

PRESIDENT'S E-MAGAZINE

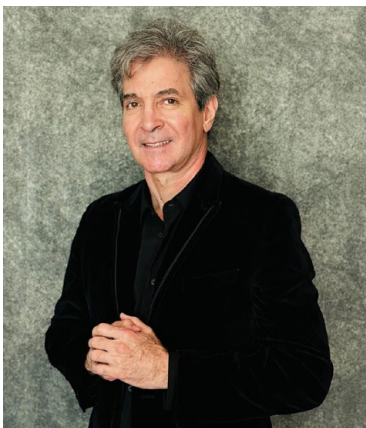
2026

May ISAPS



MONTHLY UPDATE FROM YOUR ISAPS PRESIDENT

CONNECTING CULTURES, SHARING KNOWLEDGE AND
LEADING THE FUTURE IN AESTHETICS



Arturo Ramírez-Montañana, MD
ISAPS President

Dear Friends and Colleagues,

Welcome to May—another month closer to some much-anticipated ISAPS meetings!

Last month culminated in the opportunity to come together with many international friends and colleagues in Panama to celebrate the **26th Congress of FILACP**, presided over by our dear friend and **ISAPS National Secretary for Panama, Dr. Luis Picard-Ami**.

The location and organization were excellent, and I extend my thanks to the entire FILACP Board and organizing committee for their hospitality. I also want to congratulate **FILACP's new president, Dr. Lydia Masako Ferreira**, who I know will continue to strengthen our relationship, and I wish her much success. Our Executive team joined us there, and we were very pleased to be able to welcome so many new members to our ISAPS community in person.

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Our #ISAPSFAMILY continues to grow, and this month I want to share some very special and exciting news of my own—my family is growing too! On April 29, 2026, I celebrated the birth of my second grandson, Manolo. He joins his older brother, Mateo, who was also born during my ISAPS presidency, and I couldn't be more proud! The families we build today are our future: whether our own, or the early-career surgeons whom we welcome to ISAPS and hope to nurture throughout their future careers.



ISAPS continues to reach surgeons in 117 countries, with the help and support of our amazing [National Secretaries](#) and, indeed, our network of 101 [Global Alliance Partner Societies](#) from around the world.

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On April 18, I was joined by 34 leader representatives from our Global Alliance to discuss the current shared priorities and opportunities for our partnership for the future. These meetings highlight the unique diversity and collaborative spirit of our ISAPS community, and allow us to be **Stronger Together, as Leaders in Aesthetics**, working towards our unified goals. Thank you to all our Global Alliance Partner Presidents for being part of our **#ISAPSFamily**, and I am glad to have such outstanding members by my side. We look forward to continuing the conversation in Cancun!

Speaking of looking forward: it won't be long until we come together in Barcelona, Spain, for our **ISAPS Body Masters Course**. This latest in our series of innovative Masters Programs brings together a uniquely experienced faculty for another fully immersive, experiential technique-driven program. Spaces are limited to maximize the unique intimate experience of this program format, so if you haven't already, be sure to **register** soon.

Finally, the **scientific program** for the **ISAPS World Congress** is shaping up perfectly, with **500 peer-reviewed presentations** recently added! There are lots of new activities to look forward to, which complement our usual scientific program, including our new 'you be the judge' debate sessions and deep-dive didactic sessions. Our **social program** will be available for booking in the next few days, so I invite you to join us, book your activities, and start planning for your Cancun, Mexico, experience!

Thank you all for being a part of the #ISAPSFamily.



Arturo Ramírez-Montañana, MD
ISAPS President



ISAPS BODY MASTERS:
ANATOMY, STRATEGY AND SURGICAL MASTERY IN BODY CONTOURING

JULY 3-5, 2026 - BARCELONA, SPAIN

WWW.ISAPS.ORG/BODYMASTERS

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Meet Your ISAPS Body Masters Course Chairs



Local Chair
Dr. Joaquim Muñoz



International Chair
Dr. Babis Rammos



Program Chair
Ahmad Saad

Explore Perspectives on the Recent Advancements in Body Contouring Techniques

This **July 3-5, 2026**, we look forward to hosting our next ISAPS Masters Course in beautiful **Barcelona, Spain**. The [ISAPS Body Masters Course](#) will be the ultimate body-contouring meeting for 2026. Top experts will showcase their expertise through hands-on cadaver dissections, intraoperative videos, live on-stage markings, and a comprehensive overview of modern body contouring.

