

PRESIDENT'S E-MAGAZINE

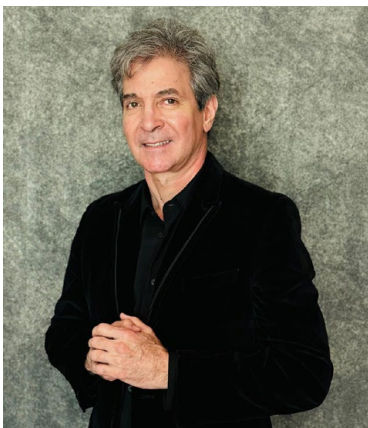
2026

ISAPS
January



MONTHLY UPDATE FROM YOUR ISAPS PRESIDENT

CONNECTING CULTURES, SHARING KNOWLEDGE AND
LEADING THE FUTURE IN AESTHETICS



Arturo Ramírez-Montañana, MD
ISAPS President

Dear #ISAPSFAMILY, Colleagues and Friends,

I trust you all celebrated a lovely holiday and are enjoying a good start to the New Year. As we begin our journey and prepare for the year ahead, it is also a good time to pause, reflect on 2025, and realize where we succeeded and where we fell short. Through this process, we identify our threshold and learn how to sustain our successes or improve where we struggled. This helps establish our goals, set benchmarks on what we want to accomplish or improve, and prepare for 2026.

I ask you all to practice this not only on a personal level but also as members of the #ISAPSFAMILY. All intentions start with an idea, then progress, and goals are met or not, based on the effort we put in. When we work unified, with the same goals, we will accomplish so much. We can be strong and influential as one; imagine what we can do when we do it together: **Connecting Cultures, Sharing Knowledge, and Leading the Future in Aesthetics.**

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I can't wait to embark on this journey with all of you and look forward to welcoming new members and making new friendships along the way. As leaders in the future of aesthetics, we are always paving the way with new ideas and projects, and establishing new learning opportunities for the advancement of our specialty and the safety of patients worldwide.

In this respect, we are so excited to host the inaugural **ISAPS Face Masters Course in St. Louis, Missouri, from February 27 through March 1, 2026**. With an outstanding program and the **most respected names in facial aesthetic surgery**, attendees will experience a transformative educational opportunity, **including 7.5 hours of observing live cadaver dissections**. The Course is already sold out on-site, but you can still attend via live stream, and it will also be available on-demand **for a limited time** after the event so that everyone can benefit from this valuable learning experience.

And don't forget to **submit your abstracts** for the **ISAPS World Congress in Cancun!** The deadline is **January 23, 2026**, so don't delay. This year will once again offer substantial learning and networking opportunities—**register early** to secure your place!

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





WORLD CONGRESS
Cancún | Mexico | 2026

SEE YOU IN CANCÚN
October 27-31, 2026
www.isaps2026.com

Remember, as part of the **#ISAPSFAMILY**, we are a part of something bigger. Every year offers an 'open canvas,' and we all play a part in painting an innovative, immersive, and unified picture. Thank you all for being part of ISAPS. I hope to see you soon!

Warm regards,



Arturo Ramírez-Montañana, MD
ISAPS President

MONTHLY E-MAGAZINE

Introducing the ISAPS Academy Platform



Dr. Ivar van Heijningen

Belgium

ISAPS Certification Committee Chair

As part of our strategic goal to provide comprehensive Aesthetic Education Worldwide® for all levels of training: learning, teaching, and sharing aesthetics 24/7, ISAPS is launching the **ISAPS Academy Platform**. **Dr. Ivar van Heijningen, Chair of the ISAPS Certification Committee**, is leading the project and developing the upcoming ISAPS Academy and future ISAPS Certification Program.

These will provide an innovative way to learn and earn certification in various subjects within our specialty. Please learn more about what to expect from this new platform and its many benefits

ISAPS: What will the ISAPS Academy Platform offer, and what sets it apart from other educational tools that are available?

