ALDONA J. SPIEGEL, MD
The Center for Breast Restoration

Dr. Aldona Spiegel specializes in all aspects of breast restorative surgery and truly enjoys helping women achieve feelings of completeness and well-being. Although her main focus is with breast cancer reconstruction procedures, she also helps patients who have had complications from previous breast surgeries, have congenital breast defects, and those who desire cosmetic enhancements such as breast augmentation, lift, or reduction.

Dr. Spiegel's clinical expertise focuses on innovative surgical techniques ranging from complex microsurgical flap-based reconstruction, which restores the natural appearance of the breast after a mastectomy, to less invasive implant-based reconstruction. Her artistic eye combined with advancements in nipple-sparing mastectomies allow the breast to have a more "un-operated" appearance with both flap- and implant-based procedures. Dr. Spiegel is also one of the few surgeons who routinely reattach the nerves in the breast thereby reestablishing the possibility for sensation.

Board Certified in Plastic Surgery, Dr. Spiegel has trained with leading reconstructive surgeons around the world, developing and improving techniques to minimize the after effects of breast cancer on a woman's body. She is a highly requested speaker and teacher at national and international forums regarding her clinical and research interests.

Dr. Spiegel serves as Director of the Center for Breast Restoration at Houston Methodist Hospital's Institute for Reconstructive Surgery. Her vision combines a dedication to advanced research, exceptional education and the development of new, less invasive treatments. Committed to outstanding, patient-focused care, Dr. Spiegel also prepares the next generation of surgeons to meet the standards of excellence.

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