

PRESIDENT'S EMAG

2023

ISAPS
September



MONTHLY UPDATE FROM YOUR ISAPS PRESIDENT



Lina Triana, MD
ISAPS President

Dear Friends and Colleagues,

Thank you to all our speakers, delegates and sponsors who came to Athens and participated in the [ISAPS Olympiad Athens World Congress 2023](#). We are especially grateful to all our presenters: established and new; who took the time to submit papers and to contribute to our new format Olympiad scientific program which was a resounding success. My congratulations to all our [Olympiad Athens Award Winners](#). It was a pleasure to spend time together and to actively work toward the advancement of aesthetic plastic surgery and our continued purpose and vision for safe and effective aesthetic procedures and improved quality of life for all patients worldwide.

These events present an opportunity for all of us to take an active role and share our commitment to ISAPS and our specialty, and for being here for something bigger than yourselves.

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I invite you to read more about contributing towards our bigger purpose as leaders in aesthetics in our upcoming quarterly [ISAPS NEWS issue](#), where I take a moment to summarize what as an ISAPS team we have accomplished in this first year while extending thanks and acknowledging our ISAPS Board of Directors, National Secretaries, Committee Chairs and ISAPS members that directly serve ISAPS and our Administrative Teams. Without them, we would not be able to accomplish our ISAPS goals and mission. Together we create ISAPS' future while **contributing towards our bigger purpose as leaders in aesthetics.**

To support this bigger purpose, I am excited about our [ISAPS Leadership Insights for Transformation Program - L.I.F.T.](#), which combines self-directed online learning, webinars, and live events. I invite you all to look at what we have put together for you.

Now that we have wrapped up our Athens World Congress, I am delighted to be planning another exemplary scientific program for next year's [ISAPS World Congress 2024 Cartagena, June 11 -15, 2024](#). We have already started working on the details and I look forward to receiving your **abstracts, which are due on November 6, 2023**. To learn more and for additional deadlines, please visit the website.

Thank you all once more for your dedication and engagement in our Society, as together we are stronger, and together we can create something bigger than ourselves. Until next time.

Yours truly,



Lina Triana, MD
ISAPS President

ISAPS World Congress 2024 Cartagena



Interview with **Juan Esteban Sierra, MD** ISAPS National Secretary - Colombia

As we wrap up the ISAPS Olympiad Athens World Congress 2023 we are already starting to gear up for the 2024 Congress in Cartagena, Colombia! We had the privilege to have met with the National Secretary of Colombia, Juan Esteban Sierra, who shared his insight and anticipation for the next world-renowned meeting in Cartagena which will bring together global leaders in aesthetic plastic surgery.

These ISAPS meetings provide a platform for plastic surgeons worldwide to gather in one place to exchange their ideas, techniques, and expertise on the latest advancements in the specialty. Juan Esteban Sierra defines the relevance of the upcoming meeting and why sharing ideas and working together is vital for our profession.

ISAPS: Looking ahead to next year, what are you most looking forward to during the ISAPS World Congress, Cartagena, Colombia, June 11-15, 2024? What does it mean for you that ISAPS is hosting the Congress in your home country?

Esteban Sierra: It is a true honor and a great responsibility to host guests of the most renowned plastic surgeons from around the world. It's the first time this event will be held in Colombia, and it will be an extraordinary opportunity for the attendees and visiting faculty to visit one of the most beautiful cities in South America. They will share experiences with colleagues and enjoy Cartagena's hospitality, beautiful streets, walled city, beaches, and exquisite cuisine. As a National Secretary, I will be available for any requests that ISAPS members

or their guests may have; we will spare no effort to have an unforgettable experience and feel the Latin spirit!

ISAPS: As a leader in aesthetic plastic surgery, ISAPS prides itself in making it possible for individuals to come together and exchange and share the latest techniques and advancements in our specialty. How have you personally benefitted from attending these Congresses? What would you tell someone who has not yet had the opportunity to attend, about what they are missing out on?