We recently met with the Course Chairs to discuss how body-contouring techniques have evolved over time and what makes this procedure so dynamic.

ISAPS: How have body contouring techniques changed over the past 5-10 years? What do you think attributes most to those changes?

MUÑOZ: It is one of the fields that has **evolved and refined** the most in recent years. The **standardization** of the definition of liposuction, the application of technologies aimed at greater skin retraction, result definition, and enhanced safety—the standardization of ultrasound use, and the emergence of Lipedema as a clinical reality in our daily practice.

RAMMOS: Over the past 5-10 years, body contouring has shifted significantly toward **safer, more refined, and more individualized approaches**. We've moved away from aggressive, one-size-fits-all techniques to more thoughtful, anatomy-driven surgery that prioritizes both aesthetics and patient safety. This evolution has been driven by several factors:

a better understanding of vascular anatomy and perfusion, advances in energy-based technologies, and the growing **emphasis on patient selection and risk stratification**. At the same time, there's been a cultural shift toward delivering natural, proportionate results rather than simply removing as much tissue as possible.

SAAD: Over the past decade, body contouring has undergone a significant transformation. Patients are increasingly seeking **advanced high-definition liposculpture** rather than traditional liposuction, as well as more transformative excisional procedures instead of simple skin excision. At the same time, **expectations for faster recovery**, smoother postoperative courses, and superior aesthetic outcomes have risen considerably.

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These shifts are **driven by innovations developed by leading experts worldwide, most of whom will be present at Body Masters** in Barcelona, as well as by technological advancements that allow us to achieve enhanced results with less tissue trauma and improved safety profiles. In parallel, the widespread influence of image-driven social media platforms has elevated patient expectations, with a growing demand for increasingly refined and “perfect” outcomes.

Body Masters will provide the **ideal event to stay at the forefront of both current practices and future developments** in advanced body contouring for men and women.

Learn more about what to expect and [meet the faculty](#). This specialized event can only accommodate a limited number of attendees, so [register today](#) to secure your place.

July 3-5, 2026 | [ISAPS Body Masters](#): Anatomy, Strategy and Surgical Mastery in Body Contouring | Barcelona, Spain

[ISAPS Body Masters](#)

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A promotional banner for the ISAPS World Congress 2026. The banner has a light blue background with decorative floral borders in the corners. On the left, there is a globe icon with 'ISAPS' written across it, followed by 'WORLD CONGRESS Cancún | Mexico | 2026'. Below this, it says 'SEE YOU IN CANCUN' in large, colorful letters, with 'CANCUN' in red, yellow, and blue. Underneath, it says 'October 27-31, 2026' and 'www.isaps2026.com'. On the right side, there are three deadline dates in colored boxes: 'Early Bird Deadline: August 27, 2026' in a green box, 'Residents' Symposium: October 27, 2026' in a yellow box, and 'Main Program: October 28-31, 2026' in a red box.

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

In just five months, we will meet in **Cancun, Mexico**, for the much-anticipated [ISAPS World Congress](#)! From **October 27-31, 2026**, join leaders in aesthetic plastic surgery to learn **the latest advancements and technologies** in our specialty. Come to **network, learn, and connect**.

Don't miss the keynote, [Intraoperative Video Presentation: Body Contouring](#), on October 28, moderated by **Drs. Ahmad Saad (Scientific Program Committee member and Program Chair, ISAPS Body Masters) and Rajat Gupta**.

[2026 Program](#)

MONTHLY E-MAGAZINE

Register Today & Secure Your Place!

Members save the most on registration rates!
Not yet a member? [Join today!](#)

Register

✓ 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



MONTHLY EDUCATION CORNER

The **ISAPS Body Masters Course** in Barcelona is approaching, making this a great time to focus on **body contouring**. We've chosen articles from top faculty who will be in Barcelona this July to share their expertise. We hope you can join us!



Recently published in
Aesthetic Plastic Surgery...

The Fourth-Generation Lower Body Lift: Combining Techniques and Technologies for Improved Outcomes in High-Demand Female Patients

Stefan Danilla • Nohelia Abou-Kheir • Raul Gonzale • Dirk Richer

Objective

The purpose of this study is to describe the outcomes and complications in patients with moderate to severe skin laxity who underwent a comprehensive lower body lift (LBL) using multilayer liposculpture, abdominal wall volumization, skin retraction technologies and buttocks augmentation with implants or flaps.