VAN HEIJNINGEN: The ISAPS Academy will be the online home for ISAPS education. This platform will bring together everything ISAPS already offers, including our extensive online [video library](#) of webinars, online courses we have organized, case discussions, congress recordings, and more. It will be combined with structured online courses, access to the [APS Journal](#), and other educational tools into a **single, coherent learning pathway**. Our end goal is to provide certification for aesthetic plastic surgery in defined subdomains.

What makes it different from most existing tools is that it is not “just” a video library. Every learning path is **curriculum-based, with clear learning objectives, mapped to international standards for specialist training, and linked to assessments, logbooks, and certificates**. We want members to be able to demonstrate not only what they attended, but also that they have acquired the knowledge and competence.

The Academy is intended to be vendor-neutral and **focused on patient safety, ethics, and quality of care**, not on promoting specific products or techniques. Technically, it will also integrate AI-

based tools to guide learners (for example, with recommendations and adaptive learning paths) and to support administrators and faculty in keeping content up to date and future-proof.

ISAPS: Who can benefit from the ISAPS Academy? Are there any restrictions or limitations?

VAN HEIJNINGEN: The ISAPS Academy is **designed for all ISAPS members**. Within our community, we see distinct groups that we want to serve:

- Residents and fellows who need structured, evidence-based training
- Early-career plastic surgeons who want to consolidate, update, or deepen their expertise
- More experienced colleagues who want to formalize their expertise through certification in specific areas
- Faculty who want easy access to relevant literature and support to optimize their teaching

Our intention is that most content will be accessible to ISAPS members as part of their membership. However, some resources may remain or become part of paid upgrades, depending on cost structures for ISAPS – as is currently the case for MedOne and access to the *APS Journal*.

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ISAPS stands for Aesthetic Education Worldwide®, so we want to honor that principle by **sharing content that clearly supports our mission**. We may open selected Academy content to non-members, especially in areas related to patient safety, but these options still need to be discussed and worked out. The first priority is to serve all member plastic surgeons.

ISAPS: What types of topics can be anticipated on the platform?

VAN HEIJNINGEN: We are building the Academy around four main pillars of the patient safety diamond:

1. The Patient
 - Counseling the Aesthetic Patient
 - Managing Patient Expectations
 - Setting Indications
 - Patient Education and Patient Information
 - Leadership: Managing Patients
2. The Surgeon
 - Ethics and integrity
 - Continuous Professional Development
 - Self-protection (for example, revision insurance and risk management)
 - Leadership: managing self
 - Mindfulness and self-care
3. Facility and Practice
 - Facility and practice setup
 - Laws and regulations
 - How to work safely in a private practice, accreditation
 - Marketing, legal aspects, do and don't in social media
 - Managing others: Personnel management
 - Entrepreneurial and business skills
4. The Procedures
 - Face procedures
 - Breast procedures
 - Body contouring procedures
 - Non-surgical procedures
 - Special topics (Genital procedures, regenerative medicine and surgery, peri-operative management)

Within each pillar, we will gradually **develop complete learning and certification paths**, with regular updates as techniques, regulations, and evidence evolve.

ISAPS: When can we expect it to be available?

VAN HEIJNINGEN: We are currently in the process of selecting a Learning Management System to host our ISAPS Academy. Most systems require several months to be configured and integrated, but our goal is to make the first modules available to ISAPS members in 2026 and to demonstrate and test key features with our community before the official launch at the [World Congress 2026 in Cancún](#).

The Academy is not a one-off launch: it will be **a living platform that we continue to expand and refine** based on user feedback and new evidence.

ISAPS: What are you most excited about at the ISAPS World Congress in Cancún in 2026?

VAN HEIJNINGEN: For me, Cancún 2026 is a key milestone. First, I hope that by then we have a functioning Academy that can help prepare attendees and faculty for the year's largest ISAPS event. That is where I want "Aesthetic Education Worldwide® 24/7" to become a reality, not just a slogan.

