

# PRESIDENT'S E-MAGAZINE

# 2026

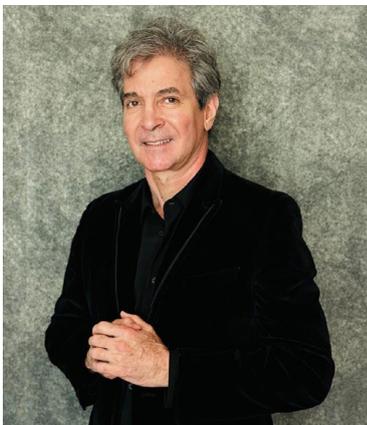
March

## ISAPS



## MONTHLY UPDATE FROM YOUR ISAPS PRESIDENT

CONNECTING CULTURES, SHARING KNOWLEDGE AND  
LEADING THE FUTURE IN AESTHETICS



Arturo Ramírez-Montañana, MD  
ISAPS President

This year has already been an unforgettable time to learn, network, and meet with the #ISAPSFAMILY and colleagues from all over the world! We just wrapped up the inaugural ISAPS Face Masters Course in St. Louis, Missouri (February 27-March 1), and it was fantastic!



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It was an incredibly special meeting in every sense—a unique, comprehensive program, one-of-a-kind faculty, and an atmosphere all its own. I want to personally thank the extraordinary faculty for all their hard work and dedication in producing such an amazing course: Drs. **Sherrell Aston, André Auersvald, Giovanni Botti, Steven Cohen, Neil Gordon, James Grotting, Chia Chi Kao, Timothy Marten, Gabriele Miotto, Foad Nahai, Laxmeesh Nayak, Gerald O’Daniel, Mario Pelle Ceravolo, Dirk F. Richter, Renato Saltz, Ozan Sozer, Bertha Torres, Richard Warren, and James Zins**. And my special gratitude goes to Drs. **André Auersvald, Gerald O’Daniel, and Ozan Sozer**, who organized this unforgettable meeting. We **welcomed delegates from 65 countries, with 220 on-site attendees and 150 joining virtually**. Thank you to everyone who participated; each one of you had a part in creating such a memorable gathering.



As I write, I am in Cancun planning for our next notable gathering, the **ISAPS World Congress 2026!** We are so excited to welcome you this **October 27-31 for another world-class meeting**. In preparation, members of the Scientific Program Committee and the Board of Directors are getting together to review Congress details and hold our Board Meeting. We had an unprecedented number of abstracts submitted, enabling an in-depth program and educational opportunities featuring surgical/non-surgical technologies, as well as a brand-new panel on AI. I also want to remind you of our upcoming **Super Early Bird Deadline**, where you can save the most on registration rates. You only have **until March 27**, so don’t wait until the last minute.



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After finishing my work here, I will attend the **56th Annual AMCPER International Congress**, being held March 11-14, 2026 – I hope to see some of you there!

Arturo Ramírez-Montañana, MD  
ISAPS President

# MONTHLY E-MAGAZINE

## International Women's Day 2026 'Give To Gain'



### Dr. Patricia Gutierrez-Ontalvilla

Spain

ISAPS Mentor and National Secretary

The International Women's Day theme for this year, "Give to Gain," promotes generosity and collaboration and exemplifies the core values of the **ISAPS Mentor and Fellowship Programs**. Both initiatives demonstrate that sharing knowledge and encouragement with others fosters meaningful connections and a sense of purpose. In addition, with **157 committee members, 144 editorial board members, and all ISAPS faculty and plastic surgeons** who dedicate their time towards our mission for Aesthetic Education Worldwide® for the safety of our patients, this year's theme fits perfectly with our values.

In recognition of International Women's Day this month, we are pleased to introduce Dr. Patricia Gutierrez-Ontalvilla, one of many distinguished ISAPS educators who dedicates her time to fellows and residents by offering guidance through the Mentor and National Secretary initiatives. Find out what makes this important and what inspires her to support our young, aspiring surgeons.

**ISAPS: Thank you for your work at ISAPS. As a Mentor and National Secretary, you give important support to the #ISAPSFamily. What makes this role meaningful to you, and what inspires you to dedicate your time to it?**

**GUTIERREZ-ONTALVILLA:** Serving ISAPS as National Secretary and Mentor is not simply about representation—it is about stewardship.

