



♦ MENTZ ♦

America's First
Triple Board Certified Plastic Surgeon
Henry A. Mentz III, MD, FACS

2023-2024 "AMERICA'S BEST PLASTIC SURGEONS" FOR BREAST AUGMENTATION

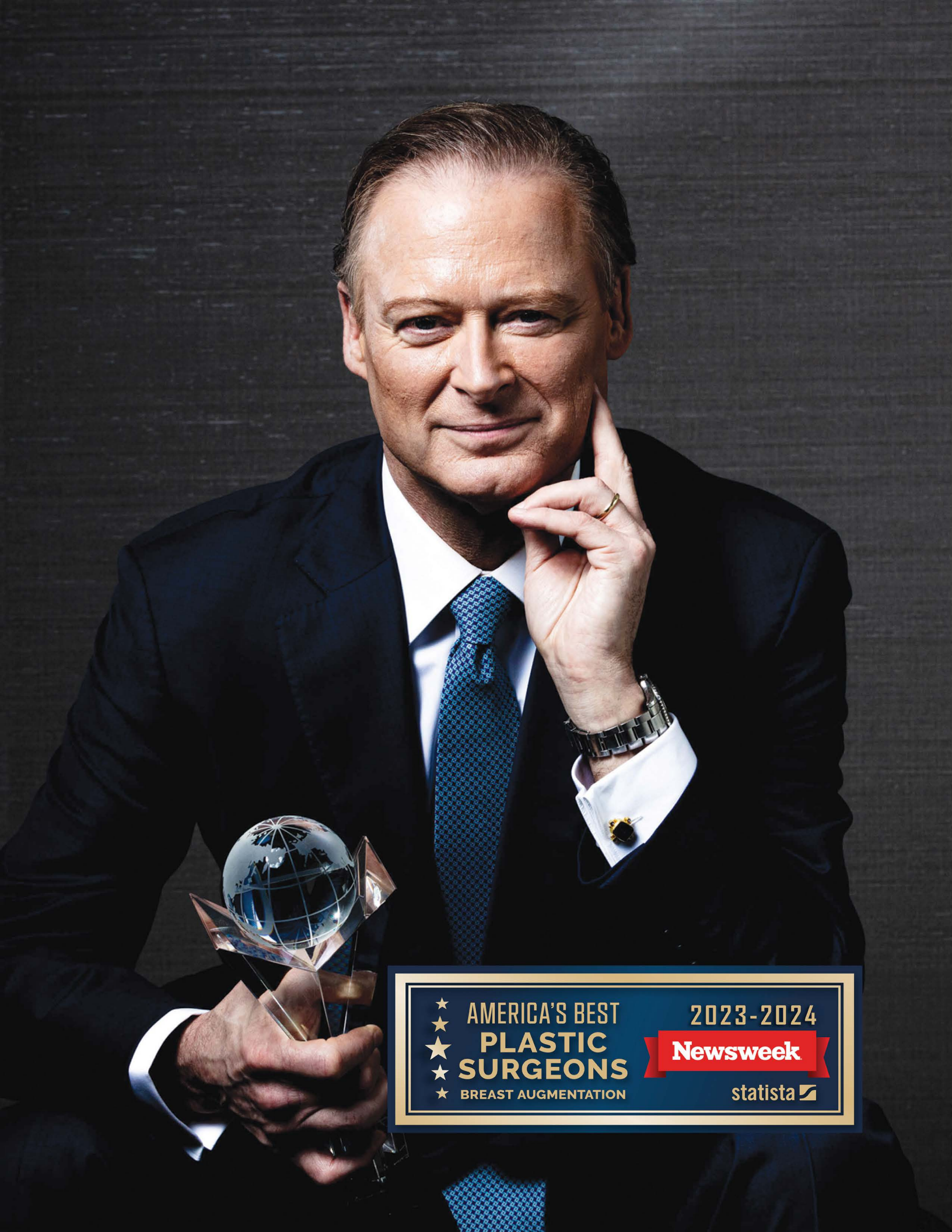
BY NEWSWEEK

A REPUTATION FOR
EXCELLENCE



ACPS
The AESTHETIC CENTER for
PLASTIC SURGERY

A MINDSET FOR
INNOVATION



HENRY A. MENTZ III, MD, FACS

AMERICAN BOARD OF PLASTIC SURGERY
AMERICAN BOARD OF FACIAL PLASTIC SURGERY
AMERICAN BOARD OF OTOLARYNGOLOGY

AWARDED BEST PLASTIC SURGEON OF THE YEAR IN U.S. 2016-2024

BY MEDICAL LIVEWIRE, AI, GLOBAL 100, M+A,
LEADING ADVISER, THE GLOBAL VENTURE

Dr. Mentz has dedicated over 35 years of his career in medicine to the art and science of aesthetic plastic surgery.

When Dr. Mentz was completing his general surgery residency, he recognized that his skill and interest drew him to aesthetic plastic surgery. He enjoyed the attention to detail required in facial surgery and the challenges presented by each case. He decided to pursue cosmetic surgery as a specialty and entered St. Joseph's plastic surgery fellowship in Houston.

At the time, there were few programs in the nation that focused on cosmetic surgery, with St. Joseph being one of the strongest. Dr. Mentz feels fortunate to have learned from the most innovative and experienced aesthetic surgeons in the nation.

After almost three decades in private practice, Dr. Mentz has learned that aesthetic surgery is much more than a physical change. It is about restoring the body, mind and spirit so that patients can approach the next chapter of life with confidence.

Dr. Mentz's goal is to find new ways to make plastic surgery better, safer, and more comfortable for his patients and aesthetic patients everywhere. His expertise in cosmetic surgery and commitment to research has attracted the attention of plastic surgeons and physicians around the world. He has set a standard for pioneering private research and growing a specialized aesthetic practice, with the end purpose of improving the overall experience for each patient.