Second, I look forward to engaging with colleagues from all regions to validate and refine our Academy and certification plans. The World Congress is the ideal place to listen: to understand what residents, early-career surgeons, and senior colleagues expect from ISAPS in terms of **training, recognition, and support**. It is also the perfect opportunity to identify and fill remaining content gaps for the Academy,

Finally, Cancún will give us the opportunity to connect with National Secretaries, Global Alliance Partners (National Societies), industry, and other stakeholders to **align our work on education and certification with their needs and regulations**. If we get that right, the ISAPS Academy Platform can become a practical tool to improve the quality and safety of aesthetic surgery worldwide.

Stay tuned for updates via our [website](#) and Weekly Updates!

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January 17 is International Mentor Day!
Don't miss the exciting new mentorship and learning opportunities that are available in the new year!

Last year, we upgraded our [ISAPS Mentor Program](#), we launched the **ISAPS Community Café**, and now we are working on the **ISAPS Academy**. With so many learning avenues, we want to remind you to join us and don't get left behind!

We will be adding new **Community Café** dates soon, and Resident and Associate members should apply early for the [Mentor](#) Program, [Fellowship](#) Program, and [Expert](#) Programs.

For deadlines and more information, [click here](#).

Residents Program

A banner for the ISAPS Academy. On the left, there is a logo for "ISAPS academy" which includes a stylized globe icon. In the center, the text "COMING SOON" is in large, teal, sans-serif capital letters, followed by "ISAPS NEW E-LEARNING PLATFORM" in white, sans-serif capital letters. On the right, there is a circular inset image showing a group of people, including a man in a suit and a woman, sitting and looking towards the right. At the bottom, it says "E-Learning Platform Official Sponsor: MENTOR" with the MENTOR logo.

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A promotional banner for the ISAPS World Congress 2026. The left side features a collage of tropical beach scenes: a sunset over the ocean, a turquoise lagoon with a sandy beach and palm trees, and a view of a resort building. The right side is white with the ISAPS logo (a globe with 'ISAPS' text) and 'WORLD CONGRESS Cancún | Mexico | 2026'. Below the logo, it says 'SEE YOU IN CANCÚN' in large, colorful letters, followed by 'October 27-31, 2026' in a yellow box and the website 'www.isaps2026.com'. At the bottom, a teal bar contains two white checkmarks and text: '✓ Abstract Submission Deadline Closes in Two Weeks: January 23, 2026' and '✓ Register Early for the Best Rates'.

Submit your Abstracts: Be a part of the ISAPS World Congress 2026!

Thank you to those of you have already sent us your abstract! And for those still considering it, don't delay! Choose your topic and prepare an abstract of a **maximum of 500 words** which must be a **completed study, clinical case, or new technique**.

Being accepted as a speaker offers a great opportunity to [share your knowledge and gain recognition](#) in our specialty, plus many other benefits, including having your paper published in the [Aesthetic Plastic Surgery Journal](#) (APS) which has been officially classified as a Q1 journal. Plus, abstract submitters receive an **additional 10% discount off registration fees** (valid until February 27, 2026).

Abstracts must be original presentations and will be held to CME compliance standards and a competitive peer-reviewed process.

[Abstract Submission](#)

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Register Early & Save!

This exceptional once-a-year meeting, organized by our [Scientific Program Committee](#), will include a distinguished academic program including master classes, educational sessions, innovative workshops, and more.

Start planning today and save!

*Accepted abstract submitters receive an additional
10% discount off registration fees.*

Not yet a member? [Join today](#) and get the rest of 2025 for free—plus, members benefit from the lowest registration rates for the ISAPS World Congress!

Register

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ISAPS APS Journal Club | Brachioplasty Techniques - Comparing Functional and Aesthetic Outcome January 17, 2026 | 13:00 UTC

Join our Moderator, **Dr. Theddeus Prasetyono (Indonesia)**
to discuss the following paper:

“A Comparative Analysis of Functional and Aesthetic Outcomes in Brachioplasty Techniques: Posterior, Medial, and Postero-Medial Approaches” - Agostino Bruno

Speaker

Agostino Bruno, MD (Italy)

Experts

Joao Medeiros, MD (Brazil) and Luis Picard Ami, MD (Panama)

Engage in the discussion by posing insightful questions to both the author and subject matter experts, encouraging deeper engagement and understanding.