Esteban Sierra: Each ISAPS Congress is a new opportunity to be updated on the most modern techniques offered in aesthetic plastic surgery. All the latest technological advancements are presented by the speakers and attendees alike. The Congress in Cartagena will provide a new experience of leadership, one which our President, Lina Triana, has wanted to imprint in our Society. Our purpose as members in taking action will be strengthened in our home country, and our Society will continue to grow, becoming an international scientific and leadership resource, with its epicenter in Cartagena.

ISAPS: You have been with ISAPS for over 10 years and National Secretary since last year. Why was it important for you to join, and what does it mean for you to be part of the ISAPS Family? Could you share with us some of the most special moments?

Esteban Sierra: I have been an ISAPS member

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since 2012, and last year I had the honor of being elected by the ISAPS Colombian members as their National Secretary. I was Assistant National Secretary for the previous four years, and it has been a wonderful experience from start to finish. Academically I love having access to educational activities where colleagues from the most distant countries expose their scientific work under visions and perspectives, sometimes very different from those that we are familiar with. The worldwide aspect broadens my imagination, creativity, and knowledge.

All the streaming content on the website is invaluable as it becomes a source of permanent consultation. The webinars, symposia, and the inclusion of residents are a wonderful

way to broaden one's outreach. Networking opportunities can be found at the many events, and WhatsApp groups have allowed me to have friends in all the countries that ISAPS reaches. For about five years, I have been close to the Board and the National Secretaries, and I have found it to be a great learning arena and a chance to interact with friends.

Thanks to an extraordinary opportunity, I participated in a transformational leadership experience in a Course that one of our Past Presidents, Dirk Richter (2018-2020), organized in Vienna and New York. They changed my perspective on our responsibility as leaders within our societies, and I am now applying it in my personal life.

The ISAPS Olympiad Athens World Congress 2023 Welcomed More Than 1,400+ Attendees

More than **1,400+ attendees from 90 countries** attended the **ISAPS Olympiad Athens World Congress 2023**. Thank you to everyone for your continued support and dedication. Each and every one of you plays an integral part in our Society, and our Congresses, and your involvement is part of what makes us successful.



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We are busy planning for 2024 and are starting to work on the scientific program!

Thank you to the invited speakers who have already confirmed participation in Cartagena! Our first program meeting took place on July 29 and we already allocated our core invited faculty to our program framework. Keep an eye on our [website](#) for the latest Congress updates.

IMPORTANT 2024 DATES:

Call for papers is now open!

Deadline for [submission of papers](#): **November 6, 2023**

Registration opens on October 1, 2023:

Early bird [registration](#) deadline: **April 11, 2024**

Pre-Congress: **June 11, 2024**

Main Congress: **June 12-15 2024**

PRACTICE MANAGEMENT



Transparency & Optimization of Patient Safety Protocols

Office-based procedures are becoming increasingly mainstream and favored by patients and surgeons in aesthetic plastic surgery. With the abundance of patients and specialists electing in-office procedures, **patient safety becomes increasingly imperative**, and **guidelines** are of utmost importance.

As an ISAPS member, one knows that **all members are vetted and must be in active** practice for at least three years. But are patients aware of this membership requirement and the accountability surgeons have for them and their well-being?

It may seem obvious, as practicing surgeons, to focus on patient safety and have guidelines that are adhered to every day. In fact, being an ISAPS member attests to this. Members have committed themselves to **advancing the specialty** and, therefore, the education necessary to practice safely. At ISAPS, the **Patient Safety Diamond** is something members practice every day. It designates four pillars that are required for safe aesthetic plastic surgery: procedure, patient, surgeon, and surgical setting. Each of these are dedicated to patient safety, and also encourage patients to consider its importance.

FOOTNOTES: www.ncbi.nlm.nih.gov

Patient Safety to Those That Matter Most

In commemorating **World Patient Safety Day** on September 17, remember to pass along the importance of patient safety to those that matter most: our patients. By doing so, we not only verify the significance of their well-being, but it also serves as a reminder for patients to consider patient safety overall when deciding on the specifics of their elective procedures.