"IT IS ABOUT RESTORING THE BODY, MIND AND SPIRIT SO THAT PATIENTS CAN APPROACH THE NEXT CHAPTER OF THEIR LIVES WITH CONFIDENCE."

— DR. HENRY MENTZ

CREDENTIALS

TRIPLE BOARD CERTIFICATION

American Board of Otolaryngology, 1990
American Board of Facial Plastic Surgery, 1991
American Board of Plastic Surgery, 1993

PROFESSIONAL ORGANIZATIONS



- American Society of Plastic Surgeons (ASPS)
- American Society for Aesthetic Plastic Surgery (ASAPS)
- American College of Surgeons, Fellow (FACS)
- American Association of Plastic Surgeons (AAPS)
- The Rhinoplasty Society
- Houston Society of Plastic Surgeons
- Texas Medical Association

AWARDS & HONORS

BEST DOCTORS

Every year since 2008, Dr. Mentz has received the prestigious honor of being selected as a “Best Doctor” in plastic surgery. Physicians are chosen through an extensive peer-review process, and they represent the top 5% of physicians across the country. Selection is made by surveying medical professionals.

HOUSTON'S TOP DOCTOR

Dr. Mentz has been recognized as a Top Doc and Top Doc for Women since 2003 by H-Texas® Magazine. Nominations are based on votes from physicians and the general public. Only the top 1-2% of Houston doctors receives this honor.



SUPER DOCTOR

Since 2001, Dr. Mentz has been a consistent nominee for Super Doctor® in Texas Monthly's annual Super Doctors® list. Candidates are selected based upon surveys of physicians, a panel review, and interviews with medical professionals.



NEW BEAUTY EXPERT

NEW BEAUTY selects Dr. Mentz as a Beauty Expert. The magazine prides itself in being the beauty authority. In every issue of New Beauty, the magazine profiles the top beauty experts in the country based on certain criteria.