**Registration is FREE for ISAPS members
and only \$50 for non-members.**

[Click here](#) to find your local time!

Register Now

MONTHLY E-MAGAZINE



ISAPS FACE MASTERS: LIVE ANATOMY AND SURGICAL STRATEGY

FEBRUARY 27 TO MARCH 1, 2026

ST. LOUIS UNIVERSITY SCHOOL OF MEDICINE, ST. LOUIS, USA

ONSITE REGISTRATION IS SOLD OUT!

**But you can participate online and receive
CME credits via live stream and on-demand!**

This inaugural event will unite the most respected names in aesthetic surgery for three days of cutting-edge education, anatomical exploration, and clinical excellence. Whether you are refining your techniques or seeking fresh perspectives from the world's leading surgeons, ISAPS Face Masters offers a transformative educational experience.

Onsite registration is SOLD OUT!

You can still join via live-stream and the Course will also be available on-demand for a limited time after the event. Live stream audience will be able to participate in Q&A discussions and have the opportunity to apply for CME credits. To learn more about virtual fees, visit our registration page.

Members save up to \$450 off virtual registration fees!

ISAPS Residents: \$400

ISAPS Members: \$500

Non-Members: \$850

Not yet a member?

Join today starting at \$350 (free for residents).

CME Credits!

In accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME), through a partnership between Saint Louis University School of Medicine and the International Society of Aesthetic Plastic Surgery, CME credits will be awarded to participants.

Receive up to a maximum of 28.75 AMA PRA Category 1 Credit(s)™.

Learn more today!

Program

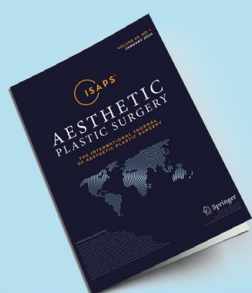
Virtual Registration

MONTHLY E-MAGAZINE



MONTHLY EDUCATION CORNER

In anticipation of the inaugural **ISAPS Face Masters Course** in St. Louis, Missouri, and in recognition of the popularity of facial procedures within aesthetic plastic surgery, we dedicate this month's topic to **advancements in facial aesthetics**. The most recent statistics are available in the **ISAPS Global Survey**, accessible online.



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

Achieving Natural Aesthetics in Lower-Lid Pretarsal Rolls Reconstruction: A Personalized Approach Based on Eye Shape

**Yongxiang Teng • Haifeng Yao • Jing Wang • Yihang Liu
• Jiacheng Li • Yuli Li • Zhaohui Zhai**

Background

Despite progress in eye rejuvenation research, there is limited study on the aesthetics of the lower-lid pretarsal rolls. This study aims to explore the distribution and aesthetic relationship between different lower-lid pretarsal rolls types and eye shapes, offering guidance for personalized lower-lid pretarsal rolls reconstruction in clinical practice.

Methods

A total of 1925 patients were observed and classified for statistical analysis, defining four lower-lid pretarsal rolls types and five common eye shapes. Additionally, 140 participants rated the aesthetic appeal of five sets of modified eye images.