Patient Protocols and Expectations

An optimized patient safety plan also ensures that nurses and assistants are aware of the set protocols and expectations. While this may seem commonplace in your practice, it should never be a topic that is assumed. In other words, make sure your staff is just as aware of patient safety as you and that patients have the knowledge to make safe decisions for themselves as they navigate the many online platforms.

Practicing patient safety will continue to be a critical factor due to the changing dynamics of our specialty and will need constant attention. So, make sure protocols are in place, and update the guidelines regularly so you can be confident that you are providing the best possible care for patients - today and every day.

Interested in more practice management tips?

Register now to view ISAPS Business School 2021 On Demand!

Free for ISAPS members, non-members \$300, office staff and nurses \$100.

Monthly Education Corner



Recently published in
Aesthetic Plastic Surgery...

Evaluation of the Number of Progressive Tension Sutures Needed to Prevent Seroma in Abdominoplasty with Drains: A SingleBlind, Prospective, Comparative, Randomized Clinical Trial

Miluska Bromley • Walter Marrou • Luiz Charles-de-Sa

Seroma formation has become the most reported complication after abdominoplasties. In 2000, progressive tension sutures (PTS) were described and reported to be associated with a seroma rate of 0.1%. Surgeons worldwide use PTS to prevent seroma; however, there are discrepancies in the number of PTS commonly used, starting from five up to 35 sutures. The absence of standardization may cause a lack of seroma prevention, increased surgical time, and general hesitation to perform the technique.



A 56-year-old patient presented preoperative (a-c) and 6 months postoperative (d-f) views

Read

[Click here](#) for a preview of this article!

Become a member to have full access of ***Aesthetic Plastic Surgery***.

For questions, please contact **memberservices@isaps.org**.

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ISAPS VIDEO LIBRARY



This month's [online video library](#) features a session on patient safety from the **ISAPS COURSE BARCELONA 2018: Patient Safety and Prevention** on [General Principles of Patient Safety](#).

Speakers:

JORGE BAYTER, MD · JESUS BENITO-RUIZ, MD · DAVID LUMENTA, MD · JAMES GROTTING, MD

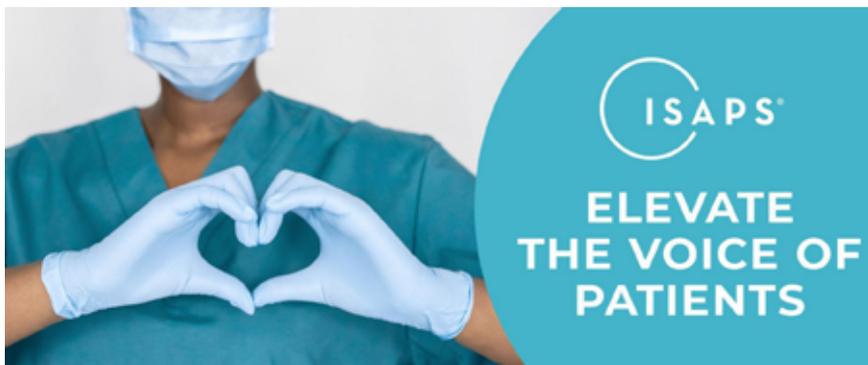
For full access to the online video library, [become a member](#) today.

Additional note for non-members: If you still need to take advantage of an ISAPS membership, sign up today and start experiencing the many benefits. From the online educational webinars, growing Video Library, and the MedOne e-learning platform, ISAPS offers Aesthetic Education Worldwide for the safety of patients.

Check out our [diverse programs today!](#)



ISAPS has been shortlisted for a **Global Digital Excellence Award 'B2C Best Website of the Year'**!



