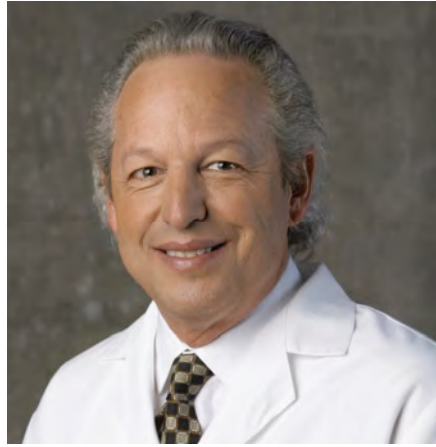




CENTER FOR  
AESTHETICS  
— AND —  
PLASTIC SURGERY



Steven L. Ringler, MD, FACS

*Introducing:*  
**SmartLipo Triplex® Laser-BodySculpting**  
**Body Jet®- Water Assisted Liposuction**  
**CoolSculpting by Zeltiq®**

*\***Experience Exceptional** - Dr. Steven L. Ringler and The Center for Aesthetics and Plastic Surgery are dedicated to providing you excellent personalized service and to being a **leader** in the art and science of aesthetics and plastic surgery. By combining my 25 years of **experience** as a cosmetic and plastic surgeon with **personalized service**, it is my goal for your experience to be truly exceptional.*

A firm body with **balanced proportions** and defined curves is often the goal of those who work hard at a fitness routine. At times, despite our best efforts, there are those areas of the body that seem to resist change.

Dr. Steven Ringler and his team at the Center for Aesthetics and Plastic Surgery, understand your goals for a body that is firm, proportioned and youthful. We can help you achieve your goals **safely** and **effectively** for a result that is **natural** and **refined**.

Dr. Ringler offers his patients the latest, *most comprehensive* options in *FDA approved, safe and effective* methods of body-sculpting in Michigan. With *experience and expertise in tummy-tucks, traditional tumescent liposuction, SmartLipo Triplex laser body sculpting, Body-Jet; water-assisted liposuction, and CoolSculpting by Zeltiq®*, Dr. Ringler can help you discover the *perfect option* for your *own goals* for a *well-proportioned body with defined curves*.

## *SmartLipo Triplex® LaserBody Sculpting*

SmartLipo Triplex® Laser Body Sculpting offers an exciting alternative to traditional liposuction. SmartLipo Triplex utilizes a *triple wavelength laser* to *dissolve* fat cells that are then *gently removed* by a *small suction cannula*.

Benefits Include:

\* SmartLipo Triplex® is a laser -assisted procedure that liquefies and removes fat *permanently* and offers *less down time* and *fewer side effects* than traditional liposuction

\*Patients experience *fewer complications* than with traditional liposuction and are able to return to their daily activities much more quickly

\*Unlike traditional liposuction, SmartLipo Triplex® has the added benefit of *tightening the skin*. This is good for treating areas such as neck, chin and inner arms more simply and effectively than was formerly possible

\* Often *requires only local anesthesia*, is performed on an outpatient basis, and is a very *safe, FDA approved* treatment option

\*SmartLipo Triplex® can be *used in conjunction with Body Jet - Water Assisted Liposuction*, as well as other cosmetic surgery procedures where the extra benefit of skin tightening is desired

\*Offers *three separate wavelengths* of laser to allow for sculpting a "*six-pack*" in men and a more *defined waist* for women

\*SmartLipo Triplex® is the only laser liposuction technique that offers *Thermaguide®* ensuring there is *never unintended overheating* of the skin

## *Body- Jet; Water-Assisted Liposuction*

Body- Jet (water- assisted liposuction) is one of the latest, FDA approved methods of liposuction. Body jet is not a laser, but uses a gentle pulsating stream of saline water to dislodge fat cells while simultaneously removing them from the body through a small cannula.

Benefits Include:

\*Gentle procedure that provides much less bruising and swelling than traditional liposuction

\*Offers rapid recovery and is often performed under local anesthesia

\*May be beneficial for patients who require a bit more fat removal than those who are SmartLipo Triplex candidates.

\*The gentle nature of removing the fat cells keeps the cells intact enabling them to be harvested as an excellent all -natural, long-lasting filler for the face, hands or body

\*May be used in conjunction with SmartLipo Triplex when added skin tightening is desired, or with other surgical procedures where added contour is desired

\*Provides permanent fat-cell removal; fat cells do not grow back

\*Body-Jet is a gentle, safe and effective alternative to traditional liposuction

## CoolSculpting by Zeltiq™

CoolSculpting by Zeltiq™ is the only FDA approved, safe and effective, non-surgical technique for permanently reducing small areas of unwanted fat. This in office procedure takes about 1-2 hours to perform. Zeltiq utilizes Cryolipolysis® to freeze the fat cells, that are later absorbed and eliminated naturally through the body. Results are fully realized 2-3 months after treatment.

Benefits Include:

\* Innovative, FDA approved, safe and effective, non-surgical technique for permanently removing small areas of fat

\*Zero downtime; you may return to work or vigorous exercise immediately following the treatment

\*No anesthesia, no needles or surgery required

\*Privacy and comfort of in-office procedure that allows you to read, watch a movie, nap or work on lap-top during the treatment session

\*Excellent technique for those with "love handles", small "muffin-top" or "bra fat" and those who are not candidates for surgery

\*May be used after SmartLipo Triplex™ or Body -Jet™ to enhance results

\* May be performed in one or several two- hour treatment sessions

\*Studies report 20-25% percent reduction of fat cells in treated areas

\*Fat cells are removed permanently and do not return

*Dr. Steven L. Ringler is the only board certified plastic surgeon in West Michigan to offer the new SmartLipo Triplex™ Laser Body Sculpting, Body-Jet, water assisted liposuction and CoolSculpting by Zeltiq®. Please call the Center for Aesthetics and Plastic Surgery to schedule your complimentary consultation or visit our website for more information.*