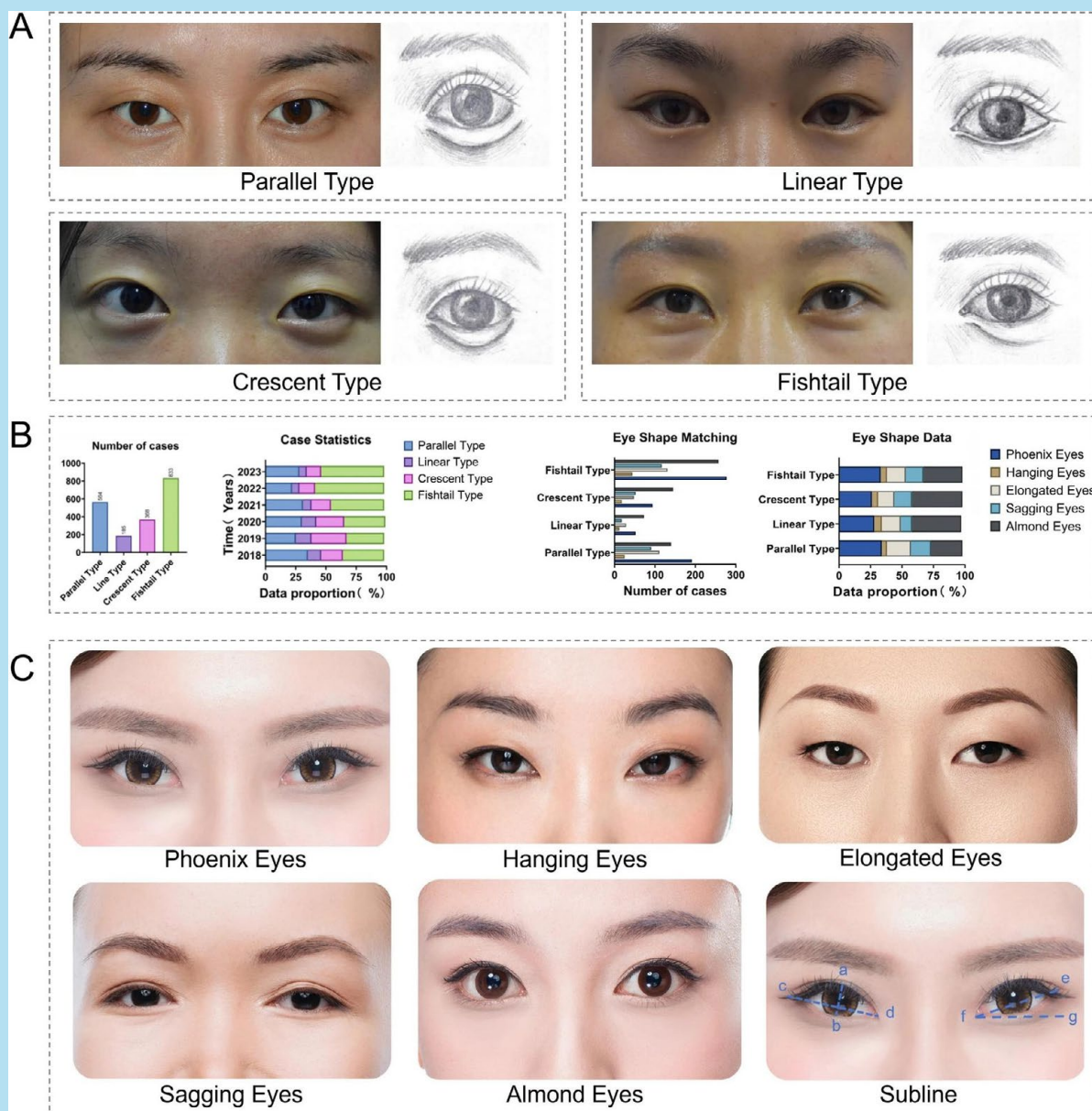
Results

The distribution of lower-lid pretarsal rolls types was as follows: parallel (28.99%), linear (9.56%), crescent (18.55%), and fishtail (42.91%). For eye types, Phoenix eyes accounted for 31.90%, Almond eyes 31.95%, Elongated eyes 16.57%, Sagging eyes 14.44%, and Hanging eyes 5.14%. Among eye types, Phoenix eyes preferred the parallel type (3.60 ± 0.98), while fishtail scored lowest (3.23 ± 1.13). Hanging eyes favored the linear type (3.53 ± 1.20), while fishtail had the lowest score (2.93 ± 0.99). Crescent types were preferred for Elongated eyes (3.46 ± 1.10), while linear types scored the lowest (2.60 ± 1.26). Parallel types were preferred for Sagging eyes (3.58 ± 1.08), and fishtail types scored the lowest (2.53 ± 1.03). Almond eyes had relatively high scores for all lower-lid pretarsal rolls types.