Join us in commemorating **World Patient Safety Day on September 17**, which this year is dedicated to **"Engaging patients for patient safety"** and the slogan **"Elevate the voice of patients!"**

On September 15, 2023, check out the quarterly [ISAPS News issue](#) featuring an interview with **Dr. Montserrat Fontbona, Chair of ISAPS Patient Safety Committee**, where she shares her experiences and developments of patient safety for ISAPS and our specialty.

Bio | SCIENCE

Guest Entry from ISAPS Platinum Global Sponsor

As a plastic surgeon, I am thrilled to introduce GeneFill DX, a hyaluronic acid (HA)-based dermal filler that is transforming our approach to treating skin defects, including wrinkles and facial reshaping. GeneFill DX is predominantly employed for the treatment of moderate to deep-set wrinkles, augmentation of cheek volume, refinement of jawline contours, and sculpting of the chin.

This innovative and unique product from BioScience GmbH combines two key ingredients for maximizing both hydration and collagen production. It contains 14mg/ml of cross-linked hyaluronic acid (HA) to provide deep hydration, leaving skin plump and moisturized. It also includes 50mg/ml of dextranomer (DX) microspheres to stimulate neocollagenesis within the skin, promoting the development of new collagen for firmer, more youthful-looking skin. These microbeads have been employed for their tissue regenerative effects in a variety of medical applications, including wound treatment. DX microbeads possess a positively charged surface that triggers the production of type 1 collagen. The collagen produced is juvenile, not scar collagen, which fosters long-term stability by stimulating the formation of new collagen and assisting in the regeneration of the dermal matrix. Moreover, the long-term results that GeneFill DX delivers are due to its resistance to macrophage phagocytosis. This is because the large particle size of the DX exceeds the maximum particle size typically phagocytosed by macrophages. Additionally, the positively charged hydrophilic surface of the DX microbeads may deter macrophages from phagocytosing them.

GeneFill DX is a ready-to-inject gel presented in a 1ml syringe. Given its rheological characteristics, it should be injected into the deep subcutaneous tissue with a 25 G needle. The product's viscosity and elasticity, key rheological properties, make it suitable for deep dermal placement, where it can provide optimal volumization and contouring effects.

Additionally, injecting at this depth helps to avoid potential adverse events. Superficial injections could lead to visible lumps or nodules and may not provide the desired aesthetic outcome.

Unlike HA fillers, the DX microspheres in GeneFill DX cannot be dissolved by the enzyme hyaluronidase. This means that only the HA component will break down if hyaluronidase is used on this product. For this reason, high-volume injections of GeneFill DX are not recommended. A gradual, progressive approach is best for augmentation with this unique formula. Patients should be regularly evaluated to determine if additional volume is needed over time. Proper injection technique is critical to ensure smooth, optimal results and minimize any risk of complications. Because the DX microspheres remain intact long-term, starting with conservative amounts and increasing slowly if required is advised.

GeneFill DX is suitable for both young individuals seeking a more defined lower facial structure and middle-aged patients aiming to replenish lost volume and enhance the contours of their cheeks, chin, and jawline.

In conclusion, GeneFill DX represents a reliable, safe (both CE mark and ISO certified since 2016), and long-lasting solution for tissue augmentation and regeneration. An accurate injection technique and appropriate volume are essential for achieving positive results and preventing possible complications.



Athanasios Christopoulos
MD - Greece

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ISAPS Membership

ISAPS members receive free or discounted access to most of our events, including ISAPS World Congress, and access to our Journal. Plastic surgeons at any stage of their career can also upgrade their membership to include access to our MedOne e-learning resource, which includes hundreds of books, videos and discussions.

ISAPS offers membership to accredited aesthetic plastic surgeons and residents worldwide. We have members in more than 117 countries and provide them with access to training, e-learning, and networking opportunities within our community of more than 5,000 fellow surgeons.

Membership costs from just \$250 for qualified surgeons; Residents can join for free, for up to three years. Applications for membership are available online, through our website.

Apply today to become an ISAPS Member!

If you have any questions, please feel free to contact us at memberservices@isaps.org.

**Click here to see
upcoming ISAPS events!**



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