

A professional portrait of Dr. Aldona J. Spiegel, MD. She is a woman with blonde hair, wearing a bright pink blazer over a black top. She is standing with her arms crossed, smiling slightly at the camera. The background is a warm, golden-brown wall with a large, abstract sculpture of a human figure. In the foreground, there are several purple orchids in a vase.

Aldona J. Spiegel, MD

The Center for Breast Restoration

The recovery from breast cancer treatment can be a painful, overwhelming, and at times, a life-altering experience. Dr. Aldona J. Spiegel understands the anxiety and uncertainty in choosing suitable breast restoration options. She provides the most advanced breast restoration procedures in a caring and supportive environment—allowing each woman to successfully complete rehabilitation from breast cancer.

Dr. Spiegel's clinical expertise in breast reconstruction and microsurgery allows her to focus on innovative surgical techniques, such as muscle-preserving flaps: DIEP, SIEA, GAP, TUG, and the TAP for optimum results. The use of autologous tissue for reconstruction provides the restoration of a natural appearing breast. Dr. Spiegel offers the most complete form of breast restoration by reattaching nerves and thereby reestablishing 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 The Methodist Hospital Institute for Reconstructive Surgery in Houston. 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 prepares the next generation of surgeons to meet the standards of excellence.



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