



♦ MENTZ ♦

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

2021-2022 "AMERICA'S BEST PLASTIC SURGEONS" FOR RHINOPLASTY

BY NEWSWEEK

ACPS
The AESTHETIC CENTER for
PLASTIC SURGERY

HENRY A. MENTZ III, MD, FACS

HOUSTON'S ONLY MEMBER OF AMERICA'S EXCLUSIVE RHINOPLASTY SOCIETY

A REPUTATION FOR
EXCELLENCE



A MINDSET FOR
INNOVATION



AMERICA'S BEST
**PLASTIC
SURGEONS**

RANKED HOUSTON'S BEST FOR RHINOPLASTY

US TOP 20

Newsweek

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. 2016-2022

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

INITIAL CONSULTATION

Comprehensive, patient-centric care has always been a top priority for Dr. Mentz. From the moment you begin your aesthetic journey with us, we want you to be well-informed of your options — both surgical and non-surgical. This way you're able to make an educated decision based on your specific goals, needs, and expectations.

During your initial consultation, you will meet with Dr. Mentz in person and one of his patient coordinators — Stephanie Wilcox or Jasmine Gallo.

The patient coordinators will introduce you to the practice, guide you through your consultation, and ensure you are educated and well prepared for your procedure.

Our goal is for you to obtain the most out of your visit. We encourage you to be open and honest about your desired appearance and why you are interested in cosmetic surgery. Together we will define a plan that provides the safest and most natural results.

WHAT TO EXPECT ON YOUR FIRST VISIT

Dr. Mentz will use VECTRA, an advanced 3D computer imaging, during your consultation. A series of digital photos will be taken of your face. These photos can then be altered, step by step, with a specialized pen and pad. You will be deeply involved in making the decision about the look you want, and to see how it will look on your face. This system is an important aspect of our practice, as we are committed to achieving outstanding results – and

this high-tech system aids us to fully understand the changes you envision.

While no computer image is 100 percent accurate in perfectly matching the final real-world results, this system is extremely helpful in planning a customized surgical procedure to meet your expectations, and gives Dr. Mentz a comprehensive understanding of your desires.



MEET OUR CONCIERGE TEAM



Stephanie

Patient Care Coordinator

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Direct: 713.354.5163

Text: 832.982.7591

Jasmine

Patient Care Coordinator

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Text: 832.982.7530



Marjorie

Medical Clearance Coordinator

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Nadia

Physician Assistant

Nadia@drmentz.com

Post Surgery Medical
Emergencies



We promise to provide you with respect, compassion, and kindness. We will be professional and caring with your health and well being throughout your surgical journey.

To educate and inform you of your procedure, so you have a full understanding of pre-operative needs and post operative goals.

To care for you using the most advanced techniques and technology that will provide the best, most natural results in our state of the art facility. We lead and attend training seminars annually in all areas of Plastic Surgery.

To maintain the most stringent, uncompromised, safety protocols for your surgery exemplified by our aaaasf certified facility and board-certified MD Anesthesiologist.



REFINE AND ENHANCE

Dr. Mentz is an internationally recognized and renowned physician who is America's First Triple Board-Certified in Plastic Surgery, Facial Plastic Surgery, and Head and Neck Surgery (Otolaryngology), giving him an elite insight into nasal anatomy. His precision and meticulous attention to detail combined with a sophisticated sense of artistry produce results that are highly personalized, natural-looking, and elegant.

RHINOPLASTY

Rhinoplasty, otherwise known as a nose job, is a surgical procedure in which a patient's nose is reshaped. The reshaping may be performed for necessary medical reasons to correct breathing issues, or merely to improve the overall appearance of the nose for aesthetic purposes. A rhinoplasty procedure will differ according to each patient's specific situation.

WHAT CAN A RHINOPLASTY CORRECT

- An overly large or disproportionate nose
- A nose that is too wide
- A bump on the bridge of the nose
- A large, bulbous, upturned, or drooping nasal tip
- Excessively flared nostrils
- A crooked or off-center nose
- Asymmetry due to a previous injury
- Breathing problems





TYPES OF RHINOPLASTY

REVISION RHINOPLASTY

Revision rhinoplasty is about restoring form and function to correct aesthetic and functional complications from one or more prior rhinoplasties, or to correct less than ideal results from previous nasal surgery.

ETHNIC RHINOPLASTY

Ethnic rhinoplasty is a surgical procedure that is performed to correct what you dislike about your nose, while preserving its cultural characteristics. Because noses look different from background to background (including Asian, African-American, Middle Eastern, Latino, etc.), factors such as skin thickness, bone density, nostril size and placement, and nasal bridge length must be considered when performing this highly customized surgery.

TEENAGE RHINOPLASTY

By surgically altering the nose structure to ensure optimal facial balance, proportionality, and symmetry, a teenage rhinoplasty can empower younger patients to sail through these turbulent years without feeling self-conscious of their nose.