Methods

This retrospective case series included ASA 1 or 2 patients with abdominal dermatochalasis, gluteal ptosis, and variable lipodystrophy. Patients were selected with a maximum BMI of 28 kg/m². Surgical techniques combined multilayered liposculpture assisted by ultrasound (UAL), power-assisted liposculpture (PAL), and helium-based radiofrequency-assisted liposculpture (HeRFAL), along with circumferential abdominoplasty, pubic lift, and gluteal lift with implants using the YXZ technique or turnover flaps. Deltoid, rectus abdominis and external oblique were amplified with fat grafting.

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Different body treatment areas are depicted. Excisional area refers to the skin to be resected. UAL are areas treated with ultrasound-assisted liposuction, and deep liposuction refers to liposuction deep to the Scarpa's fascia and mid-layer liposuction to liposuction just superficial to Scarpa's fascia; HeRFAL to areas treated with helium plasma radiofrequency device. Red areas correspond to areas of volumisation with fat grafting, local flaps or implants

Results

From 2021 to 2024, 32 female patients with an age range from 31 to 57 and an average BMI of 24.7 ffl 2.7 Kg/m² were treated. Surgery times ranged from 2 to 6 hours (mean 5.1 ffl 1 h). The most frequent minor complications were seromas in 11 (37.9%) patients and minor dehiscences in 7 (25%) patients. Patient satisfaction was very high, and no patient requested excisional surgery for energy-treated areas.

Discussion

The study shows the feasibility and effectiveness of combining advanced techniques and technologies in LBL for patients with moderate to severe skin laxity. The integration of UAL, PAL, and HeRFAL technologies allowed for effective fat removal and tissue tightening, while RAFT and SPARTAN techniques enhanced abdominal wall. The YXZ technique provided tailored gluteal augmentation.

Read the entire article [here](#).

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

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Faculty members from the ISAPS Body Masters Course, **Drs. Andre Cervantes and Alfredo Hoyos Ariza**, join other experts to share their expertise on body contouring in this keynote session:

ISAPS World Congress Cartagena 2024: Pre-Congress Course: Live Surgeries II - Body

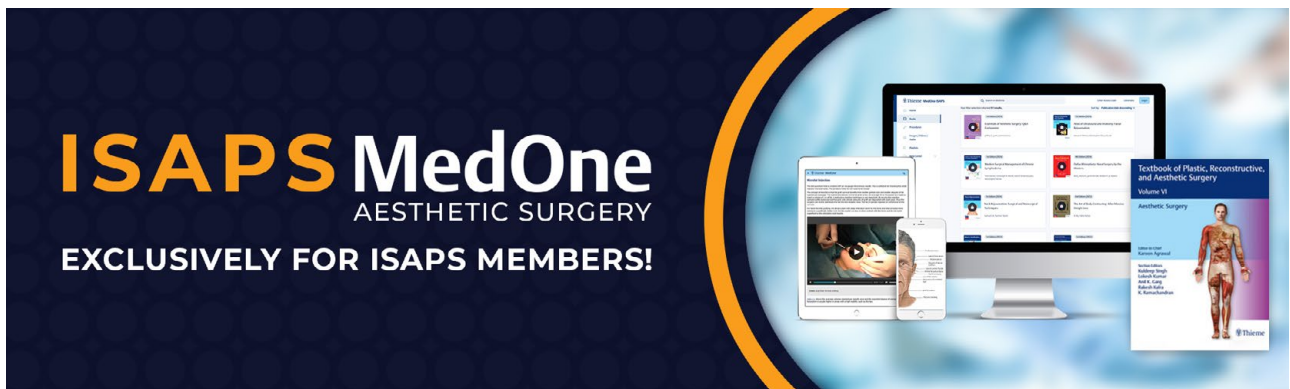
Moderators: Alvaro Cansanco (Brazil), Andre Cervantes (Brazil) and Juan Pablo Menendez-Zavala (Ecuador)
Surgeon: Alfredo Hoyos Ariza (Colombia)

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](#)

MONTHLY E-MAGAZINE



May 2026 MedOne Feature: Encyclopedia of Body Sculpting after Massive Weight Loss

Rod J. Rohrich, Sammy Sinno, Paul N. Afroz

Chapter: 29 Fascio-Fascial Suspension Technique for Medial Thigh Plasty

Gianluca Campiglio and Giorgio Rafanelli



Abstract

Thigh lifting is indicated in the treatment of redundancy of tissue in the upper two thirds of the medial thigh. Deformity of the medial thigh is a very common problem, with patients often complaining about it, but medial thigh lifting is a seldom-used procedure because of historic postoperative problems, such as inferiorly displaced and widened scars, vulvar distortion, and early recurrence of ptosis. To provide stronger support to the thigh flap, we have developed a deep-anchoring technique based on overlap of the adductor longus and gracilis fasciae. This fascio-fascial suspension allows for strong vertical support with minimized tension on the skin, thereby obtaining a predictable improvement of the redundant medial thigh that is commonly seen in patients after massive weight loss.

