

APS KOREA 2026

AESTHETIC PLASTIC SURGERY KOREA 2026

APRIL 11^{SAT} - 12^{SUN} | SEOUL DRAGON CITY HOTEL, KOREA

Curriculum Vitae

Personal Information

Title (i.e. Prof., Dr., etc)	Dr. med.	
Name (First name-Last name)	Timo Alexander Spanholtz	
Degree (i.e. MD, Msc, PhD, etc)	MD	
Country	Germany	
Affiliation	Praxisklinik am Rosengarten	
SNS ID (Optional)		

Curriculum Vitae

Dr. med. Timo A. Spanholtz is a German specialist in plastic and aesthetic surgery with extensive international training and many years of clinical experience. He is the owner and medical director of the Praxisklinik am Rosengarten in Bergisch Gladbach near Cologne, where he offers the full spectrum of modern aesthetic and selected reconstructive and hand surgical procedures in a private setting. His clinical work is characterized by a strong focus on patient safety, evidence-based methods and long-term, natural-looking results.

After studying human medicine and obtaining his medical degree (Dr. med.) with a thesis in the field of plastic and reconstructive surgery, Dr. Spanholtz completed comprehensive specialist training in plastic and aesthetic surgery. During this time he worked at renowned university hospitals and specialized centers in Germany and abroad, including positions in Great Britain, South Africa and Switzerland. These international posts allowed him to deepen his expertise in reconstructive plastic surgery, complex wound treatment, hand surgery and advanced aesthetic techniques while working in multidisciplinary teams and teaching junior colleagues.

Before establishing his own clinic, Dr. Spanholtz held senior roles in university medicine, including appointments as consultant and deputy head of department in large tertiary care hospitals. In these posts he bore responsibility for the supervision of residents and fellows, the organization of operating schedules and outpatient clinics, and the implementation of quality and safety standards. He was involved in demanding reconstructive cases as well as cosmetic procedures and contributed to clinical research and teaching programmes. This background in academic medicine continues to influence his structured, guideline-oriented approach in private practice.

APS KOREA 2026 Secretariat

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The main clinical interests of Dr. Spanholtz include breast surgery (augmentation, reduction, mastopexy and corrective procedures), facial plastic surgery (eyelid surgery, rhinoplasty, face and neck lifting and contouring) and body-contouring operations such as liposuction, abdominoplasty and post-weight-loss surgery. He also treats male patients with a focus on gynecomastia and discreet male aesthetic surgery and continues to perform selected operations in reconstructive and hand surgery. In all these areas, he emphasizes honest counselling, realistic expectations and individually tailored operative concepts.

In addition to his clinical activities, Dr. Spanholtz is active in teaching, authorship and professional societies. He has written and co-written surgical textbooks and book chapters, particularly in plastic and hand surgery, and regularly holds lectures and workshops for colleagues and trainees. He is a member of several national professional associations for plastic, aesthetic and reconstructive surgery and has taken on functions in specialist societies and boards. Furthermore, he serves as a court-appointed expert for plastic and aesthetic surgery for various courts, which underlines his recognized expertise and his precise, responsible way of working.

Dr. Spanholtz lives with his family in the Cologne area and is committed to combining high surgical standards with empathetic, patient-centred care.

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