FUNCTIONAL RHINOPLASTY/SEPTOPLASTY

Functional rhinoplasty, also known as a septorhinoplasty, corrects abnormalities that obstruct nasal breathing. By correcting these problems, functional rhinoplasty helps patients breathe much more easily, thereby enhancing quality of life. These issues can be due to a birth defect, a deformity that has developed, an injury that has occurred, or trauma to the nose. Symptoms may include:

- Impaired breathing
- Nasal congestion
- Reduced sense of smell
- Dry mouth
- Nasal drip
- Chronic sinus infections
- Sinus pressure headaches
- Severe nosebleeds



DR. MENTZ SURGICAL TECHNIQUE

Your Rhinoplasty procedure is performed on an outpatient basis at our state-of-the-art, AAAASF certified surgical facility. Depending on how complex the surgery is, Dr. Mentz will take an open or closed approach to a Rhinoplasty.

The open approach is considered to be a more invasive surgery that is better suited to those with larger noses, as well as to those with severely asymmetrical or crooked nasal bridges and nasal tips. During this procedure, an incision is made across the narrow strip of tissue that is between the nostrils. This allows perfect visualization of the nasal tip cartilage for contouring.

The closed approach, on the other hand, is better suited to patient's with smaller, more symmetrical noses; typically "closed" rhinoplasties reshape the tip of the nose, shorten the nose's length, and shave down the dorsal humps. Unlike open, the closed technique hides incisions within the nostrils.

Through the incisions, Dr. Mentz will re-shape the bone and cartilage in order to resculpt the appearance of the nose. He may alter the position of bones to make it look narrower or straighter, or he may build up some areas by using bone or cartilage from the nose or other areas of the body. The skin and tissues are then reshaped over the new nasal structure.

The closed technique leaves no scars at all, while the open technique does leave a scar, but is virtually undetectable.

Dr. Mentz can improve and refine the shape and proportion of the nose to provide a better balance between facial features. Whether you're bothered by a bump, drooping nasal tip, or the shape and size of your nostrils, Dr. Mentz provides the best Rhinoplasty in Houston and has extensive training and experience to deliver a more harmonious aesthetic form to the nose through a rhinoplasty.

RHINOPLASTY RECOVERY AND WHAT TO EXPECT

Rhinoplasty recovery is a gradual process. It could take up to a year before your final results are fully evident.

Swelling and bruising can be substantial and take a considerable amount of time to resolve. Your nose will continue undergoing changes for months as it settles into its new shape.

Throughout the healing process we utilize minor in office treatments such as steroid injections to help decrease swelling and to speed up or enhance recovery. Dr. Mentz and Nadia, his PA, will assess your recovery on an ongoing basis during follow-up appointments. These appointments are essential to monitor your healing progress and ensure you are taking all appropriate steps toward a healthy recovery and a beautiful result.

5-7 DAYS POST-OP

Nasal splint and blue stitches near nostrils are removed.

Clear dissolvable stitches remain inside the nose that become less bothersome around 5-8 weeks post-op

3 WEEKS

Light exercise can be resumed

6 WEEKS

Rigorous/high impact exercise can be resumed

1-3 WEEKS

Potentially large amounts of bruising, swelling and asymmetry. Begin taping the tip nightly to help reduce swelling. Use Afrin and Flonase proactively.

5-6 MONTHS

Patients begin to see minimal swelling and what the final results will look like and continue up to 1 year.



Patient is shown with splint, taping, and after picture.

BEFORE



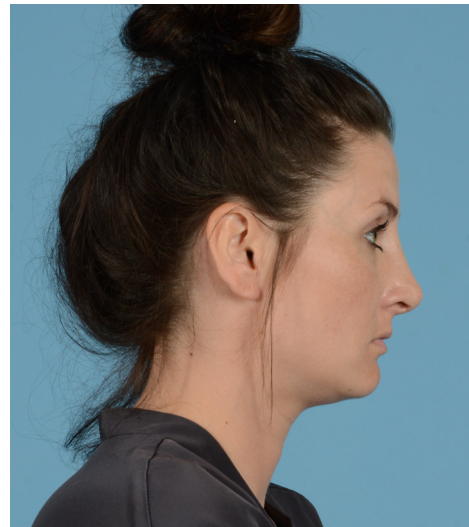
AFTER



BEFORE



AFTER



BEFORE



AFTER



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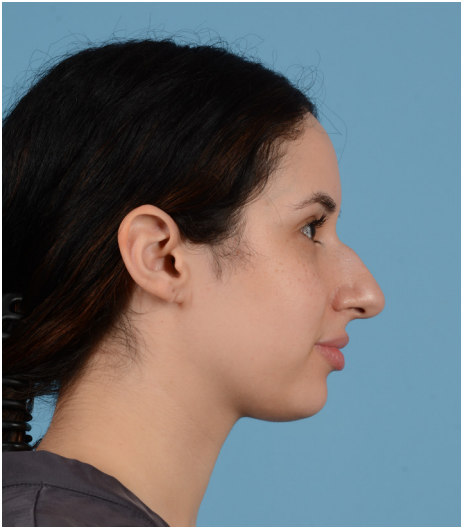
BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



RHINOPLASTY FAQ



Q: Is a rhinoplasty painful?