Our specialty is evolving rapidly. With innovation comes responsibility. I believe leadership today must focus on safeguarding scientific integrity while fostering global collaboration. As National Secretary for Spain, my mission is to ensure that our surgeons are not only participants in international dialogue, but contributors to it—through research, education, and ethical practice.

Mentorship, in this framework, is strategic succession planning. If we want ISAPS to remain the global reference in aesthetic and reconstructive surgery, we must intentionally prepare the next generation to lead with rigor, ethics, and vision.

"Give to Gain" reflects this philosophy perfectly. When we invest in people and in structure, we gain continuity, credibility, and long-term impact.

**ISAPS: From your perspective, how has the influence of women surgeons changed in the past 5-10 years within our specialty?**

**GUTIERREZ-ONTALVILLA:** The transformation has moved from visibility to governance.

Women are increasingly contributing not only as surgeons and speakers, but as policy influencers, research leaders, and institutional architects. In the past decade, we have seen a shift toward more balanced leadership structures—and this diversity strengthens decision-making.

However, the true milestone is not participation; it is normalization. When leadership becomes merit-driven and inclusive by default, rather than exceptional, we will have reached maturity as a specialty.

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We are moving in that direction—but sustainability will depend on continued mentorship, academic productivity, and structural support.

**ISAPS: What is your favorite memory from your role as a mentor?**

**GUTIERREZ-ONTALVILLA:** One of the most meaningful moments for me was seeing a mentee present her independent research at an international congress. Not as an observer—but as a contributor.

That is when mentorship becomes legacy. When the mentee no longer depends on guidance but begins generating knowledge and mentoring others. That multiplier effect is what ensures the evolution of our specialty.

**ISAPS: If you could offer just one piece of advice to your mentees, what would it be?**

**GUTIERREZ-ONTALVILLA:** Think long-term. Build your career as you would build a strong institution—with solid foundations in science, uncompromising ethics, and strategic collaboration. Recognition is temporary; credibility is cumulative.

**ISAPS: Will you be joining us in Cancun for the next ISAPS World Congress? If so, what are you most excited to experience there?**

**GUTIERREZ-ONTALVILLA:** Yes, I will be in Cancun. World Congresses are pivotal moments for alignment—where scientific advances, policy discussions, and international partnerships converge. I am particularly interested in conversations about maintaining evidence-based standards in an era of rapid innovation, especially within regenerative approaches.

These meetings are where we define direction. I look forward to contributing to discussions that will shape the next phase of global aesthetic surgery.

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## Not yet a member of the #ISAPSFAMILY?

Now is the perfect time to join to **make the most of your annual membership!** [Visit the website](#) to see what level is best for you.

## ISAPS Residents

We offer a range of educational opportunities for early-career surgeons and are happy to offer ISAPS Residents free membership. [Learn more and apply today!](#)

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## ISAPS Residents

We offer a range of educational opportunities for early-career surgeons and offer ISAPS Residents a free membership opportunity. [Learn more and apply today!](#)

# ISAPS Fellowship Program 2027



## Apply for an ISAPS Fellowship

Applications are free for all eligible ISAPS Resident and Associate Members.

[The deadline to apply is April 20, 2026!](#)

# ISAPS GLOBAL SURVEY 2025!



The Global Survey is Open Through March 31, 2026!

[Global Survey Committee Members](#) share the importance of [your participation!](#)  
Don't Delay!

[Global Survey](#)

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## ISAPS INSTAGRAM LIVE



### **ISAPS Global Survey 2025: Benchmark Your Practice with Ranked Insights | March 14, 2026 | 13:00 UTC**

**Tune in live to ask your questions and join the discussion!**

[Click here](#) for your local time.

#### **Speakers:**

- Amin Kalaaji, MD, Global Survey Committee Chair
- Bertha Torres, MD, National Secretaries Chair
- Naveen Cavale, MD, National Secretary (UK)
- Ewa Siolo, MD, National Secretary (South Africa)

**Instagram Live**

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## March 28, 2026 | [Tripedicle Breast Reduction Technique I](#) 13:00 UTC

Learn more about this breast reduction technique and join our upcoming discussion with leading authors and experts. You'll have the chance to ask questions and participate in the conversation.