LEADING PLASTIC SURGEON IN U.S.

Dr. Mentz was named a “leading plastic surgeon in the United States” by Goldline Research. Dr. Mentz's practice was selected from among the more than six thousand plastic surgeons in the nation for providing “outstanding patient service that exceeds the industry standard.”

AMERICA'S BEST PLASTIC SURGEONS

Dr. Mentz has been recognized by **Newsweek** as one of America's Best Plastic Surgeons for multiple categories. To determine winners a national survey was conducted among plastic surgeons, asking them to recommend and rank the best plastic surgeons in their state as well as across the U.S.



HENRY A. MENTZ III, MD, FACS
AMERICA'S FIRST TRIPLE BOARD CERTIFIED PLASTIC SURGEON



Dr. Mentz has earned top 10 honors from *Newsweek*, establishing his reputation as one of America's leading experts in plastic surgery. He consistently ranks as Houston's best Plastic Surgeon for facial rejuvenation.



BREAST AUGMENTATION

WITH IMPLANTS



**PROCEDURE
TIME**
Less than 1 hour

**RECOVERY
TIME**

From a few to 10 days; avoid strenuous activity for a few days to a few weeks

**HOW LONG
IT LASTS**

Many patients go without replacing their implants or having additional procedures.



BREAST AUGMENTATION
This 34-year-old patient underwent a breast augmentation with saline implants to add fullness and projection to her breasts.

WHAT YOU NEED TO KNOW



A common complaint from women of all ages and body types is that they think their breasts are too small. You may have been born with naturally small breasts that lack fat and tissue, or you may have lost volume with time or after pregnancy. Women are often unhappy with their natural breast asymmetries (one breast is smaller than the other), which can also be corrected with surgery.

Before deciding on breast augmentation, it's important that we discuss the overall look you're trying to achieve. Breast augmentation today is all about customizing the procedure to your desired look and body type, as opposed to just giving you bigger breasts.

We will make decisions together regarding which size, type of implant and placement is best for you based on your needs and wants, as well as your breast measurements. To get a feel for how you may look after surgery, you can place different sized implants in your bra. This is a good way of estimating what you may look like with larger breasts before committing to surgery.

WHAT TO EXPECT

Breast augmentation surgery is done under general anesthesia; you should be able to return home the same day. You may experience some bruising and swelling, and some doctors recommend wearing a compression garment to help with healing. Most scars fade within four to six weeks and your breast shape will start to settle within weeks—although it may take six months to a year to see the final results.

“BREAST AUGMENTATION IS ONE WAY TO IMPROVE THE FULLNESS AND PROJECTION OF YOUR BREASTS, RESULTING IN A WELL-PROPORTIONED APPEARANCE.”

- DR. MENTZ



Do you wish your breasts were bigger?



Do you want fuller breasts?



WHAT CAN HAPPEN IF YOU GO TOO LARGE

Not every body is built to accommodate large implants, which is why there is a risk of longterm problems like tissue, fat and muscle thinning, pressure atrophy and stretch marks.

YOUR IMPLANT OPTIONS

Breast implants are measured in ccs—the higher the number, the larger the implant. About every 150 to 200 ccs equates to an increase of approximately one to one-and-a-half cup sizes. (To determine the ideal implant size for you, the width of your breast and tissue needs to be taken into consideration.)

CHOOSE YOUR FILLER TYPE



SALINE

These implants rely on saline (saltwater) and are filled at the time of surgery via a small incision that results in a small scar.

THE PROS: If a leak occurs, the saline filler is absorbed
THE CONS: Tend not to feel as natural and may ripple



SILICONE

Prefilled silicone implants contain cohesive gel that helps prevent the silicone from migrating.

THE PROS: Feel and look more natural, less rippling
THE CONS: They require longer incisions (2 to 2½ inches) to be made

CHOOSE YOUR SHAPE



ROUND

Gives ample volume at the top

Round implants provide the upper breast with the most volume.