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PRACTICE MANAGEMENT

The Strategic Role of Content Creation in Modern Plastic Surgery Practice

A recurring concern among surgeons is not knowing what to share on social media and feeling like they run out of ideas.

Many believe they need to be creative, original, or constantly innovative to produce valuable content. But **the truth is much simpler—and much more powerful.**

The best content is already happening every day inside your consultation room.

Something many plastic surgeons are not fully aware of is that patients often nod, say they understand, and leave the consultation, more confused than when they arrived.

Not because the explanation was incorrect, but because it was **too much, too complex**, or delivered at a moment of stress or vulnerability.

In many cases, physicians tend to use highly technical language—sometimes unintentionally, and sometimes in an effort to demonstrate their expertise. But instead of creating confidence, this often leads to even greater confusion. When patients don't fully understand, they delay their decision or start looking for other options.

The traditional consultation model allocates insufficient time to address the complexity of surgical procedures, recovery expectations, and potential complications. Surgeons often find themselves rushing through explanations, leaving patients with unresolved concerns they hesitate to voice.

During the consultation, you are expected to explain in 30 minutes something that took you years to master.

That is precisely where content becomes essential.

Content is not just a marketing tool. It is an educational bridge that extends your consultation beyond the limited time you have with each patient. It allows you to explain, repeat, and simplify without pressure.

A story. A post. A reel. Each piece of content becomes an opportunity to clarify what patients are often afraid to ask.

When patients arrive informed, the **consultation shifts from explanation to connection.** There is less confusion, more clarity, and ultimately, more trust.

And trust is what defines patient choice today. The consultation is not just about information—it's about connection.



PRACTICE MANAGEMENT

So, what content should you create?

Start simple and focus on clarity:

- A welcome video introducing who you are, your story, your purpose, and what makes you different.
- A video explaining the main reason for consultation, so patients can watch it before their appointment.
- A clear patient journey, outlining step by step what will happen once they decide to move forward.
- A pre-surgery video with clear instructions and expectations.
- A post-surgery video guiding recovery and addressing common concerns.

You don't need to invent anything new.

Start by paying attention.

- What questions do your patients ask repeatedly?
- What objections do they express?
- What fears do they struggle to articulate?

Transform everything that comes up in your consultations into clear, simple, and human content. Use your patient's words. Use examples and analogies **to which they can relate**. Address even the questions that may seem obvious or trivial to you—because they are not trivial to them.

By proactively addressing patient education through thoughtful, accessible content, surgeons can enhance consultation efficiency, improve patient outcomes, and differentiate their practice in an increasingly competitive market.

Because in the end, the best content is not the most creative. It is the one that answers the questions most patients never dare to ask.

Paz Martorell, MD - ARGENTINA



Interested in more practice management tips?

- Check our [L.I.F.T. program](#) online
- Login and listen to the recording from the [ISAPS Business School: Leading the Patient Journey - from Marketing to Patient Conversion](#) webinar, free for members in our [Online Video Library](#).

MONTHLY E-MAGAZINE



GUEST ENTRY FROM ISAPS BRONZE GLOBAL SPONSOR:



Complement Natural Healing In Breast Surgery

This informational article is not intended for distribution outside of CE Mark regions. Not intended for U.S. audiences.

In breast reconstructions, revisions, and weight-loss procedures, long-term success depends on more than initial shape—it depends on how soft tissue heals, integrates, and regains durable strength under constant mechanical load¹⁻³.

BD® P4HB: Designed to work with the body, not against it

Poly-4-hydroxybutyrate (P4HB), the material behind **GalaFLEX™ Scaffold**, was designed to work with the body throughout the full healing continuum—supporting inflammation resolution, controlled remodeling, and long-term tissue strength⁴⁻⁶.

GalaFLEX™ Scaffold delivers a repair that's healthy, functional, and strong¹⁻¹⁰:

- Natural to the body (4HB)
- Antimicrobial peptide (AMP) upregulation
- Healthy tissue regeneration
- Predictable long-term strength

It is the only solution for breast support that has demonstrated upregulation of innate antimicrobial defense combined with a positive immune response for healthy tissue regeneration, resulting in repairs that are 3-4x stronger than native tissue¹⁻¹⁰.