Conclusion

Phoenix eyes and Almond eyes accounted for a relatively high proportion of eye types in the Chinese population, while the fishtail-type lower-lid pretarsal rolls was the most common morphology. The questionnaire results showed that the score of the lower-lid pretarsal rolls was influenced by changes in eye type, with different types of lower-lid pretarsal rolls adapting to different eye types. The eye type score was related to its distribution in the population: the wider the distribution, the higher the score, and the more natural and beautiful the appearance. The “Five-form-four-type representation method” fully considered the differences in eye shape among different patient during lower-lid pretarsal rolls reconstruction and provided theoretical support for the formulation of personalized reconstruction schemes.

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The morphological classification of the lower-lid pretarsal rolls includes four types. Statistical data on lower-lid pretarsal rolls morphology and eye type distribution from 2018 to 2023 are provided. Additionally, five common eye morphologies are analyzed based on key measurement indices, including the longitudinal axis (ab), transverse axis (cd), inner and outer canthus line (ef), horizontal line (fg), and the inclination angle ($\angle efg$). ***Click here to view the image, including statistics, online.**

[Full Article](#)

Become a member to have full access of [APS Journal](#)
For questions, please contact memberservices@isaps.org.

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Learn about neck and face lift techniques from the master class held at the ISAPS World Congress in Cartagena.

Face & Neck - Master Class: **Needle-Guided Deep Plane Face Lift**

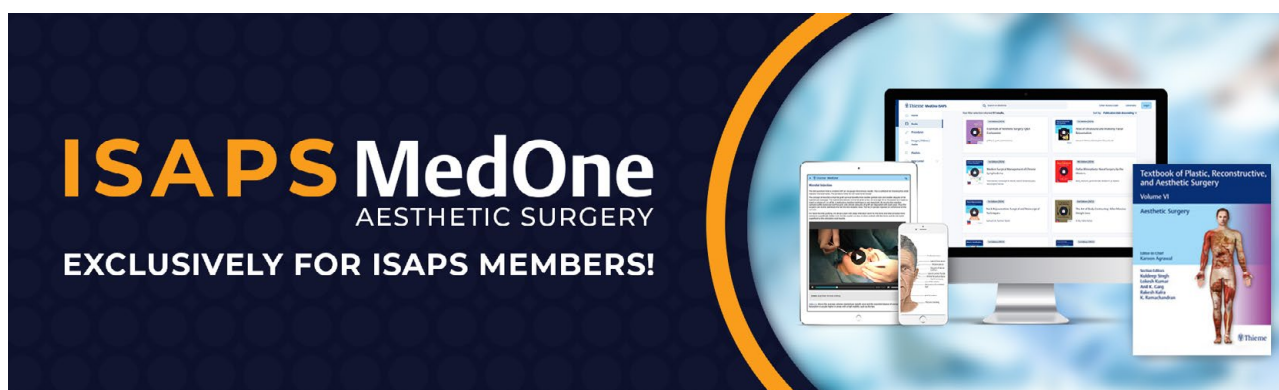
Moderator and Speaker: Andre Auersvald (Brazil)

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 over 2,700 educational videos!

Video Library

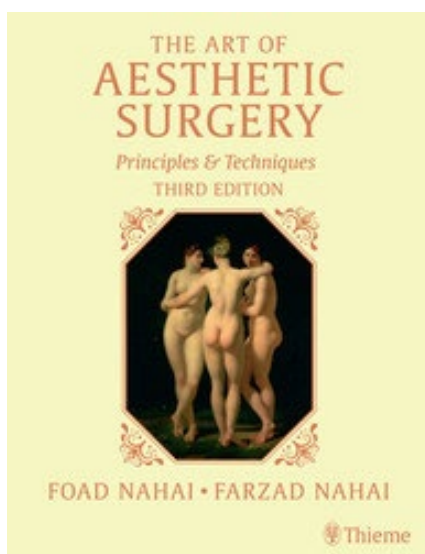
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January 2026 MedOne Feature