THE PROS: Give the upper breast fullness and cleavage; won't rotate
THE CONS: May wrinkle or ripple



CHOOSE YOUR PLACEMENT



SUBMUSCULAR

Placed under the pectoral muscle.

THE PROS: The implant edges are often less noticeable
THE CONS: The recovery period can be harder



SUBMAMMARY/SUBFASCIAL

Placed behind the breast tissue, and on top of the pectoral muscle (aka subglandular placement).

THE PROS: The breast will not become misshapen
THE CONS: Implants may be more visible in thin women or those with less breast tissue

CHOOSE YOUR INCISION



IN THE BREAST FOLD

The easiest incision to make and provides symmetry.

THE PROS: Allows for precise placement of the implant and minimal tissue disruption. If you need revision surgery in the future, your existing scar can be used.
THE CONS: Your scar may be more visible



PERIAREOLAR

A small incision around the nipple that heals well.

THE PROS: The scar usually blends into the color transition of your areola
THE CONS: If you have small areolas, you may not be a candidate. Although not common, breast ducts can scar

CHOOSE YOUR PROFILE



LOW PROFILE

Minimal projection

Gives a small amount of projection so the breasts don't stick out that much from the chest.

THE PROS: Good for wide chests
THE CONS: Less projection



MODERATE PROFILE

Universally flattering

Slightly tapered with projection that's between a low-profile implant and a high-profile implant.

THE PROS: Doesn't create excessive width on the side
THE CONS: Can ripple and put pressure on the breast tissue



HIGH PROFILE

Maximum projection

These give ample projection and fullness because of their narrow width and small base.

THE PROS: Give good cleavage and some lift
THE CONS: Firmer feeling



CAN I GET CLEAVAGE FROM A BREAST LIFT?

Cleavage, in general, depends on the width of your sternum and shape of your chest wall. However, a breast lift can restore upper breast fullness that can help create cleavage, providing you have ample volume in the lower part of your breasts. If you don't have enough volume, a small implant can create fullness. To avoid the look of bony, widely-spaced cleavage, it's important to take your natural breast width into consideration—typically these measurements will determine your best option. Keep in mind that even with a breast augmentation or lift, you may still need to wear a bra that pushes your breasts up and together to achieve the cleavage you really want.

—
Do you want to re-elevate your nipples?

—
Do your breasts feel droopy?



BREAST LIFT
This 40-year-old patient had a breast lift, giving her a more uplifted and youthful appearance.

WHAT YOU NEED TO KNOW



A breast lift (also known as mastopexy) is the only way to reposition your breasts, and can typically be done using short-scar techniques, so that your scars are smaller and less noticeable. The goal of this procedure is to elevate your nipples and areola higher on your breast mound, as well as tighten any loose skin.

On the day of surgery, I will mark on your breasts where your incisions will be made before general anesthesia is administered. During the procedure, I will make one of three incisions, depending on the degree of excess skin and how much lifting needs to be done. I will lift and reshape the tissue to give you your desired look.

WHAT TO EXPECT

When you wake from surgery, your breasts will feel firm and swollen. Their new shape and position will be immediately visible and your new look will become more apparent over the following weeks. Avoid exercising for the first two weeks after surgery and don't perform any overhead or upper-body exercises until you are given the go ahead from your doctor.

BREAST LIFT WITH IMPLANTS



A breast lift will elevate and reshape your breasts, but it will not add volume. If you feel that you want to increase the size of your breasts as well as adjust their position, you can add implants for a fully rejuvenated look. This may be the best option for you if your breasts are both deflated and saggy.

After pregnancy, many women lose fullness in their breasts. If you want to restore your breasts to their pre-baby size, shape and position, then a breast lift with implants should be considered. I always explain to my patients what the different results are when we do a breast lift with implants, or a breast lift with fat transfer.