Built to strengthen tissue—with no foreign body left behind, GalaFLEX™ Scaffold provides^{6-7,11-12}:

Durable support through wound healing

- Gradual, predictable bioabsorption over 18-24 months
- A macroporous, monofilament structure with reduced surface area, designed to decrease infection risk

Supported by evidence

Clinical studies have shown that GalaFLEX™ Scaffold supports and stabilizes the long-term position of the lower pole and Intramammary Fold (IMF) in breast surgery procedures, including correction of inferior malposition and symmastia¹³⁻²³.

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GalaFLEX™ Scaffold by BD. Experience the P4HB advantage.

Contact us: [Galateasurgicalinternational.com](https://www.galateasurgicalinternational.com)

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Intended Use

GalaFLEX™, GalaFLEX 3D™, and GalaFLEX 3DR™ Scaffolds are intended for use, as an adjunct to sutures, for the reinforcement and repair of soft tissue where weakness exists and where the addition of a reinforcing material is needed to obtain the desired surgical result in patients undergoing breast surgery. The GalaFLEX™, GalaFLEX 3D™, and GalaFLEX 3DR™ Scaffolds are designed to be used in patients undergoing soft tissue repair and reinforcement in medically necessary breast surgery procedures where the existing soft tissue is deficient to support the surgical repair. Examples of such breast surgery applications include reduction mammoplasty and breast revision surgery to correct a medical condition. GalaFLEX™ Scaffold may also be used in cosmetic breast procedures.

Important Safety Information

Possible complications following implantation of the GalaFLEX™ Scaffold collection include infection, seroma, pain, scaffold migration, wound dehiscence, hemorrhage, adhesions, hematoma, inflammation, extrusion, and recurrence of the soft tissue defect. For complete prescribing information, including indications for use, warnings, and precautions, consult the specific GalaFLEX™ Scaffold Instructions for Use.

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MONTHLY E-MAGAZINE



May 23, 2026 | Understanding the V-Plication Vertical Lift Technique | 13:00 UTC

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

Speaker: Paraskevas Kontoes, MD (Greece)

Experts: Mario Pelle Ceravolo, MD (Italy) and Giovanni Botti, MD (Italy)

Moderator: Jerry O'Daniel, MD (United States)

FREE for ALL ISAPS Members and only \$50 for non-members.

Mark your calendars!

- September 26, 2026: [Rethinking Thrombosis Prevention in Aesthetic Surgery](#)
 - November 21, 2026: [Glidelift™ - A No Visible Scar Approach](#)

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

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

[Register Now](#)

MONTHLY E-MAGAZINE



May 29, 2026 | ISAPS & Quad A: Staying Warm Under the Lights: Practical Strategies to Prevent Perioperative Hypothermia in Plastic Surgery | 16:30 UTC

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

Free for member and non-members: Join us as we examine plastic-surgery–specific risk factors, compare active and passive warming modalities, and review temperature monitoring requirements.

Through practical examples and case scenarios, the session emphasizes how to implement standardized warming protocols that promote consistency, quality improvement, and compliance in surgical settings.

Speaker: Dr. Monte Goldstein
Moderator: Dr. Ivar van Heijningen

For Surgeons, Residents, and Non-Surgical Professionals.
Nurses, assistants and other non-surgical team members are also invited.

Registration is free for all ISAPS members and non-members!

May 29, 2026 @ 16:30 UTC.

[Register](#)

MONTHLY E-MAGAZINE



July 11, 2026 | Upper Blepharoplasty and Ptosis Correction | 13:00 UTC

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

FREE for ALL ISAPS Members and only \$100 for non-members.

Mark your calendars!

- 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](#).

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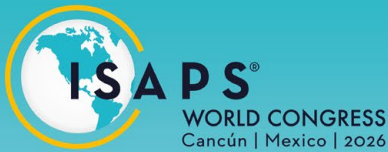


ISAPS BODY MASTERS:

ANATOMY, STRATEGY AND SURGICAL MASTERY IN BODY CONTOURING

JULY 3-5, 2026 - BARCELONA, SPAIN

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SEE YOU IN
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October 27-31, 2026

www.isaps2026.com

Early Bird Deadline:

August 27, 2026

Residents' Symposium:

October 27, 2026

Main Program:

October 28-31, 2026



UPCOMING ISAPS EVENTS



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.

Apply today to become an ISAPS Member!

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



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