660