The Art of Aesthetic Surgery: Principles & Techniques Section on “49 Lamellar High-SMAS Facelift: Single-Flap Lifting of the Midface, Cheek, and Jawline”

Timothy Marten and Dino Elyassnia



Abstract

The traditional “low” cheek superficial musculoaponeurotic system (SMAS) flap, elevated below the zygomatic arch, suffers the drawback that it cannot, by design, exert an effect on tissues of the midface and infraorbital region. Low designs target the lower cheek and jowl only and produce no improvement in the upper anterior cheek and midface area. Planning the flap higher, along the zygomatic arch, and extending the dissection medially in an “extended SMAS” fashion to mobilize midface tissue overcomes this problem and allows a combined, simultaneous single-flap lifting of the jawline, cheek, and midface. An improved outcome is obtained, and no separate midface lift procedure is needed..

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MedOne



PRACTICE MANAGEMENT

Planning with Intention: How to Design a Smarter 2026 for Your Practice

For most plastic surgeons, the end of the year arrives faster than expected.

Between congresses, last-minute patients, family commitments, and the daily demands of the practice, December often becomes a month of closure without reflection. We move on to the next year almost by inertia, hoping it will somehow be better than the last.

But sustainable growth — both professional and personal — rarely happens by chance.

After more than fifteen years working with surgeons around the world, I have learned one essential truth: practices that grow sustainably are not the ones that work harder, but the ones that plan with intention, design a clear strategy, and remain consistent **throughout the year**.

Planning is not about predicting the future. It is about creating it.

I would like to share a simple three-step framework that I apply both personally and with my clients for strategic planning.

Step 1:

Start with a structured review of the year that just ended. Not to judge, but to understand. Growth starts with awareness.

One simple but surprisingly powerful way to do this is to scroll through the photos on your phone. These images help you identify the most important milestones of each month—and gain perspective on your progress.

Many surgeons underestimate how much they have achieved because they are already focused on what comes next or on what they didn't achieve.

Celebrating is an essential part of the strategic planning process because it reinforces motivation.

Step 2:

Define your goals for 2026. They should be **concrete, realistic, and measurable**. This step inevitably requires learning to say “no.”

“No” to certain projects, initiatives, or ideas—not because they are bad, but because they are not a priority **right now**. Clear goals act as a filter. They help you decide what deserves your time, attention, and resources—and what doesn't.



PRACTICE MANAGEMENT

Step 3:

Answer these three questions:

- What should you continue doing because it delivered good results?
- What **should you stop doing** because it didn't deliver the expected outcome.
- Letting go of what doesn't serve your goals is as important as adding new strategies.
- What **new actions will you implement** to move closer to your goals?

Planning is about simplifying, prioritizing, and aligning.

When surgeons create this space for structured reflection and planning, involving their teams, they stop reacting to circumstances and start leading with clarity. Decisions become easier. Efforts become focused. The practice becomes **more organized, more profitable, and more aligned** with the life they want to live.

As you begin this year, I invite you to resist the urge to rush forward.

Pause. Reflect. Plan. Commit to it.

Because the most successful practices are not built on urgency—but on intention.

PAZ MARTORELL, MD - ARGENTINA

Medical Marketing & Practice Management Expert

Helping surgeons build profitable, patient-centered, high-performance practices.

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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**ISAPS FACE MASTERS:
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FEBRUARY 27 TO MARCH 1, 2026
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ISAPS EVENTS**



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ISAPS Membership

We are now accepting applications for 2026.

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 6300 fellow surgeons.

ISAPS membership now includes:

Our Aesthetic Plastic Surgery Journal is published as two online issues per month, one online-only issue, and a second 'selected articles' issue, which will also be sent to print subscribers.

A video library on our website, offering close to
2700 plastic surgery videos.

Members-only discounts for events.

Listing on the ISAPS Find a Surgeon Directory on the ISAPS website

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**



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