## About Dr. Ringler:

**DR. STEVEN L. RINGLER** is recognized locally, nationally and internationally as a prominent plastic surgeon, leader, innovator and teacher of plastic and reconstructive surgery. The author of peer-reviewed journal studies and presenter at national and international plastic surgery meetings, Dr. Ringler is a professor of surgery at Michigan State University and has been the Director of the Plastic Surgery Residency Program for 12 years. He also has served as President of the Michigan Academy of Plastic Surgeons. Known for his compassion and giving, Dr. Ringler is the founder and medical director of the Michigan Chapter of Operation Smile International, a non-profit volunteer medical program providing reconstructive surgery to children in many developing countries and the United States. Exclusively dedicated to all areas of cosmetic surgery, Dr. Ringler has been selected as one of the top plastic surgeons in the United States, by [Best Doctors in America®](#), an authoritative listing of the nation's top physicians in each medical specialty every year from 1996-2012, as voted on by his peers.

### 2009 – present

Co-founder, Center for Aesthetics and Plastic Surgery, Grand Rapids, Michigan

### 1998 – present

Clinical Professor, Michigan State University Department of Surgery, Division of Plastic Surgery

### 1997 – 2009

Program Director, Plastic Surgery Residency, Grand Rapids Medical Education and Research Center/Michigan State University

### 1997 – 1999

President, Michigan Academy of Plastic Surgeons

### 1995 – 1997

Secretary/Treasurer, Michigan Academy of Plastic Surgeons

### 1993 – present

Chairman, Annual Virgin Islands Workshop in Plastic Surgery

### 1992 – 1998

Associate Clinical Professor, Michigan State University Department of Surgery, Division of Plastic Surgery

### **1992 – 1997**

Associate Program Director, Plastic Surgery Residency, Grand Rapids Medical Education and Research Center/Michigan State University

Assistant Clinical Professor, Michigan State University Department of Surgery, Division of Plastic Surgery

### **1983 – 1984**

Clinical Instructor, Michigan State University Department of Surgery, Division of Plastic Surgery

### **BOARD CERTIFICATION:**

Michigan Medical Practice Board, 1978,

American Board of Plastic Surgery, 1983

Fellow: American College of Surgeons

### **MEMBERSHIP: PROFESSIONAL ORGANIZATIONS**

Member: American Society of Plastic Surgeons

American Society for Aesthetic Plastic Surgery

American Association of Plastic Surgeons

American Society of Cosmetic Surgery

International Society of Hair Restoration Surgery

### **CURRENT HOSPITAL APPOINTMENTS**

1982 – present-

Active Staff Appointments

Spectrum Health Hospital System

Butterworth Hospital and Blodgett Hospital

2008 – present -

Grand Valley Surgical Center

2009-present

St. Mary's Southwest Surgical Center

## POST-DOCTORAL FELLOWSHIPS

**July 1982 – December 1982**

Microsurgery Fellowship, Southern Illinois University, Springfield, Illinois

**July 1980 – June 1982**

Resident in Plastic Surgery, Butterworth Hospital, Grand Rapids, Michigan

**July 1978 – June 1980**

Resident in General Surgery, Michigan State University/Butterworth Hospital,  
Grand Rapids,  
Michigan

**March 1977 – March 1978**

Intern, Butterworth Hospital, Grand Rapids, Michigan

## EDUCATION

**1977**

Michigan State University, M.D.

**1973**

Michigan State University, B.S.

## HONORS AND AWARDS

1996-2012, Best Doctors in America

2009, Lifetime Achievement Award- GR/MSU Plastic Surgery Residency Program

2008, Stephen J. Pratt Award for Volunteer Service – Operation Smile

2003, Best Doctors in Grand Rapids, Michigan

1990, Best Research Award, GRAMEC Research Day

1990, Best Research Award- Capsular Flap, Michigan Academy of Plastic Surgeons

Teacher of the Year, Grand Rapids Area Medical Education Center

## Procedures Performed

### Body Contouring

Liposuction  
Body Jet- Water Assisted Liposuction  
SmartLipo Triplex®  
CoolSculpting by Zeltiq  
Tummy Tuck  
Weight Loss Contouring  
Thigh & Arm Lift  
Scar Revision  
Lower Body Lift

### Facial Sculpting

Face & Neck Lift (MACS)  
Endoscopic Plastic Surgery  
Forehead & Brow Lift  
Eyelid Surgery (Blepharoplasty)  
Nose Reshaping (Rhinoplasty)  
Facial Implants  
Fat Injections  
Lip Enhancement  
Ear Surgery (Otoplasty)  
Laser Skin Renewal

### Breast Shaping Surgical Procedures

Breast Augmentation-"Scarless"  
Transaxillary Saline & Gel implants  
Breast Reduction  
Breast Lift  
Breast Reconstruction  
Breast Asymmetry Correction  
Breast Augmentation with Lift

### Facial Rejuvenation

BOTOX® Cosmetic  
Ulthera®  
Liquid facelift  
Facial fat transfer with Body-Jet  
Juvederm  
Radiesse  
IPL Photo Rejuvenation  
Skin Rejuvenation & facial sculpting  
Laser Skin Renewal  
Laser Hair Removal  
Physician-based Skin Care Products  
DEX NY Mineral Makeup  
Chemical Peels

Hair Transplants (Male and Female)  
Proprietary Botanical Hair Oil Treatments

Steven L. Ringler MD

[stevenringlermd.com](http://stevenringlermd.com)

TELEPHONE: 616.328.8800 - 2680 Leonard NE - Grand Rapids MI 49525