BREAST LIFT

PROCEDURE TIME

1-2 hours



RECOVERY TIME

7 to 14 days

HOW LONG IT LAST

Several years

“A BREAST LIFT IS THE MOST EFFECTIVE SURGERY FOR RESTORING THE BREASTS BACK TO A MORE YOUTHFUL SHAPE AND HEIGHT.”

- DR. MENTZ

“ABSORBABLE MESH THE ‘INTERNAL BRA’ MAY CREATE A MORE DURABLE LIFT.”

- DR. MENTZ

BREAST REDUCTION

“BREAST REDUCTION NOT ONLY IMPROVES THE SHAPE OF THE BREASTS, BUT ALSO IMPROVES SELF-CONFIDENCE AND RELIEVES THE PHYSICAL DISCOMFORT THAT CAN RESULT FROM HAVING LARGE BREASTS.”

- DR. MENTZ

Do your breasts feel heavy and give you back pain?

Is it hard to shop for bras and clothes that fit your breasts?



PROCEDURE TIME
1-2 hours

RECOVERY TIME

One week to return to work; four to six weeks to resume strenuous activity

WHAT YOU NEED TO KNOW



Whether you choose to make a dramatic change, and reduce your bra size by a few cups, or you're just looking to go a bit smaller, breast reduction surgery offers you the best results for those who have big, heavy breasts. Keep in mind that once the surgery has been performed, the only way you can make your breasts larger (should you decide to) is with implants.

I perform this surgery for both physical relief and cosmetic improvement. During the procedure, I make an incision around the areola, down the front of your breasts and in the mammary crease. Excess fat, tissue and skin are removed and the tissue will be reshaped. The nipple is repositioned while it remains connected to its original blood and nerve supply.

WHAT TO EXPECT

Even though there will be some swelling and you'll need to wear a support bra, you'll be able to see a difference immediately after surgery. Take it easy during the first two to three weeks and allow your body the time it needs to heal. The scars will be permanent but will fade with time (this often depends on genetics).

BEFORE



BREAST REDUCTION

This 45-year-old mother of two had a breast reduction to help relieve neck, back and shoulder pain caused by her large and heavy breasts.

AFTER



BEFORE



BREAST REDUCTION

Breast reduction surgery helped correct the size and shape of this 30-year-old patient's breasts, giving her a more balanced look.

AFTER



MOTIVATED BY YOUR HEALTH. DRIVEN BY FEMTECH.

Nothing is more important than you. That’s why more than two decades ago, Motiva® by Establishment Labs® transformed the industry by putting women’s health first.

Focused on breast aesthetics and reconstruction, Establishment Labs® is a firstof-its-kind medical technology company dedicated to innovation, safety and technology. Pioneering a revolution in Femtech, Establishment Labs® is constantly committed to patient health and satisfaction. It’s dedication to you, on overdrive.

MOTIVATED BY A STANDARD OF GLOBAL EXCELLENCE

14+

Years of
worldwide
innovation²

86+

Countries where
devices have been
approved²

~4M

Devices* in
market globally²

Actual Motiva® Patient

* This includes breast implants and breast tissue expanders worldwide.

MOTIVATED BY THE SMOOTHSILK® DIFFERENCE

Only Motiva Implants® have SmoothSilk®, a unique surface designed for enhanced biocompatibility, to improve the body’s response to your implants⁸. Compared to other implants*, the SmoothSilk® surface was scientifically shown to have the least amount of inflammation⁸ and low bacterial attachment^{9,10}, helping the tissue around the implant to stay soft⁸.