Our moderator, Dr. Evgeni Sharkov will discuss:

### [Tripedicle Breast Reduction Technique: Superomedial, Central and Inferior. A Modified McKissock Technique](#)

- Dr Federico Ramirez Zuluaga et al.

**Speaker:** Federico Ramirez Zuluaga, MD (Colombia)

**Experts:** Peter Rubin, MD (USA) and Dmitry Batiukov, MD (Belarus)

**Moderator:** Evgeni Sharkov, MD (Bulgaria)

### Mark your calendars!

- May 23, 2026:

### [Understanding the V-Plication Vertical Lift Technique](#)

**Speaker:** Paraskevas Kontoes (Greece)

**Experts:** Mario Pelle Ceravolo (Italy) and Giovanni Botti (Italy)

**Moderator:** Jerry O'Daniel (United States)

- September 26, 2026: TBA
- November 21, 2026: TBA

**\*All times are at 13:00 UTC unless otherwise noted.**

Recordings of previous webinars are available on the [ISAPS Video Library](#).

[Register Now](#)

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**April 18, 2026 | Breast Lift and Reduction | 13:00 UTC**

## **Mark your calendars!**

- July 11, 2026: Upper Blepharoplasty and Ptosis Correction
- October 10, 2026: Abdominoplasty and Lower Body Lift
  - December 12, 2026: Male Genitalia Surgery and F to M Gender Reassignment

**\*All times are at 13:00 UTC unless otherwise noted.**

**Recordings of previous webinars are available on the [ISAPS Video Library](#).**

# MONTHLY E-MAGAZINE



## MONTHLY EDUCATION CORNER

This month, we focus on lower-limb augmentation procedures. For insights on leg augmentation and the latest techniques, read the next issue of **IN**, featuring this topic in the How I Do It section.

The featured article is an ISAPS Patient Safety Statement, and we also invite you to check out these two articles for additional information on this topic: **Large-Volume Liposuction and Manual Extraction in Lipedema: A Hybrid Approach and Cutaneous Sensory Alterations After Lower Limb Liposuction for Lipedema: A Comparative Study with Aesthetic Liposuction Patients.**

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Recently published in  
***Aesthetic Plastic Surgery...***

**Recommendations on Ensuring Safety in Lower Limb Fat Grafting: Physiological Insights, Risk Assessment and Advanced Surgical Techniques**

***Katarina Andjelkov • Michel R. Rouif • Ali M. Ghanem •  
Andre Cervantes • Kai-Uwe Schlaudraff***

### **Introduction**

In recent years, interest in calf augmentation and reshaping has developed alongside the advancements in body contouring surgery—particularly high-definition liposuction and fat grafting techniques—which are now routinely treating the entire body. While lower extremity fat grafting has traditionally been dominated by buttock augmentation, this paradigm shift has put the patients' focus also on calf enhancement and demand for calf reshaping is growing.

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However, despite this rising interest, scientific research on the safety, feasibility, and long-term outcomes of calf fat grafting remains limited, and it seems necessary to establish evidence-based guidelines that address both technical execution and safety concerns.

This paper aims to bridge the existing knowledge gap by reviewing the most advanced and recently published literature on this topic. By combining current scientific findings with practical surgical insights, these recommendations seek to provide a comprehensive guide for optimizing outcomes while ensuring the highest standards of patient safety in fat grafting to the calf. **[Read the entire article here.](#)**

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**Become a member** to have full access of ***APS Journal***

For questions, please contact **[memberservices@isaps.org](mailto:memberservices@isaps.org)**.

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Learn more about **thigh lifts** and revisit in-depth discussions between ISAPS authors, residents and subject experts from a previous *APS Journal Club* webinar:

## [Vertical Medial Thigh Lift](#)

**Speakers:** Ozay Ozkaya, MD  
**Experts:** Dennis Hurwitz, MD & Dirk Richter, MD  
**Moderator:** Rasha Baaqeel, MD

Don't miss more exclusive on-demand content from ISAPS Congresses, ISAPS Official Courses, the innovative ISAPS L.I.F.T. Program, and a variety of insightful ISAPS webinars. Elevate your expertise and stay up-to-date!