A: You will be given anesthesia to make you more comfortable during the procedure. The surgery itself does not involve pain. After the procedure you may experience some discomfort in the initial stages of healing. Your symptoms can typically be moderated with pain medication which is typically not needed for long.

Q: At what age can I receive a rhinoplasty?

A: In order to undergo a rhinoplasty, the nose must be finished with its growth. This typically happens at around 15 or 16 for girls and around 17 or 18 for boys. Teen clients must have parental consent, as well as a clear understanding of the procedure and its risks and a willingness to follow the doctor's instructions before and after surgery.

Q: What other procedures can be combined with a rhinoplasty?

A: In some cases, Dr. Mentz may also recommend a chin implant to further enhance the facial profile and harmony between facial features. A chin implant corrects the appearance of a weak chin to give the chin a stronger, more defined contour.

Q: What can I expect on the day of surgery?

A: Rhinoplasty is performed under general anesthesia. After the procedure, Dr. Mentz will put a small splint on your nose. He almost never uses nasal packing or internal nasal splints. If you wear glasses, they should be taped up and away from the nose to avoid putting pressure on the surgical site. You will spend an hour or so recovering from

anesthesia before discharged to go home. You will need someone to drive you due to residual effects of anesthesia.

Q: Are there any dietary restrictions after a rhinoplasty?

A: Right after your cosmetic surgery, we recommend that you start with a liquid diet only. The next day, you may begin a soft food diet consisting of mashed potatoes, applesauce, steam-cooked vegetables, etc. You must avoid foods that require excessive upper lip movement.

Q: What are the possible risks of a rhinoplasty?

A: Complications arising from a rhinoplasty are rare and, when they do occur, are usually minor. These may include infection, nosebleed, or a reaction to the anesthesia. Some patients may experience recurring nosebleeds or numbness in or around the nose. Small asymmetries can occur when repairing crooked noses and have the highest rate of revision. In general, a rhinoplasty is considered a very safe surgical procedure.

Q: My nose feels numb after a rhinoplasty. How long does it take to go away?

A: After you have a rhinoplasty, it is not uncommon to have some numbness at the tip and under the nose. This is due to cutting some small nerves in this area and happens whenever you cut through the skin. In almost all cases, this will resolve itself between six to eight months after your rhinoplasty, but it can take up to a year in some cases.

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.



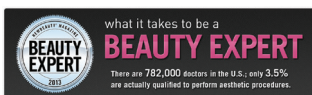
SUPER DOCTOR

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

NEWBEAUTY 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.



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.

ACPS SURGICENTRE

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.



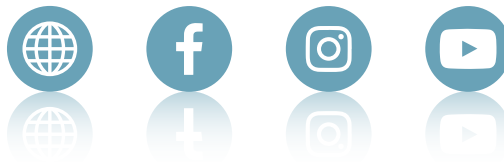
ALEXIS ROSALES

*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



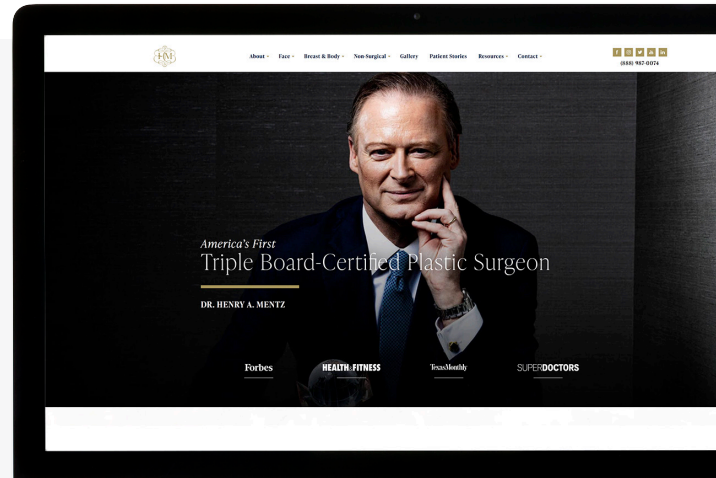
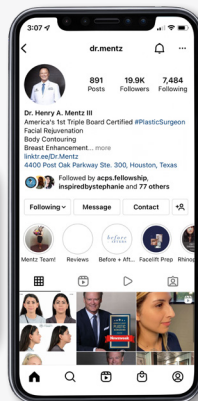
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