THE BENEFITS OF SMOOTHSILK®



SOFT BREASTS^{1,4}



0.5% CAPSULAR CONTRACTURE RATES¹
(when the scar tissue surrounding the implant tightens or hardens)



No reported primary device-related incidence of BIA-ALCL²
(cancer of the immune system)



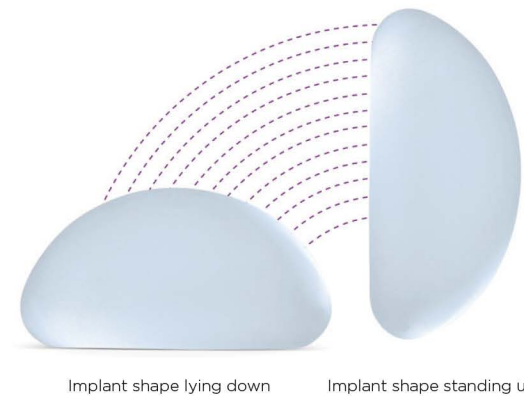
*Surfaces studied included the following competitors’ implants:
Mentor Smooth Round, Mentor MemoryGel, Allergan Microcell and Allergan Biocell

MOTIVATED BY NEXT LEVEL DESIGN

TRUEMONOBLOC® - SMOOTHSILK® ROUND



The Motiva SmoothSilk® Round implant features TrueMonobloc® technology with a unique SmoothSilk® shell designed to perfectly match the ProgressiveGel PLUS®. This gel is highly cohesive and is designed to keep its shape regardless of movement or body position^{4,5}



Implant shape lying down

Implant shape standing up

ProgressiveGel PLUS®

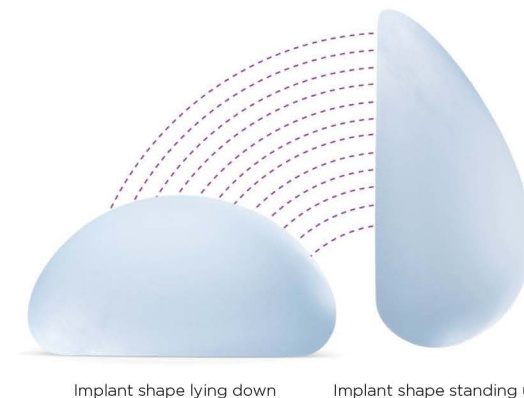


Retains shape regardless of movement.

TRUEMONOBLOC® - SMOOTHSILK ERGONOMIX®



The Motiva SmoothSilk Ergonomix® implant features TrueMonobloc® technology with a unique SmoothSilk® shell designed to perfectly match the ProgressiveGel ULTIMA®. This gel is highly cohesive and viscoelastic and is designed to adapt its shape depending on movement and body position^{4,5}



Implant shape lying down

Implant shape standing u

ProgressiveGel ULTIMA®



Follows ergonomic principles by adapting to gravitational changes in movement.

MOTIVATED BY THE PERFECT PAIR

Every person is unique, and Motiva® is committed to providing options designed to fit your aesthetic goals.

Motiva SmoothSilk® Round

Provides increased upper pole fullness and softness^{3,4,5}. The shape of the implant keeps its round, full form regardless of whether you're standing up or lying down.



Scan to see how each implant adjusts to changes in position

Motiva SmoothSilk Ergonomix®

Realistically mimics the look, feel and movement of a natural breast^{4,5,6}. Ergonomix® implants are unique to the implant market, as they can adapt shape as your body changes positions, showcasing a round shape when lying down and a teardrop shape when standing up.^{4,5,6} This breakthrough implant is designed to be inserted through a small incision⁷ and minimize scarring.



Scan to see how each implant adjusts to changes in position

WHETHER YOU'RE LOOKING FOR A SUBTLE CHANGE
OR A MORE DRAMATIC LOOK,
THERE'S A FULLNESS FIT JUST FOR YOU.