**Explore 669 hours of content with  
close to 2,700 educational videos!**

[Video Library](#)

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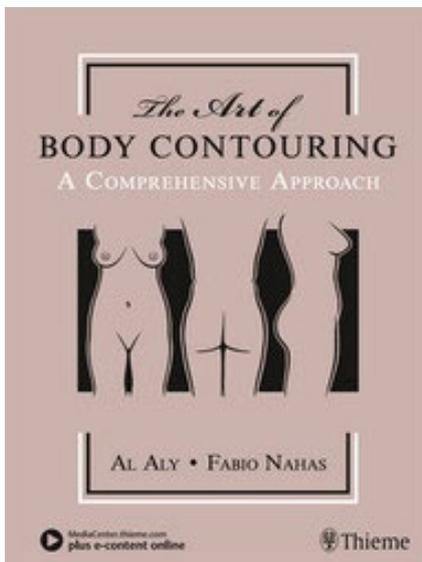


## March 2026 MedOne Feature

### The Art of Body Contouring: A Comprehensive Approach

*Al Aly and Fabio Nahas*

#### CHAPTER 19: Calf Implants: Their Indications and Placement



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333 Seventh Avenue, 18th Floor, NY 10001  
New York, USA.

Calf implants are designed to enhance the volume of the calf by imitating the shape of the gastrocnemius muscle. In most patients, augmentation of the medial head of the muscle is sufficient to reshape the leg, and only one implant placed medially is used. For patients undergoing reconstruction, however, there are indications to use implants over the lateral head of the muscle to obtain the proper shape.

The posterior aspect of the calf is not a good area for implant placement, because the small saphenous vein crosses this area, and the device can compromise blood flow. The variety of possible hypoplasia types and symptoms requires that a thorough examination of the patient occur before the selection of a specific treatment or implant. The implant size, type, and site should be reviewed with the patient during the first office visit. It is important to clearly understand the patient's complaint before any decisions are made.

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## PRACTICE MANAGEMENT

### Designing the Future of Your Practice

In today's world, success is no longer determined solely by technical expertise, but by **the ability to lead effectively, communicate clearly, respond promptly, and execute with precision**. Ultimately, these are all expressions of the same underlying principle: having a clear strategy.

Strategy begins with one fundamental question: **What do you want to achieve?** Before implementing marketing strategies or strengthening your digital presence, you must first define clear objectives.

And strategy is the vehicle that allows you to move intentionally toward those objectives. **Without a clearly defined objective, even the most sophisticated strategy loses effectiveness.** It is similar to opening Google Maps without entering a destination – the system cannot determine the optimal route if it does not know where you intend to arrive.

In the absence of clearly defined objectives, it is common to expand in multiple directions. Many initiatives are pursued simultaneously, opportunities are accepted indiscriminately, new techniques are explored, and attention is divided across competing priorities. Passion, while essential, can easily lead to dispersion.

The most successful surgeons concentrate their energy like a laser on **the objectives they have clearly defined**. Those objectives allow them to establish clear priorities. If you do not define your priorities, your patients, your team, and even industry partners will define them for you.

To define those objectives meaningfully, I invite you to engage in a powerful exercise: Step away from your daily routine, find a quiet place, and create space to think without interruption. Then ask yourself:

*What does your ideal practice look like?*  
*How does your team operate?*  
*Who are your patients?*  
*What do you do personally?*  
*What do you no longer do?*  
*How much revenue do you generate annually?*  
*How do you feel at the end of the day?*  
*What does your brand represent?*  
*How many hours a day do you work?*  
*How many days a week do you work?*

As you reflect on these questions, you may notice an internal dialogue emerging. Thoughts such as:

*“How could I ever generate X if I am currently struggling to generate Y?”*  
*“How could I possibly delegate A if I am not even able to delegate B?”*

These thoughts are natural.



## PRACTICE MANAGEMENT

We tend to design our vision based on our present circumstances and past experiences, rather than on the expansive future that may be available to us.

Do not limit your vision to your current circumstances. **Allow it to be expansive.** You do not need to have everything in place to design a bold future. On the contrary, it is **the vision itself that shapes the decisions**, learning, and growth required to build it.