MINI
minimal fullness



DEMI
mid-level fullness



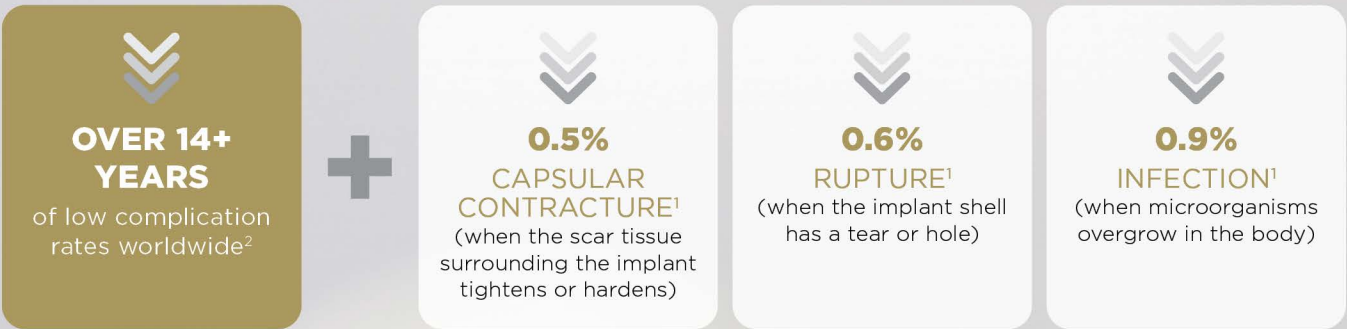
FULL
maximum fullness

MOTIVATED BY UNMATCHED SAFETY¹ & SATISFACTION

Satisfaction at an Industry High



Safety Above Industry Standards



* Primary Augmentation Cohort, 3-Year CORE Study

MOTIVATED BY PEACE OF MIND

Because your safety and peace of mind are always our priority, the Motiva® Health Program isn't just a warranty, it's a program designed to support your breast health journey.

MOTIVA® HEALTH PROGRAM – COMPLIMENTARY*

LIFETIME

- **FREE** implant replacement for rupture & \$3,500 financial assistance (10 yr)
- **FREE** implant replacement BIA-ALCL & \$7,500 financial assistance

10 YEAR

- **FREE** implant replacement for complications of capsular contracture (Baker Grade III/IV) & \$2,000 financial assistance
- **FREE** implant replacement for late forming seroma and double capsule

MOTIVA® HEALTH PROGRAM PLUS – \$250**

LIFETIME

- **FREE** implant replacement for late forming seroma and double capsule & \$3,500 financial assistance (2 yr)
- **FREE** implant replacement for rupture & \$5,000 financial assistance (10 yr)
- **FREE** implant replacement BIA-ALCL & \$15,000 financial assistance*** (10 yr)

10 YEAR

- **FREE** implant replacement for complications of capsular contracture (Baker Grade III/IV) & \$2,500 (5 yr)

FEMTECH FREEDOM

We are excited for you to experience the benefits of your Motiva Implants® and are confident you'll love them. Your satisfaction is important to us, so as part of the Motiva® Health Program Plus, if you find that implants aren't the perfect fit for you, we are proud to offer an additional program credit of up to \$2,500 for up to 2 years towards your explant procedure.



Scan to learn more about our Motiva Health Program options and enroll today

* It is recommended that all patients should register within 90 days of surgery. Subject to the full program Ts & Cs at www.motivausa.com
** Registration and payment will be required to be eligible for the Motiva® Health Program Plus. Subject to the full program Ts & Cs at www.motivausa.com
*** Coverage will be \$7,500 after 10 years

MY LOCATIONS

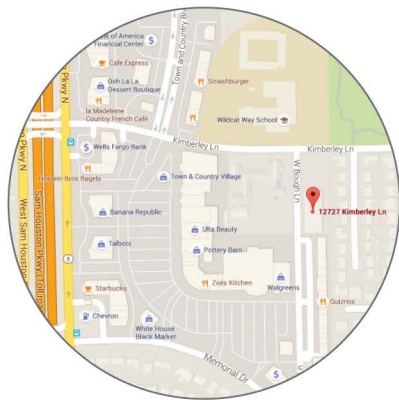


CLINIC OFFICE

4400 POST OAK PARKWAY, SUITE 300 • HOUSTON, TX 77027

Dr. Mentz’s Post Oak Parkway office is conveniently located between the Galleria and River Oaks. This is where you will meet Dr. Mentz for your initial consultation appointment and where you will come for all appointments other than surgery.

You may park in the parking garage on San Felipe across the street from St. Regis Hotel. On the third level of the garage you will find a skybridge to the main building lobby. The elevators to the right will take you to our offices on the 3rd floor.



ACPS SURGICENTRE

12727 KIMBERLEY LANE, SUITE 100 • HOUSTON, TX 77024

Dr. Mentz’s private surgery center is located in Memorial City, near the intersection of I-10 and the Sam Houston Tollway. You will only visit this location for your surgery. All other appointments will take place at the Post Oak Parkway location.

Our Surgery Center is licensed by the Texas Department of Health and has received the highest certification possible from The American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF).



ALEXIS ROSALES
*Marketing Director & Patient Liaison of
Henry A. Mentz III, MD, FACS*

Alexis is our marketing director and patient liaison– she serves as a key point of contact between patients and the team. Her main focus is ensuring patients have a great experience and making sure patients are up to date and educated throughout all our media platforms. During your follow up appointments, she may come introduce herself and ask if you’d like to share your experience.

GET SOCIAL WITH DR. MENTZ

SCAN BELOW TO STAY CONNECTED



www.drmentz.com



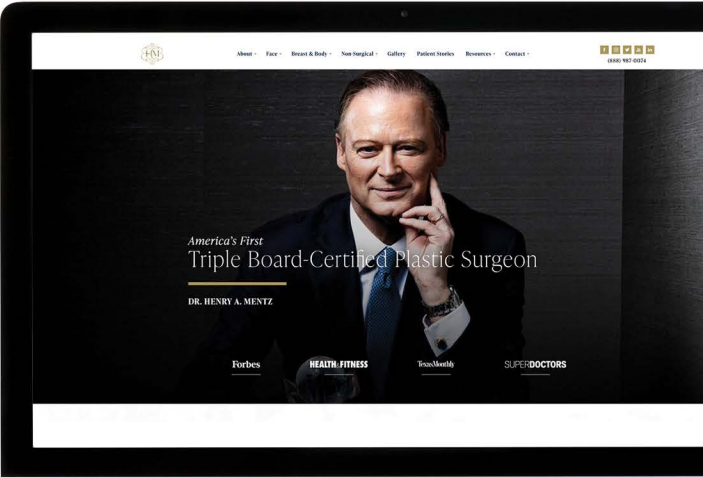
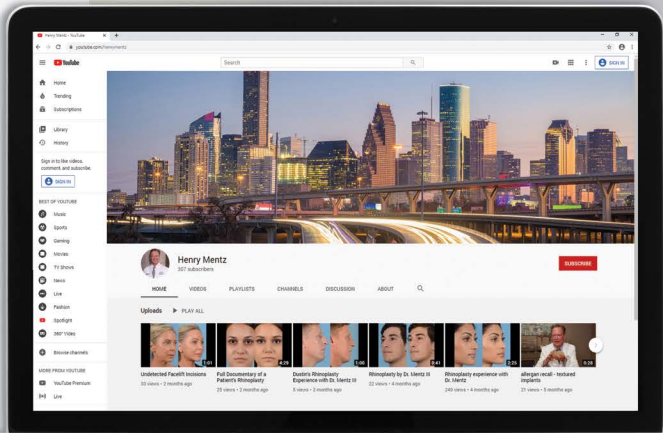
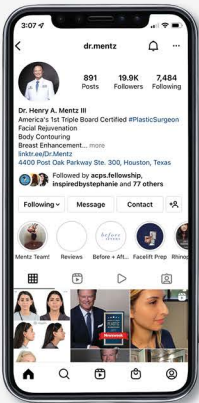
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youtube.com/drmentz



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