Another subtle obstacle often emerges at this stage.

There is a socially accepted idea of what success is supposed to look like: a larger office, more patients, additional team members, greater visibility, public recognition, and leadership roles in medical societies or prestigious institutions.

It is easy to adopt this model without ever questioning it.

The real risk is being considered “successful” while never experiencing a true sense of fulfillment. **You must define success on your own terms.**

Only once your objectives are clearly defined can you design a strategy that truly moves you in that direction. **Clear objectives allow you to measure, prioritize, allocate resources, and act consistently.**

The practice you aspire to build will not emerge by accident, nor by luck. You must design it and define your objectives, which is where that design begins.

### **PAZ MARTORELL, MD - ARGENTINA**

*Medical Marketing & Practice Management Expert  
Helping surgeons build profitable, patient-centered,  
high-performance practices.*

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## Interested in more practice management tips?

- Check our [L.I.F.T. program](#) online
- [Business School 2022](#) recordings from Istanbul available free for members in our [Online Video Library](#).

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The banner features the ISAPS logo (a globe with 'ISAPS' text) and 'WORLD CONGRESS Cancun | Mexico | 2026'. Below this is the text 'SEE YOU IN CANCUN' with 'CANCUN' in large, colorful letters. A yellow box contains 'October 27-31, 2026' and the website 'www.isaps2026.com'. On the right, a list of deadlines is shown in colored boxes: 'Super Early Bird Deadline: March 27, 2026' (purple), 'Early Bird Deadline: August 27, 2026' (green), 'Residents' Symposium: October 27, 2026' (yellow), and 'Main Program: October 28-31, 2026' (red). The banner is decorated with colorful floral patterns in the corners.

## *Connecting Cultures, Sharing Knowledge, and Leading the Future in Aesthetics.*

**Cancun, where the leaders and masters in aesthetic plastic surgery will meet. Start planning your experience today!**

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Attendees will be presented with a **comprehensive academic program** led by **experts and leaders of aesthetic plastic surgery**. It will feature renowned master classes, educational sessions, innovative workshops, and networking opportunities.

Additionally, Cancun provides an **inspiring setting for the World Congress**, a **network** of world-class aesthetic plastic surgery leaders and multiple opportunities to enhance your educational experience.

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✓ **Register by March 27 for the LOWEST rates!**

Plus, members benefit even more! Not yet a member?

[Join today!](#)

[Register](#)

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## ✓ **Book Your Accommodations**

ISAPS has arranged special rates with several hotels in Cancun. Each hotel is close to the Cancun Center and offers its own unique atmosphere, with options to fit different budgets. These rates are lower than those you'll find advertised elsewhere.

Since rooms and rates depend on availability, we recommend booking early to ensure you get your preferred choice.

[Accommodations](#)

## ✓ **Support ISAPS and Share World Congress News!**

Join the ISAPS Congress conversation and promote **#ISAPS2026** by using our **social media toolkit** which contains Congress material and useful information for all your communication needs.

[Social Media Toolkit](#)



# MONTHLY E-MAGAZINE

## ISAPS Membership

We are still accepting applications for 2026

ISAPS offers membership to accredited aesthetic plastic surgeons and residents worldwide. We have members in 117 countries and provide them with access to training, e-learning, and networking opportunities within our community of more than 6300 fellow surgeons.

All our members can access:

- Our *ISAPS Aesthetic Plastic Surgery Journal* - all current, future and past articles.
  - The video library on our website, with than 2,600 plastic surgery videos.
  - Members-only discounts for events, including our annual Congress.

Life, Active and Associate members are included on the *Find a Surgeon Directory* on the ISAPS website.

ISAPS MedOne e-library, printed copies of our Journal sent by post, and the price of registration for our Congress can also be included with your membership as “optional extras”.

Membership costs from just \$125 for newly qualified surgeons and \$350 for more experienced colleagues. Residents can join for free, for up to three years. Applications for membership are available online, through our website.

**If you have any questions, please feel free to contact us at [memberservices@isaps.org](mailto:memberservices@isaps.org)**



[www.isaps.org](http://www.isaps.org)